



UP & UNDER SPORTS

Up and Under Sports

@UpandUnderSport



Term 2 Newsletter, December 2019

www.upandundersports.co.uk

Welcome to the second newsletter of the 2019/20 academic year—we have had a fantastic term in the lead up to the festive season. To read further details about any of the articles in this newsletter, please visit our website: www.upandundersports.co.uk

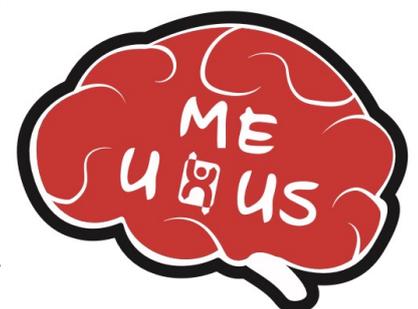


ME, U & US

This term, we announced our exciting plans to create a new nurture programme to further enhance the current pupil mentoring offer that we deliver in to schools across the South West.

Me, U & US is our new nurture programme which will endeavour to develop individual self esteem, a growth mindset and positive behaviour in pupils through the medium of sport and physical activity. The programme can be tailored to the individual need of each child so they can begin to understand their own emotions, the strength of their feelings and how to view mistakes or challenges as a stepping stone to achievement through adapting a growth mindset. This programme will go further to support those pupils who need help to build resilience, self-confidence and positive thinking. We have linked the programme to our Up & Under Sports values which will be connected to a reward system enabling the pupils to be recognised for their use of our positive values.

Up & Under Sports are passionate about equipping young people with the knowledge and understanding to be able to lead positive, active and healthy lives. Research has proved that mental health can be seriously improved through an active lifestyle so we are confident the Me, U & US programme can make a significant long term impact on the pupil's ability to cope with the challenges of everyday life.



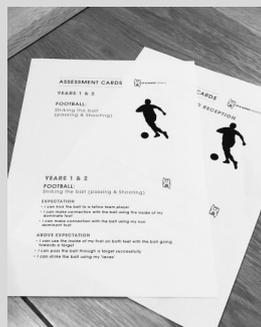
Innovation and New Resources

At Up & Under Sports we are very passionate about sport, but also the role that sport can play in developing and instilling positive social skills within young people. We are always looking for innovative new ways to engage our pupils and to assist the teachers with which we work to deliver PE sessions that are both exciting and meet the needs of the diverse range of abilities of the children they teach.

This term we have been working on a number of new initiatives:

Assessment Cards

To further enhance our already successful teacher mentoring programme we have developed a variety of different assessment methods for PE which can be both teacher and pupil led in the form of assessment cards. These are designed to give each teacher a basic understanding of where we would expect to see a child in relation to their physical ability within a variety of different sports. The cards will enable teachers to see how each child compares to a base level at each of their developmental phases. We fully understand that each child is different and will grow and develop at different rates, therefore these cards offer a foundation on which to look at each child and ascertain where they fit at that current time and are excited to introduce these into our schools.



Task Cards

At Up & Under Sports, we recognise that sport is more than just physical skills. Through the vehicle of sport we aim to integrate our company values in to all of our lessons and clubs. Therefore, we wanted to create an effective resource to maximise participation in all physical activities for children of all ages and abilities. These have taken the form of a series of brilliant task cards for Key Stage 1 and Key Stage 2, which encourage pupils to look out for values such as sportspersonship and respect within the lesson. Installing values within sport helps pupils to deal with the excitement of success and failure. Using our task cards celebrates positive social skills which children can use in all aspects of their lives.



Pictures from some of our festive activities this term



We Celebrate — Star of the Week



Each week at our after school clubs, we celebrate the achievements of the children through our Star of the Week award and with the permission of parents, we share these regularly on our social media. We believe this award helps motivate children to be the best they can be during our sessions and children are often very proud to receive the trophy for the week. This term the award has been given for children showing qualities such as sportspersonship, positive attitude, creativity, team work, and helping others. Well done!