



# Summer Newsletter 2010



Welcome back one and all, to the last summer term before the new schools structure begins its first phase. I hope that you all had a restful and relaxing Easter holiday and are ready for a busy and exciting summer term.

The Carisbrooke Schools' Sports Partnership has funding in place until August 2011 and this is ring fenced. It is our plan to continue to provide full support for PE and school sport activities, training and development of teachers and other staff until then. We are fully committed to supporting the transition to primary schools retaining Yr5 pupils and already have plans for training and support for the teachers involved as well as NQT's.

It is probable that after September 2011 funding for the partnership will be reduced, but by how much, I cannot currently say, but any reduction in funding will impact on the SS Co staff numbers and the future support that can be offered by the partnership, and we may join forces with Sandown to become one island sports partnership. I will update you as soon as I have clear and definite information. Please rest assured that until then we promise to update you as soon as I have clear and definite information. Please rest assured that until then we are fully committed to providing ongoing support for all our schools.

The Sports Partnership is again offering several CPD training courses for PE during the summer term, as you will see later in this newsletter as well as many activities for your pupils.

**PESSYP PE** Schools sport for young people - this is the new name for what we all knew as the PESSCL data collection form. It is that time of year again, when we all have to complete these questions which Linda then uploads onto the website. These questions give us a clear insight into how we are achieving against national statistics with regard to the current 5 hour offer to PE and school sport provision, and just how many of our young people are truly accessing up to 5 hours of PE and school sport per week and just what our schools are really offering. Your SS Co's will let you know the date of your cluster meeting to collect the data.

**It is imperative that you ensure attendance at these meetings and have all relevant data with the person attending.** You will shortly receive guidelines for answering the questions, what data is required and what you can or cannot record as physical activity.

At present in our partnership 100% of our primary schools offer a minimum of 2 hours per week of PE and school sport in curriculum hours, with several offering 3 hours within the school timetable.

It is within the upper end of KS2 as well as KS3 & 4 that we are in several schools still not achieving that minimum 2 hour provision. This means that we lag behind national targets in the older school ages.

**So it is extremely important that you read the guidelines to find out exactly what you can include, in order to help boost the % of pupils accessing 2 - 3 hours of PE and school sport per week.**

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## PRIMARY ISLAND GAMES

This years games promises to be a most prestigious event and is planned for the **26th June** at Sandown. The Islands Sports Unit have invited delegates from the Islands involved in 2011 Island Games which is to be hosted on the Isle of Wight.

Your SS Co's are currently working with PLT's and schools to organise team entries and team managers, so that the Carisbrooke partnership can exhibit their best talented and gifted young people as well as giving many primary age pupils the chance to participate in a great event. Please make every effort to encourage staff and pupils to get involved, whilst also promoting the event to parents, who many also wish to volunteer their help. We need lots of volunteer help on the day, so please let your SS Co know who is willing to help.





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## DATES FOR YOUR DIARY - 2010

<b>Apr</b>	
<b>29th</b>	TOP Athletics course, Sandown High School
<b>May</b>	
<b>5th</b>	Tag Rugby Festival, Carisbrooke High School
<b>6th</b>	Tri-Golf course, Sandown High School
<b>6th</b>	Golf Extreme, Sandown High School
<b>10th</b>	KS1 Multi-skills, West Wight Leisure Centre
<b>12th</b>	KS1 Multi-skills, Cowes High School
<b>12th</b>	OAA course, Sandown High School
<b>14th</b>	KS2 Multi-skills, Christ the King
<b>17th</b>	Tennis course, Sandown High School
<b>17th</b>	Curriculum & Lesson Planning, Sandown High School
<b>26th</b>	Sportshall Athletics, Cowes High School
<b>Jun</b>	
<b>7th - 18th</b>	Adventure Rides - Parkhurst Forest
<b>15th</b>	Volleyball course, Sandown High School
<b>Jul</b>	
<b>14th</b>	PLT Day - Celebration, Sandown High School

## ACTIVE LIFESTYLES

The first half term of Active Lifestyles delivery has taken place and from initial feedback, it seems to be a great success. This will continue through the Summer term and into the Autumn term.

Active Lifestyles is a fun introduction for children to a multi-skills games approach to learning the fundamental movement skills, such as balance and co-ordination. It aims to work with Reception and Year 1 pupils to reduce their risk of developing obesity by creating more appropriate opportunities to be physically active.

### Active Lifestyles for the Children

School Sports Co-ordinators and community coaches will work with the pupils and their teachers to learn new active games and activities.

### Active Lifestyles for Parents

Playing together is a great way to be active as a family. So we invite parents to come along and join in the sessions. Also parents will receive short talks on healthy eating and Change4Life, from NHS specialists, and hear about local family activities, from the Extended Schools and FIZ services.

By working together we can help children to  
*Eat well Move more Live longer*

## STUDENT SUPPORT

If you require any student support for activity days/sports days/sports events during the 2nd half of the summer term, please contact the partnership office as soon as possible. Due to the limited number of available student volunteers, this will be on a strictly first come, first served basis.

## CYCLING EVENTS

Ian Rock, SSCo, has once again developed a great variety of cycling events and competitions for this term. Please see listed events and sign up for them quickly, as many have limited availability.

**Adventure Rides - 7th - 18th June**

**OAA Cycling Festival - 8th July**

## BIKEABILITY (Cycling Proficiency)

The first group of adults have been trained successfully and are ready to deliver Bikeability into middle schools. Headteachers have received letters inviting them to sign up for delivery for their Year 6 pupils. Sandham, Solent & Osborne schools have already commenced the programme and delivery will start next week. WELL DONE.

Please contact Ian Rock for further details. Prior to a Bikeability course, you should be able to arrange a bike maintenance course through your extended services manager.

## INTENSIVE SWIMMING PROGRAMME

We are again offering an intensive swim programme of 5 consecutive days, for Year 4 pupils still unable to swim. This will be towards the end of the summer term so that the pupils can then continue to swim in the free holiday programme offered at Island pools.

If you have any Yr 4 pupils in need of support, please send their names to Linda, via e-mail, as a matter of urgency so that I can prepare the Island wide programme.

## LITERACY PROGRAMME

During last year Alan Evans developed a new literacy and sport programme in many of our partnership schools. This programme uses high school students to help support the reading skills of younger pupils and also rewards the pupils efforts with sports activity at the end of each reading session. Richard Clark is also now involved with this delivery.

Should you wish your school to be involved with this most valuable educational programme, can you please contact Alan Evans at the Partnership office.





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Please see below clubs and activities being organised by  
Carol Ward, Carisbrooke Central Cluster Extended Services Officer

All of these activities are ongoing, you may join at any time and all are welcome.

If you would like to get involved, please contact Carol on 01983 550025 / 07928 591629

## DRAMA PRODUCTION GROUP

Tuesday 4 - 5pm at Christ the King College we have a fantastic new opportunity for any budding young start in the making.

We are continuing our group for 7-11 year olds in drama productions, working towards a showcase. It will be held every Tuesday at Christ the King, cost is £2.50 per session made payable termly. All cheques please make payable to **Carisbrooke High School**.

**This activity is ongoing.**

Booking vital, first come first serve - 20 places available.

## JUNIOR SQUASH

The all new Newport Junior Squash & Racketball Club has been formed through a partnership between the IWC Sports Unit, Carisbrooke Central Extended Schools and qualified squash coach Fleur Orchard. All juniors aged between 5 to 13 are welcome, no experience or equipment is required, just plenty of enthusiasm! £3 per session, to be held each Saturday.

**9.15-10am 5-6 year olds**

**10-11am 7-9 year olds**

**11-12 10-13 year olds**

Venue is **Carisbrooke High School Squash Courts**. This activity is ongoing.

## CHEERLEADING

L-E-T-S G-O, LET'S GO, LET'S GO!

Tuesday's 6-7pm, for boys and girls aged 7 and up at Carisbrooke High School, East Gym. £2.50 per session, to be paid termly. Cheques made payable to CHS. No equipment needed.

## POWERBASE FITNESS SUITE

The powerbase fitness suite is a fully operational fitness gym with weights and cardio equipment to suit all abilities and is situated at Carisbrooke High School, by the car park, and has opening hours for juniors and community.

**Juniors** - Saturdays 12.00-2.00 Age 8 and above - £1.00 per session

**Community** 16+ open to all - Monday-Friday 5-9pm Saturdays 9.00-12.00

No induction fee, casual sessions £4.00 or monthly membership £30, unlimited use, concessions available.

## 16+ ONLY

### ADULT DANCE KRAZE

### ADULT HIP HOP CLASS

Come and join the adult hip hop dance class for a different kind of fitness. Held at Carisbrooke High School, East Gym, Friday 6.30 - 7.30pm. £2.50 per session.

For a different kind of class with calories burned and stomach muscles used from the laughing join us. Taught by L&J's Dance factory's Jan Prewer.

## ZUMBA

ZUMBA is a combination of fitness and dance moves to a fusion of Latin and international music. It is a 'fun and easy to do' workout that is not only great for the body, but is also great for the mind. It is a 'feel-happy' workout!

ZUMBA is a GREAT way to lose weight, tone up, increase cardio strength, improve co-ordination, gain self-esteem and feel HAPPY!! That is why so many people love it and get addicted to it. And people LOVE the music!! You don't need to know how to dance and you can take it easy at first if you want to!

**It's fun!** The type of exercise you'll want to do everyday and feel good about doing it!

**It's different!** The music. The steps. The moves. The class. The feel.

**It's easy!** ZUMBA is designed for everyone; class participants of any levels can start to ZUMBA right away.

**It's effective!** It is a cardio-based workout with some components of resistance/sculpting training to tone the entire body from top to bottom and from the inside out, which we all know works to achieve any desired fitness goals.

### Carisbrooke Classes

**Monday 6.30 and 7.30pm**

**Wednesday 6.30 and 7.30pm**

**Thursday 7.40pm**

**5 other classes available in Ryde** - please see [www.isleofwightzumba.com](http://www.isleofwightzumba.com) for more details.

No need to book just turn up!

All classes £4 or buy a 10 class card for just £36.





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## PESSYP QUESTIONS:

Please read the following information, collate the appropriate data for your school & bring it along to your PESSYP Data Cluster Mtg.

**How many pupils do you have in each year group?** Enter total number of pupils per year group.

### Question 1

**What is the total curriculum time in minutes that ALL pupils in each year group spend taking part in PE\* in a typical week?**

Enter total curriculum time in minutes **by gender** (put 0 if none, leave cells blank if there are no pupils in that year group)

### Question 1b

**For Year groups 10-13 where the total curriculum time at Q1 was less than 120 minutes, what is the total number of pupils by gender in each year group who participate in at least 120 minutes of PE in a typical week?**

Note: Please include curriculum time (theory and practical) for related GCSEs/A-Levels/BTECs or other relevant qualifications.

Enter total number of pupils per year group **by gender** (put 0 if none, leave cells blank if there are no pupils in that year group)

### Question 2

**What is the total number of pupils in each year group who participate in at least three hours of high quality PE and out of hours school sport\* in a typical week?**

Note: The three hours can come from any combination of curriculum PE and out of hours school sport. Enter total number of pupils per year group *by gender* (put 0 if none, leave cells blank if there are no pupils in that year group).

### Question 3

**What is the total number of pupils in each year group involved in intra-school competitive activities during this academic year?**

Note: **Schools sport days do not count** as intra-school competitive activities. Please refer to the intra-school competitive activities' definition below. Enter total number of pupils per year group *by gender* (put 0 if none, leave cells blank if there are no pupils in that year group).

### Question 4

**What is the total number of pupils in each year group that have regularly participated in competitive intra-school sporting opportunities during this academic year?**

Note: Regular intra-school competition is defined as:

- 3 times or more during the academic year for pupils in Key Stage 2
- 12 times or more during the academic year for pupils in Key Stages 3 and 4.

Please only include participation in competition formats that allow for sustained involvement (e.g. leagues, ladders etc.) rather than one-off events which need to be included in question 3. NB: A central venue league counts as one competitive opportunity each time the event is staged.

### Question 5

**Did you hold at least one school sports day or equivalent event during this academic year?**

### Question 6

**What is the total number of pupils in each year group who have taken part in inter-school competition during this academic year?**

Enter total number of pupils per year group *by gender* (put 0 if none, leave cells blank if there are no pupils in that year group).

### Question 7

**What is the total number of pupils in each year group that have regularly participated in competitive inter-school sporting opportunities during this academic year?**

Note: Regular inter-school competition is defined as:

- 3 times or more during the academic year for pupils in Key Stage 2
- 9 times or more during the academic year for pupils in Key Stage 3 and 4.

### Question 8

**Which of the following sports or activities has your school provided this academic year? Please indicate for each sport if it is offered for girls and / or for boys. If it is offered for both please X yes in both girls and boys columns.**

### Question 9

**For which sports or activities do you have links\* to clubs?**

### Question 10

**What is the total number of pupils in each year group who have participated in one or more community sports, dance or multi-skill clubs with links to the school during this academic year?**

Enter total number of pupils per year group (put 0 if none, leave cells blank if there are no pupils in that year group).

### Question 11

**What is the total number of pupils in each year group currently registered as gifted and talented because of their ability in PE and /or school sport?**

Enter total number of pupils per year group *by gender* (put 0 if none, leave cells blank if there are no pupils in that year group).

### Question 12

**What is the total number of pupils in each year group actively involved in sports volunteering and leadership this academic year?**

Enter total number of pupils per year group *by gender* (put 0 if none, leave cells blank if there are no pupils in that year group).

\*Definition of 'PE': The planned teaching and learning programme in curriculum time that meets the requirements of the national curriculum for physical education.

