

# Primary PE and School Sport Update

Term 1

## Word Cup Rugby Mega fest

As the mist rolled in over Whitby Rugby Club so did 255 Year 5 and 6 children eager to take part in the 2016 Whitby Rugby Mega fest.



Children were arranged into mixed groups where they spent the afternoon learning



a range of skills to develop an

understanding for Tag Rugby. The event welcomes them new to the sport as well as the more experienced players as a means to encouraging future participation. Thanks to Whitby Rugby Club for their continued support and use of facilities for the event.



## Multi-skills Event

Caedmon College Sports leaders worked tirelessly in preparation for Key Stage 1 multi skills and the arrival of seventeen schools across two afternoons. Children were supported in the development of Agility, Balance and Coordination skills through a series of fun games. For many

of the 280 children participating this was their first experience of activity outside school which made for a more exciting event. Well done to all children for their determination in all of the activities.



## Octoberfest

In partnership with Whitby Rotary Club the success of 2015 Octoberfest was surpassed on Sunday 2nd October with 108 runners competing in 5

races. Blessed with glorious weather, all runners were issued with medals on completion.



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## Boys Football Tournament

Football in the area has rapidly developed in recent years through local clubs and out of school coaching offered to our young people. Schools reap the benefit of the more opportunity to play with skills now being secured from an early age. Strong demand from schools saw 14 teams enter this year's competition.

A tight group was decided in the large schools league with: 1st Stakesby 2nd East Whitby 3rd Airy Hill.

Medium schools: 1st Lythe 2nd East Ruswarp 3rd Seton

Small Schools: 1st Cas/Glais 2nd Egton 3rd Danby/Goath

Winners of each group qualified for the SSP final (Stakesby, East Whitby, Lythe and Cas/ Glais) held later in the month.

## Girl's Football Tournament

Similar to boys football there has been improvements in the availability of



competitive football for girls in the area, producing a high standard of player. West Cliff dominated the girls large schools event

with Stakesby 2nd and 3rd Airy hill. From the 9 schools competing it was 1st for Ruswarp, 2nd Egton and 3rd Fylingdales in



the small schools league. Well done to all of the schools who entered

teams on the day.

## Tag Rugby

When 14 schools arrived at Whitby Rugby Club for the annual Tag rugby festival it was clear that we were in for quite a spectacle. Following the Megafest training sessions schools had been busy coaching their teams for battle. Each team were challenged to seven fixtures over the afternoon which hopefully promotes further participation at grassroots level. If there are any keep rugby players at your school please direct them to Whitby Rugby clubs Sunday morning sessions.

## Cross country @ CCW

Thank you to Jim Lidgley from Airy Hill for offering to arrange the 2016 cross country meeting at CCW Scoresby site this year. With 90% of schools entering the event we had over one hundred in most races taking the total to around 400 runners for the day. Massive thank you for schools continued support on

Stakesby took first place in both the year 5/6 and 3/4 boys team races with West cliff 1st for Yr 3/4 girls and Danby first in Yr 5/6 girls



## Clubs

## Up and Coming Events

### Sainsburys School Sports Marks

### Looking ahead

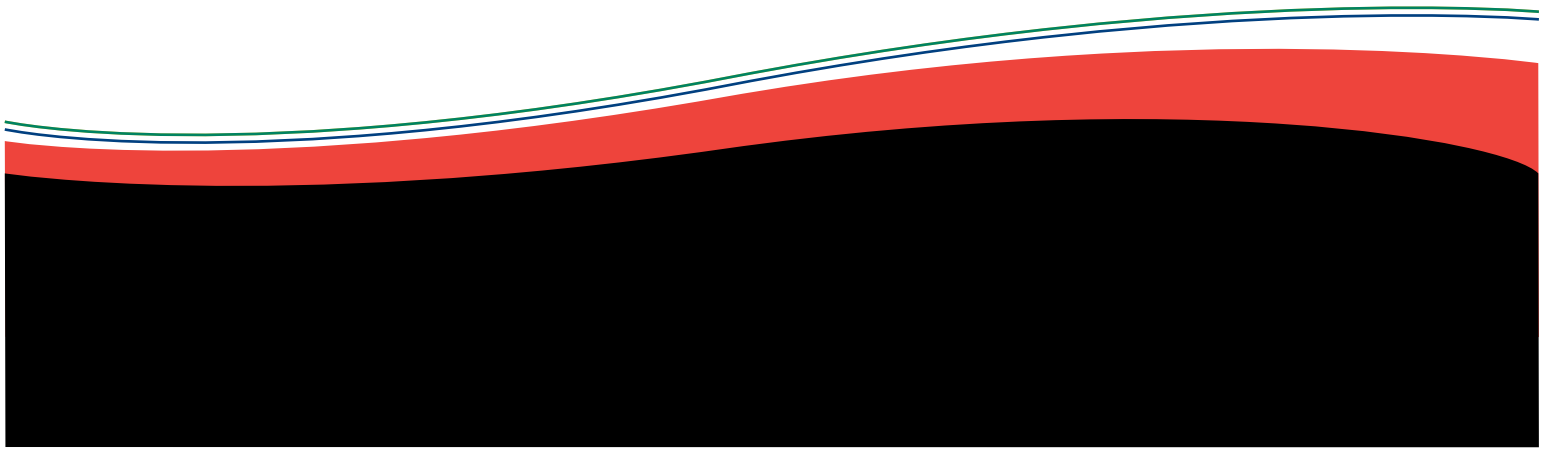
We are currently working on a programme of CPD sessions to address the areas identified from entry sheets. Top of the list is dance and gymnastics with schools looking to get staff qualified in swimming. We will release a number of dates as we secure facilities.

Rob Watson Sports Leaders UK is keen to support any school looking to deliver the primary Play Maker award. HE is willing to visit schools individually or run a central session for anyone interested.

Competition Calendar for the Spring Term is out, please return if you have not already.

Please follow us on twitter to see up and coming events and highlights from events –Mr Hopper@PE\_CCW or [MissKeogh\\_CCWPE](#)

Get in touch if you want any additional assistance/help from Mr Hopper or Mrs Keogh



# Primary PE and School Sport Update

Term 2

## Key Steps Gymnastics

Key Steps 1,2,3 were held at Eskdale with around 200 students taking part over all three events. The events focused on developing gymnastics skills and techniques around the key areas of body management, flight, and sequence work. Eskdale and Caedmon College sports leaders joined forces for this event showing strong leadership and judging skills. A number of schools went on to represent Whitby in the **SPP's at Lady Lumley's**.



## Key Steps 1 Gym

East Whitby

## Key Steps 2 and 3 Gym

Fylingdales

East Whitby

West Cliff

## High Five Netball League finals

The primary school Netball finals took place on Normanby Netball courts ran by Mrs Raw and Mr Hopper, six local primary schools attended who had already battled it out in the league rounds to reach the finals day. The high five netball tournament was a fantastic afternoon and showed a good



Nicholas-Miller and Megan Coates did a fantastic job.

## Multi Skills

Eskdale were host to the Year 3/4 Multi Skills Festival which focused on development of fun, challenging and enjoyable starting point **for children's** involvement in sport. Sessions include a wide variety of games and activities, all involving the development of skills and attributes that can be applied to a range of sports and physical activities.

standard of play. Airy Hill ran out clear winners of the tournament with an excellent team performance. The Sixth Form umpires of Emma Foster, Chloe Scarth, Bronte



- **Physical:** Developing the child's movement capabilities and fitness levels.
- **Technical:** Developing the skills and techniques required to play a range of games, activities or sports.
- **Tactical:** Developing the child's knowledge of 'how to' play the game and their ability to solve challenges in sports, games and activities.
- **Mental:** Developing the child's mental capabilities including their decision making skills.
- **Personal-Social:** Developing the child's confidence, ability to build relationships, respect for rules and others, and their ability to find their own solutions to problems.

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## Year 5/6 Basketball



Teams of five contested a series of games at two venues where coaching was offered to support youngsters in the development of new skills. It was clear to see that coaching had been used well in school in the preparation for the event with standards rising each year. The top two teams in each group were East Whitby, Ruswarp, Stakesby and West Cliff qualifying for the opportunity to progress to further rounds.



## Swimming Gala

Collaboration with Primary Colleagues is fundamental to the success of the Whitby Primary Sports programme. We are extremely grateful for the support of Andrea Hansell (Ruswarp School) with planning this year's Whitby Swimming Gala. Swimming is encouraged in our school with regular swimming lessons available to all schools. Eleven teams packed out Whitby Leisure Centre to compete for this year's honours. Club swimmers shone amongst the heats with some blistering times to wow the onlookers. Ruswarp, Airy Hill, West Cliff and Stakesby were the dominant forces qualifying for the SSP to be hosted by Whitby in at the end of April.



## Year 3/4 Hockey Coaching

Entries are welcomed from schools to include large groups for Hockey coaching and this year's event was quite a spectacle. CCW Astro Turf was bustling with 200 children engaged in skills games across 25 stations to develop fundamental



movement and control. For many this may have been their first experience of Hockey so hopefully there can be promotion of future participation. Schools worked hard to prepare for the upcoming Quick Sticks games the following week. Whitby Hockey Club were keen to attend and offer their support to players who may be keen on joining the club which trains and plays on CCW Astro Turf.



## Quick Sticks Hockey



Team of four competed for the Quick Sticks title in England Hockey's modified version of Hockey where smaller pitches and a larger ball helps to encourage skill development at an early age. The adapted games are played at a fast



pace with high scoring games for each school. Lealholm and West Cliff won their groups comfortably to progress to SSP final.

## QuadKids

The Year 3/4 QuadKids competition saw schools compete in a range of athletic disciplines including running, jumping and throwing. With this event alone



having 202 participants across two afternoons it has proven to be a real success. Airy Hill won this event with West Cliff second and Stakesby third. Teams results are made up of the top four boys and the top four girls from each team, then the best individual performances from each event has been issued also.

The Year 5/6 QuadKids showed some real talent from a variety of schools; again a combination of running, jumping and throwing saw Airy Hill come out on top with Stakesby second and Ruswarp third.



With their first introduction to athletics being the QuadKids event for the Year 1/2's and a great turn out from schools on the last day of term it proved to be a

fantastic event. With great enthusiasm many students triumphed and enjoyed the event.



The QuadKids events have been a real success with over with over each event almost 500 students have taken part. A big thank you also needs to go to Caedmon Colleges sports leaders who showed a dedication in taking part in all four days.

## Quick Sticks SSP

Caedmon Astro hosted the Partnership Final for Quick Sticks Hockey for Ryedale and Whitby winners. An impressive standard of Hockey was on show with the impact of quality coaching making the difference for these teams.



Fluent passing and shooting was impressive for the crowd of spectators who had come to support.

## Ruswarp Year 1/2 Gymnastics sessions

Team teaching Gymnastics is an effective way of enhancing the delivery of PE within your school. To support the delivery of Gymnastics at Ruswarp school lessons were planned and delivered in the CCW Scoresby gymnasium. Here staff were shown demonstrations of progressive techniques and skill development through the Key Stages.



Identifying safe practise and linking this to the National Curriculum requirements have helped to develop the teaching of established and NQT teachers at Ruswarp. Accessing a wider range of equipment also helps to practise skills not available in a small school.



## Sports Leaders

Thank you to our fantastic sports leaders who have continue to plan and deliver first class sessions this term. We are extremely grateful for the positive feedback received and notes of thanks sent from children who have been involved in our sessions. Without your support the youngsters would not be able to develop the necessary skills to become an effective leader.



## Equipment

As entries for events continue to rise, this places additional pressures on availability of equipment. From time to time we have had to borrow schools equipment which enables us to welcome the increasing level of entries, without school loaning their equipment we would have to limit entries.

## CPD

Requests - If you have any specific CPD requests for next year please let JRa/ SHo know in order to begin to plan in the calendar for next year. If any schools would like any other help with anything or sessions arranging please get in touch.

Follow us on twitter Mrs Raw@CCW\_PE and Mr Hopper@CCW\_PE, we post many events, up to date news and success' on there.

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# Primary PE and School Sport Update

Term 3

## Year 3/4 Drax Cup

At the Whitby Primary Schools Year 3 and 4 Drax Cup Cricket festival we had fifteen teams participating. The day was a real spectacle to see so many youngsters enjoying competitive cricket at the Mulgrave community Sports facility. The sun was shining but with a cool breeze from the sea meant teams needed to keep a fast pace during games. The success of local junior cricket is helping to enthuse the next generation who are keen to develop new skills.



Across six pitches, the day's events were hosted at the Mulgrave Community Sports facility where Sport Mulgrave kindly offered to support the event. Successful teams qualified for the Partnership Finals where they will compete against winners from Ryedale sport partnership. If successful there is the opportunity to play in the Drax Cup Final at Headingley, the home of Yorkshire CC.

Group winners were East Whitby, Stakesby and Egton.



## Tennis

The tennis this year has been extremely well attended with some great performance levels on show. The Year 3/4 tennis played in the mini red tennis format saw 14 teams take part over the course of an afternoon. The Year 7 leaders had opportunity to lead their first event with enthusiasm and to a high standard. Airy Hill 'A' team won the competition with Danby a close second.



The Year 5/6 tennis ran in the green tennis format with 6 mini leagues accommodating 18 teams overall using the 12 courts available at CCW Scoresby site.



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The standard of tennis was brilliant overall with fantastic performances from West Cliff to clinch victory from Airy Hill and Danby. Once again the competition was led by the Year 7's who again did a good job in their new role. All the above teams will go onto to represent the Whitby area in the SSP finals held at Lady Lumley's on the 22nd June.

## Tri Golf

With a growing interest from schools for Tri Golf this year's event was opened up to unrestricted entries enabling over 260 Year 3/4 children to experience golf.

For many this was their first opportunity to play golf, with a series of eight chipping and putting challenges. Points accumulating throughout the afternoon were awarded for successfully completing each challenge although the focus was more on enjoyment and learning new skills. Top scores for the afternoon were Goathland with 809 points followed by the other two group winners Glaisdale (628) and Egton (418). All in all a very effective afternoon which acts to encourage future participation and provide an opportunity for many to try something new.



## Year 5/6 Cricket

This year's Cricket was hampered by rain once again leading to the initial date being postponed, fortunately the second date proved to be a dry and sunny day. Teams competed in a busy schedule of fixtures at Whitby Cricket Club where they played each team in a round robin. There were a few schools missing due to a clash of dates with nine teams entered on the day.





Airy Hill came out as winners and top run scorers with 1041 points from Lythe second (1024) and Ruswarp third (1023).

Once again thanks go to Whitby Cricket Club for hosting the event and the volunteers who are always keen to offer their time and support our events. Thank you to Mike Stones and his volunteers for supporting us and cricket development in the area.

## Straws Cup

This years Straws Cup was competed for by eight schools in a seven-a-side tournament on the CCW astro. Group winners played off to decide the finalists for the straws cup whilst runners up contested the Barclays shield.

Fortunately the weather was kind in late June for East Whitby to take on West Cliff in the pinnacle of primary football finals.



The quality of play from both teams was impressive with very little between the two teams. It was to take a moment of class from the East Whitby Midfielder to stroke home two superb solo efforts, sealing the 2-0 victory for East Whitby for the third consecutive year.

The same evening Ruswarp and Danby schools arrived full of enthusiasm to contest the Barclays Shield following success on the astro earlier in the year. Fielding a squad can

be challenging at times for some of our smaller schools but all players were committed despite a difference in age, particularly Danby players deserve credit for such a battling defensive performance. It was to be the danger of Ruswarp hit man 'Chambers' who's leader like performance dazzled the crowds, bagging a brace of goals to seal the 6-0 win.

## Hit the Surf

Once again we have been fortunate to secure access to RNLI Hit the Surf program this year as a means of developing water safety and raising awareness.



Each school has had the opportunity to attend at least one session with trained lifeguards and surf instructors. For some the



first weeks timetabled sessions was met with calm sea conditions and baking temperatures whilst the second week was rough and cold winds making for challenging conditions. Feedback has been extremely positive, we hope that this continues next year.



## Orienteering

Now established as a popular event on the Calendar, orienteering again attracted interest of our schools. With a worsening forecast it was decided that the show must go on for Year 3/4 orienteering event supported by Cleveland Orienteering Club. Each school arrived for a given start time to avoid waiting around with clothing prepared for heavy rain, which did not disappoint.



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The fastest pair from Seton navigated all nineteen controls in 9.25 with St Heddas coming in as the first placed school overall, one second ahead of close rivals Egton. The rain did little to dampen the children's spirits with smiles all round.

If any schools would like support with orienteering on your school ground then please get in touch and we can arrange for support to set up a course on your grounds.



## Sports Day support

Schools have benefited from the use of CCW Sports Leaders to support the delivery of sports days throughout July. Unfortunately several have fell foul to the weather, where facilities have been made available for use.



## Race for Life



Airy Hill school turned out in force with the whole school taking part in the Race for Life at CCW Scoresby site. Embracing the values of Cancer Research UK is a particularly meaningful cause for both families and friends who also came to support runners. A variety of distances were offered to each year where parents, grandparents and siblings ran together. A huge thank you to the whole Airy Hill Community for supporting such a worthy cause.



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## Yr3/4 Drax Cricket SSP

Whitby Cricket club very kindly offered to run the Year 3/4 Drax Cup finals at short notice following a postponement for rain at Pickering. Thanks to Mike Stones for offering to host and Congratulations to Stakesby School who progressed to the next round.



## Swimming SSP

For the first time Whitby offered to host the Swimming SSP due to a lack of facility in the Ryedale area and the number of Whitby schools interested in competing. Thanks again to Andrea Hansell for offering her time to run the event on the day.

We had a number of teams from Whitby attending with two travelling



## Planned events

After a dry start to the summer season several events have fallen foul to the weather towards the end of term. Unfortunately this is something out of our control but we try where possible to re arrange as many as possible. We appreciate that this is not always easy when dates change with short notice, thank you for your patience.

## Sports Leadership

Once again without the team of Sports Leaders this year have performed an excellent role in the success of all events, without these we would not have been able to deliver such a diverse range of events.

The experiences they have been involved in has equipped the students with valuable personal skills to be taken in to their future studies.



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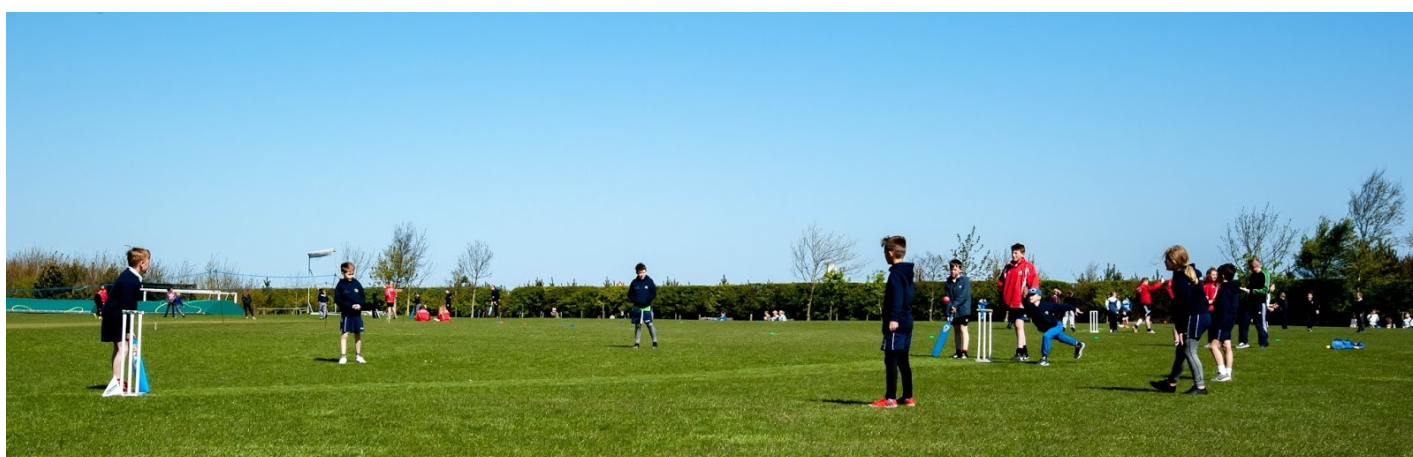
## Equipment

Autumn term calendar and entry sheet is available for schools to plan in attendance in advance. Please return as soon as possible.

## CPD

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