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## SSCO Message - The welcome return of Physical Education and School Sport!

With six months away from Physical Education and School Sport, when schools partially closed back in March, it has been wonderful to restart Ridgeway Academy's School Sports Partnership; albeit in a different way than we are used to.

Although cut short, we finished the 2019-20 academic year incredibly strongly, with all partnership schools dedicated to providing their students with high-quality physical education. Despite the difficult circumstances, this has continued with the focus on returning students to being active daily. I would like to take this opportunity to publicly thank all of the PE Leads within our partnership who have worked tirelessly during this term.

I have thoroughly enjoyed returning to each school and teaching several students from Nursery all the way through to Year 6, across our partnership. Sports being taught this term have included: Tag Rugby, Speed Stacking, Athletics, Dance and Football.

All schools have taken up the opportunity to participate in virtual competitions, replacing the regular competition format we are used to. Despite missing the regular format, this has been an excellent replacement and I thank the schools for their enthusiasm and engagement with these.

If you have any questions or queries regarding the School Sports Co-Ordinator at Ridgeway Academy and the opportunities available to your child or school, 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](mailto:Regan.Carolan@ridgeway.herts.sch.uk).

I do hope you enjoy reading this edition of Ridgeway Academy's Primary School Sports Partnership e-newsletter.

Merry Christmas and a Happy New Year!

**Mr R Carolan**

School Sports Co-Ordinator—Ridgeway Academy  
School Games Organiser—Welwyn, Hatfield



## Virtual Pentathlon Competition— The Final Results

I am delighted to be able to announce the results for the virtual pentathlon competition. It was fantastic to receive at least two entries from each school.

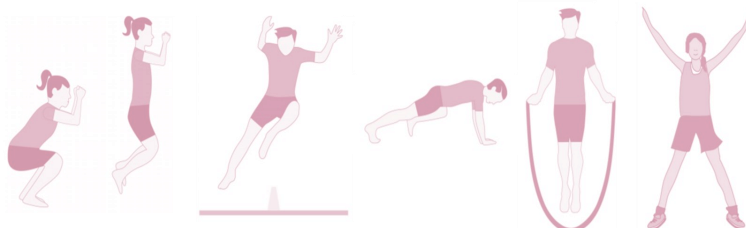
Over 600 students took part in the virtual competition, where they competed within their own PE lessons at their school. Activities within the competition included: speed bounce, shuttle runs, long jump, vertical jump and target throwing. Each activity was scored or timed and recorded on a scoresheet. These were collated and the overall scoresheet for each year group was sent to Ridgeway Academy.

The final results for the virtual pentathlon competition, per year group, is as follows:

YEAR 1			YEAR 2			YEAR 3		
1 <sup>st</sup>	Commonswood	1480	1 <sup>st</sup>	Commonswood	1906	1 <sup>st</sup>	Waterside	1953
2 <sup>nd</sup>	Watchlytes	1264	2 <sup>nd</sup>	Panshanger	1532	2 <sup>nd</sup>	Commonswood	1873
3 <sup>rd</sup>	Panshanger	1008	3 <sup>rd</sup>	Watchlytes	1527	3 <sup>rd</sup>	Springmead	1827
4 <sup>th</sup>			4 <sup>th</sup>			4 <sup>th</sup>	Panshanger	1219
5 <sup>th</sup>			5 <sup>th</sup>			5 <sup>th</sup>		
6 <sup>th</sup>			6 <sup>th</sup>			6 <sup>th</sup>		
YEAR 4			YEAR 5			YEAR 6		
1 <sup>st</sup>	Swallow Dell	2114	1 <sup>st</sup>	Commonswood	2261	1 <sup>st</sup>	Springmead	2490
2 <sup>nd</sup>	Commonswood	2081	2 <sup>nd</sup>	Springmead	2037	2 <sup>nd</sup>	Waterside	2404
3 <sup>rd</sup>	Springmead	1722	3 <sup>rd</sup>	Panshanger	1915	3 <sup>rd</sup>	Commonswood	2403
4 <sup>th</sup>	Panshanger	1615	4 <sup>th</sup>	Swallow Dell	1765	4 <sup>th</sup>	Panshanger	2245
5 <sup>th</sup>			5 <sup>th</sup>			5 <sup>th</sup>	Swallow Dell	2217
6 <sup>th</sup>			6 <sup>th</sup>			6 <sup>th</sup>		

Well done to all students who took part and staff who facilitated the competition. It is fantastic to have a range of different winners – some of the results were incredibly close, with one result coming down to just one point!

**Mr R Carolan**  
Ridgeway Academy



## Virtual Pentathlon Competition— School Reports

Thankyou to the sports partnership for making it possible for all children to have the opportunity to compete in these difficult times. The children embraced it and loved the competitive nature of it.

It was great to see everyone give 100% to help the school have the best chance of doing well.

Also, great to see all schools within the partnership taking part. These virtual competitions can only be a good thing, for students to receive competitive opportunities until we are back in the Ridgeway Academy Sports Hall competing side by side again.

**Mr L Marshment**  
Commonswood School

The first virtual challenge of the term was a Pentathlon competition. This was open to all year groups from Year One to Year Six. The children needed to complete 5 different activities involving running and jumping and recording their scores. These scores were then converted to points.

The top eight children's scores from each class were added together and went through to the competition against the other schools within the family group. The children thoroughly enjoyed the events. Some children in Year Five made the following comments.

***"I increased my skills and fitness, because I have never done some of those activities before."***

***"It was good to be able to try to get better and get the best score for my school."***



**Mrs K Claridge**  
Panshanger Primary School



## School Sports Co-ordinator Contact Time in the Autumn Term—School Reports

### Panshanger Primary School



Mr Carolan has worked with Years 1, 2 and 6 at Panshanger this term. As always the children have really benefitted from and enjoyed him teaching them during their PE session.

Mr Carolan has focused on teaching fundamental skills in both KS1 classes. One child said ***“I love PE. It is so fun and makes my heart beat fast.”***

The focus in Year 6 has most recently been tag rugby. Some of the children made the following comments:

***“The warm up are so fun and I have loved playing small matches.”***

***“Mr Carolan is the best rugby coach we have had. We have really enjoyed our lessons and been taught so many skills and would like him to take us for more rugby sessions.”***

**Mrs K Claridge**  
Panshanger Primary School

## School Sports Co-ordinator Contact Time in the Autumn Term—School Reports

### Springmead School

For PE we did five different activities as part of a virtual pentathlon competition with Mr Carolan from Ridgeway Academy.

The first activity was a throwing activity where you had to throw beanbags into two hoops. You got three points for the first hoop and four points for the second. We had to use aim and accuracy for this task!

The second activity was a jumping activity we got attached to a waistband, which was like a belt, with a measuring device and when you jumped up into the air it measured how high you jumped.

Next, we did a speed bounce activity. This task had one foam triangle which we had to jump over as many times as we could while our teacher times us.

Then we did another jumping activity (long jump) where, as you may have guessed, we had to jump and measure how far you went!

Finally, we did a running activity. We had to complete 20 laps up and down while we were being timed by a partner to see how quickly we completed the task!

We recorded all of these activities on a piece of paper. My class really enjoyed having Mr Carolan help us with our lesson and are looking forward to hopefully having another session with him again later in the year!

**Year 6 Student**  
Springmead School

## School Sports Co-ordinator Contact Time in the Autumn Term—School Reports

### Watchlytes School

This half-term at Watchlytes, the children in Year 1 and 2 have been very lucky to have Mr Carolan teaching some of their PE lessons. We have been focusing on improving our throwing and catching skills as well as taking part in a virtual pentathlon. This was our first virtual competition and it will hopefully not be our last. The children have thoroughly enjoyed their time with Mr Carolan and hope that he will be back working with them again soon. Thank you!

**Mr B Longland**  
Watchlytes School



### Waterside Academy

Mr Carolan has worked with all of the KS1 children throughout the Autumn Term, he spent the first part of the term with the Year 1 class.

We focused on invasion games which the children were able to fully immerse themselves in. All of the children were committed to making the most of their time with Mr Carolan with one commenting ***“I love these lessons, Mr Carolan makes PE so much fun!”***

Throughout this half term the children worked on developing their gross motor skills as well as working as a team.

**Miss K Wilson & Miss A Ayres**  
Waterside Academy

## 60 Second Challenges

In P.E we now do a new warm up, called the 60 second challenge. Each challenge takes 60 seconds. At first, it was challenging but we've done them a few times now so we are getting better. The exercises are: planks, mountain climbers, star jumps, squat jumps and burpees.

We've got better and we can do more than 20 mountain climbers without getting tired. These exercises make us more fit and get us ready for P.E/ Hockey. We've really enjoyed them. Although they have been tiring, we really love it. Here's a suggestion; instead of planks we could do running on the spot because planks are easy. The exercises get us really awake and ready for hockey.

Lots of endorphins are released after the work out which makes us feel happy. We think the 3 laps around the weather court are really good because there are like a sixth work out! Our teacher records how many reps we do of each challenge which means we can see if we have improved.

**Year 4 Student**  
Springmead School



The children took part in the 60 second personal challenges. For some this seemed easier than others. ***“The plank was really hard as I had to hold my stomach”*** explained Jack in Year 6. Others commented how it felt longer than 60 seconds – ***“was it really only a minute!”*** The children showed a lot of determination and perseverance whilst completing the carousel. Many had the opportunity to time, count and manage their group, ensuring all took part.

**Miss K Wilson & Miss A Ayres**  
Waterside Academy



## Archery CPD

One of the virtual competitions offered by the Welwyn, Hatfield School Sports Partnership was Archery. We understood that, although it is incredibly fun and inclusive, it was a new sport for a number of PE leads and students. For this reason, teachers were offered a specialist Archery CPD programme which showed them how to use the equipment and how to score a safe competition within their own school.

**Mr R Carolan**  
Ridgeway Academy

As new PE leaders, we enjoyed watching the videos that were straight forward and concise. The children then had the opportunity to take part in the archery competition. Children, who were reluctant to join in with PE lessons previously, thoroughly enjoyed the challenge of aiming at the targets. Teachers and pupils have requested that we purchase some, which we have since done.

**Miss K Wilson & Miss A Ayres**  
Waterside Academy





## Physical Education at Swallow Dell during the Autumn Term

What a fantastic term the children of Swallow Dell have had whilst being taught a variety of different sports by Mr Carolan.

During Autumn term one, both KS1 and KS2 were able to improve their endurance and stamina by completing a range of exciting fitness circuits as well as showing great collaborator skills as they cheered on and supported their partners to achieve their very best!

Year 3 also have had the opportunity to develop their basketball skills with their fortnightly PE lessons with Mr Carolan which they have highly enjoyed.

It was then during autumn 2 where the children were really able to shine as they competed in a range of different competitions. We had children from year 4 and year 6 let their hands do the talking as they went against the clock to compete in a speed stacking competition. In addition to this, children from year 4, 5 and 6 competed in a pentathlon which saw them running, jumping and throwing! Year 6 did not only do two competitions they also did another! Working fantastically as a team with careful communication and agility skills to complete a variety of different football drills.

All of the adults at Swallow Dell are incredibly proud of how hard the children have worked and the teamwork they have shown to really do their very best! What a fantastic start to this academic year!

**Miss R Oliver**  
Swallow Dell



## Physical Education at Springmead during the Autumn Term

This term has been an interesting and different start to the school year than we are used to experiencing. All schools have had to adapt and change their outlook on PE to match the changes we are experiencing around us.

At Springmead, we have now introduced daily movement breaks as part of our lessons. One to two exercise breaks, will contribute significantly to the goal of a total of 30 minutes of activity each day for every child. One five-minute exercise break per day can provide as much activity as one additional PE class per week. All children thoroughly enjoy these movement breaks as it helps to refocus and stimulate the brain for learning.

KS2 have been delighted to have been able to have to opportunity to compete in virtual competitions. Although it is strange competing against people we can't see, it is still fun to have the challenge!

We have loved still being able to go outside for our PE lessons and have really enjoyed having Mr Carolan being able to come back into school to work with children and teachers in their PE lessons.

**Miss J Ray**  
Springmead School



## School Games Competitions

As part of the Autumn Term partnership offering, primary schools across Hertfordshire have had the opportunity to participate in a number of virtual competitions. Sports during this term included: Archery, Boccia, Football Skills and Speed Stacking.

It was fantastic to see Ridgeway Academy's family of primary schools embracing these competitions, giving their students access to competitive sport once again; although very different than we are used to!

A special mention to **Swallow Dell** who entered the Year 6 Football Skills competition, finishing 3<sup>rd</sup> overall across Welwyn, Hatfield. In addition, **Swallow Dell** also entered the Year 6 Speed Stacking competition and finished 1<sup>st</sup> overall!

**Panshanger** entered the Year 5&6 Archery competition with a number of successful results including: Year 5 Girls Team 2<sup>nd</sup> Place, Year 5 Mixed Team 1<sup>st</sup> Place, Year 6 Girls Team 1<sup>st</sup> Place and Year 6 Mixed Team 1<sup>st</sup> Place in Welwyn, Hatfield. Both Year 5 and 6 teams finished 4<sup>th</sup> in Hertfordshire.

A fantastic achievement for both schools, being recognised across the district for their efforts. Well done to all who got involved!

**Mr R Carolan**  
Ridgeway Academy





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# Ridgeway Academy SSP



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## Ridgeway Academy's School Sports Partnership:



Commonswood



Watchlytes



Panshanger



Waterside  
Academy



Springmead



Swallow  
Dell

# Thank you for reading!