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An Introduction to Regan Carolan—School Sports Co-Ordinator

I am the new School Sports Co-Ordinator based at Ridgeway Academy. I assist 6 primary schools which are part of Ridgeway Academy's cluster of primary schools with sports and physical activity including: Springmead, Commonswood, Waterside, Watchlytes, Panshanger and Swallow Dell.

As well as running several festivals and competitions throughout the year, I will also be within each school teaching a small proportion of PE lessons. Festivals and competitions will focus on mass participation and raising awareness for a vast variety of sports, in addition to School Games Competitions which progress to advancing levels.

Each school already has the exciting programme of events that we have planned for this year, which I am sure they will be more than welcome to share with you.

If you have any questions or queries regarding the School Sports Co-Ordinator at Ridgeway Academy and the opportunities available to your child, please do not hesitate in contacting me at the school on 01707 351350 ext 383 or via email to Regan.Carolan@ridgeway.herts.sch.uk.

I have thoroughly enjoyed running a range of competitions, featured in this article, as well as teaching a large number of students within individual schools. The effort, resilience and skill on show has been excellent! I look forward to the next half term, and the rest of the academic year.

I do hope you enjoy reading this first edition of Ridgeway Academy's Primary School Sports Partnership e-newsletter. Have a brilliant half term break.

Mr R Carolan
School Sports Co-Ordinator—Ridgeway Academy



Year 3&4 Tag Rugby Festival @ Ridgeway Academy



On the 23rd September Ridgway hosted a well organised Tag Rugby festival for Year 3 / 4 pupils.

Commonswood, Panshanger and Swallow Dell School all attended, bringing teams full of enthusiastic children ready to learn and play their 1st Tag Rugby matches representing their School.

The PE leaders from Ridgeway helped and supported the children to all have a successful time playing in structured and Referred games. All the teams showed great sportsmanship shaking hands at the end of each game, and playing some nice rugby showing off their skill sets.

All the teams played each other and a special well done to the year 3 team that kept up with the year 4's.

Thankyou again to Ridgeway for organising this and we can't wait for the rest of the Year.

Mr L Marshment
Commonswood School

Year 3, 4 & 5 Fun Run @ Ridgeway Academy



This half term we have been lucky enough to have some of our Year 3, 4 and 5 pupils attend a Fun Run at Ridgeway Secondary School! We all had an amazing afternoon competing against other schools in the Welwyn area and enjoyed taking part in some outdoor physical activity.

“Everybody was feeling very anxious with squirming butterflies in their stomach. After all of that running, we felt exhausted and wanted to fall asleep but we had to walk all the way back to Springmead feeling as proud as gold medallists! All the anxiety had disappeared but the aches had started to deliver!”

Anybody could take part in the ‘have a go’ event but some people had a shot at the competitive running races and if you ended up in the top 10 you would earn a special certificate! We had to save stamina so we jogged for a long while around the track. As a result, full power could be used near the end to boost into 1st, 2nd or 3rd place. These races were split into gender groups but the ‘have a go’ was mixed gender.

Thanks to this incredible event we learnt that stamina wouldn’t last forever so we’d need to save it whilst running for long distances” (Written by Anhua F. and Jacob S, Year 5 Cedar Class – Springmead Primary School).

Well done to Izzy Norton who got into the Year 5 Fun Run final and to Iona Cox, Frank Rozanek and Sally Touray who all came 1st in their races!

A huge well done to everyone who took part! We are very excited to see what sporting event we will be part of next!

Miss J Ray
Springmead School

Year 5 Playground Leadership Training



Since the start of the Autumn Term, Ridgeway Academy's Primary School Sports Partnership has been training Year 5 students within our local primary schools to become Playground Leaders. Schools use the students how they wish, but typically students receive the training to then lead playground games and clubs during break and lunch times.

Students had the opportunity to learn the skills and characteristics of a good leader, how to plan a sporting session and how to adapt a session using the 'STEP' principle. Throughout the sessions, it was brilliant to have high quality discussions based around leadership and working with people, which set an excellent basis for the rest of the session with students being able to use self-reflection to evaluate their performance and suggest how they can improve.

As part of the training, students then planned and lead their own games to the rest of their class, using what they had learnt. It was brilliant to see the students grow in confidence, as well as knowledge, to become competent leaders and produce some excellent games.

As previously mentioned, schools will then use the leaders during break and lunchtimes to support younger students within the school.

Mr R Carolan
Ridgeway Academy

Year 3 & 4 Fun Run @ Ridgeway Academy

Our Year 3 and 4 classes were tremendously excited to head to Ridgeway and take part in the Fun Run on Tuesday 8th October. It was great to see so many schools and other year 3 and 4 classes, with over 300 attendees!

The pupils thoroughly enjoyed the slightly competitive races, with all children trying their best to complete the lap distance.

Congratulations to the runners who finished so quickly and for everyone for getting around the course; although working on stamina will be a focus for some in future PE sessions!

Some comments from our students:

"I didn't think I would be able to run all the way around but running with your friends gave me the extra push!"

"I liked competing against the other schools, I haven't had a chance to do that before"

"I thought running was hard but it is actually fun!"

Miss C Honour
Waterside Academy



Level 2 Year 5 Fun Run Finals @ Stanborough Lakes



Following on from the Level 1 Year 5 Fun Run competition, 24 students represented Ridgeway Academy at the Level 2 Fun Run Final which was hosted on the North side of Stanborough Lakes. The team was made up of the fastest 12 boys and fastest 12 girls that would go up against teams from Monks Walk, Stanborough and Onslow.

I wanted the team to focus on stamina – being able to keep something going for a long period of time and/or distance. This focus was achieved!

The course was around 2K, and started near the car park on the north side of the lake, to then go near the high ropes course, around the lake, over the bridge and back to where they started to finish to huge applause from a proud group of parents and teachers who were supporting them across the course!

All members of the team got across the finish line and worked incredibly hard to do so.

A special thanks must go to parents who brought their children to the event, as well as their primary school teachers for their preparation. All the students who participated have done Ridgeway Academy very proud and did a brilliant job!

Mr R Carolan
Ridgeway Academy

School Sports Co-ordinator Contact Time



Watchlytes have thoroughly enjoyed having Mr Carolan in school teaching some of our PE lessons. The children in Year 3 have really benefited from this extra support and have enjoyed their Tag Rugby lessons. In Year 5, the children have been increasing their knowledge and understand of football. After 3 lessons, some of the children said "I really enjoy the fun games that we play," "I am definitely improving each time," and "I enjoyed learning how to pass the ball properly."

Everyone at Watchlytes would like to pass on their thanks to Mr Carolan who has had an instant positive impact on both the staff and children. The other year groups are now really looking forward to working with Mr Carolan in the Spring and Summer terms.

Each school within Ridgeway's partnership, gets allocated contact time dependant on their school size; many have opted to use the SSCO to teach a small proportion of PE lessons.

Thank you!

Mr B Longland
Watchlytes School

Year 6 Tag Rugby Festival @ Welwyn Rugby Club



On the 9th October, several primary schools from WGC played in a friendly tag rugby festival at Welwyn Rugby Club. The festival was run by Saracens Sports Foundation.

When we arrived, we were all given an area to warm up. Lots of us were nervous because we had not played against other schools before, but we were also very excited. Our whole class were able to play, which was a great opportunity for everyone! When the matches started we could watch and support the teams, or use the time to practise some skills. When it was our turn we were called onto the pitch. We all got to play five matches so we all really improved. At the end of the match we lined up in our schools and shook hands with the other school.

At the end of the festival the leader called us altogether and told us how well we had played. We all got a certificate.

It was a fun experience especially for those who are not so confident. We learnt different skills and how to become good teammates. Even though it wasn't competitive we still tried our best to work hard to score a try. It was quite tiring running all over the pitch, but good exercise for us. We think the referees were great at doing their job to keep the game fair and setting everything up for us.

We think many others schools would agree with us that this sporting event was very successful and would love to do it again sometime in the year.

By Danny, Daisy and Jasmine (*Year 6 Panshanger Primary School*)

Mrs K Claridge
Panshanger Primary School

November and December 2019 Calendar

November 2019

Mon	Tue	Wed	Thu	Fri
				1 HALF TERM
4	5	6	7 Mixed U11 Table Tennis @ Ridgeway 130-3pm (Level 1)	8
W/C 4 th THIS WEEK – Basketball 'competition window' & Playground Leaders training				
11	12 MU11 Table Tennis Finals <i>(qualified from previous event)</i> 1:15-3pm @ Ridgeway (Level 2)	13 Fixtures Night @ Ridgeway 330-5pm AWP/Netball Courts (Opportunity for schools to complete league fixtures)	14 The FA Primary Teachers' Award @ The County Ground, Letchworth 9am-3pm (Additional CPD with accredited qualification)	15
W/C 11 th THIS WEEK – Basketball 'competition window'				
18	19 Year 5/6 Basketball @ Ridgeway 130-3pm (Level 1) – Schools encouraged to enter 3 teams for the same age group (C)	20	21 Karate CPD @ Ridgeway 330-430pm (Active Hertfordshire Karate)	22
25 Fixtures Night @ Ridgeway 330-5pm AWP/Netball Courts (Opportunity for schools to complete league fixtures)	26 Year 6 Basketball Finals <i>(qualified from previous event)</i> 115-3pm @ Ridgeway (Level 2)	27	28 Gifted and Talented Badminton (Doubles) @ Stanborough TBC (potential HSU)	29 Ridgeway Academy CLOSED

December 2019

Mon	Tue	Wed	Thu	Fri
2 MU11 Table Tennis County Finals <i>(qualified from previous event)</i> @ Edge Grove School (Level 3)	3	4	5 Fixtures Night @ Ridgeway 330-5pm AWP/Netball Courts (Opportunity for schools to complete league fixtures)	6 Indoor Athletics Practice @ Individual Schools
9 (Level 3) Year 6 Basketball County Finals	10 Year 3&4 Rapid Fire Cricket @ Ridgeway 130-3pm (Open Entry – Level 2) 4 Boys, 4 Girls	11	12 Year 3&4 Dodgeball Competition @ Ridgeway 930-11am (RWA Schools Only)	13 Indoor Athletics Practice @ Individual Schools
W/C 9 th THIS WEEK – Autumn Term Review Meetings with PLT & Headteacher (individual schools) & <u>Indoor</u> Athletics 'competition window'				
16	17 Year 5&6 Dodgeball Competition @ Ridgeway 130-3pm (RWA Schools Only)	18	19	20 END OF AUTUMN TERM
W/C 16 th THIS WEEK – Autumn Term Review Meetings with PLT & Headteacher (individual schools)				
23	24	25 Christmas	26	27

October 2019
Issue 1

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Ridgeway Academy's School Sports Partnership:



Commonswood



Watchlytes



Panshanger



**Waterside
Academy**



Springmead



**Swallow
Dell**

Thank you for reading!

NEWSLETTER