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SSCO Message - Starting the New Year strong in Spring Term 1

After an action packed Autumn Term, recharging our batteries over the Christmas break, it was fantastic to return with a busy schedule of events for the first half of the Spring Term.

This half term has introduced many students to a variety of new sports. This has included Indoor Athletics, Karate and Dance, not to mention school's completing their Football and Netball fixtures. We have ran 3 Indoor Athletics competitions, as well as a Karate festival of which you will find more information about in this newsletter.

Again, I have thoroughly enjoyed teaching a variety of students from Year 1 all the way through to Year 6 across our partnership. Sports being taught this half term has included Indoor Athletics, Dance, Gymnastics and Outdoor Adventurous Activities (OAA).

We again have an exciting programme of events for the term ahead centred around a range of different sports, which again focus on mass participation and giving students across the partnership new opportunities.

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 do hope you enjoy reading this 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



Karate Festival @ Ridgeway Academy

In partnership with Active Hertfordshire Karate



In partnership with Active Hertfordshire Karate, Ridgeway Academy's family of primary schools, within the sports partnership, were given an exciting opportunity to send students to a Karate festival hosted at Ridgeway. Schools were able to bring 30 KS2 students, which aimed to give them an opportunity to try a brand new activity, outside of the 'norm'.

It was fantastic to receive some positive feedback from the students themselves, shown on pages 3&4.

Each school received their own 45 minute session with instructors from the Karate school. Please see more details provided by the instructors themselves below:

Mr R Carolan
Ridgeway Academy

We visited Ridgeway Academy on Tuesday 21st January to run a fun session for the six schools in consortium.

Students had an energetic session, where we showed them a couple of karate moves and also some simple self-defence using body and verbal language. We were pleased to meet everyone and hope that some of them may decide to take up this fascinating activity on a regular basis. Its individual, non-team, non-competitive and good for those students who aren't 'sporty'.

We offer FREE try-outs every week to children 5yrs+, teens, adults and families. If you would like us to come into school to offer a specific session to groups (max 30) across year 1 - 6, we'd be pleased to discuss further with you. Contact details for Active Hertfordshire Karate were included on the poster given to students at the end of the session, alternatively you can contact your School Sports Co-ordinator.



Mr R and Mrs W Hazelwood
Active Hertfordshire Karate

Karate Festival @ Ridgeway Academy ***A students view!***

In partnership with Active Hertfordshire Karate

Springmead

'On Tuesday the 21st January a few children from Year 3, 4 and 5 at Springmead went to Ridgeway Academy to participate in some karate. We learnt how to do self-defence e.g. punching kicking and how to get hands off our wrist. When we got there we had to take our coats, shoes and socks off against the wall. After that, we had to do a warm up. Then we learnt to say hello and bow, then get into our ready position. Then the instructors taught us how to punch and switch our hands at the same time. Suddenly, we did our punching super-fast. After that, we started to do our punching with some slow breathing. We learnt how to say, "Leave me alone!" We had to say "STOP, GO AWAY, LEAVE ME ALONE!" Next, we learnt how to get people's hands off our wrists by putting our hand and sliding it down our arms. Then we did our kicking. Overall it was an amazing experience and we would recommend karate to anyone that wants to get fit and learn self-defence.'

(Written by Gracie B, Natalie O'C, Kiernan D. and Esa C., Year 5, Springmead School)

Waterside

'Year 4 had a great opportunity to go to Ridgeway for a Karate workshop last Tuesday. We learned lots of different punches and movements. I liked that the instructors made the session fun and they taught us self defence.'

(Written by Johnny, Year 4, Waterside)



Karate Festival @ Ridgeway Academy *A students view!*

In partnership with Active Hertfordshire Karate

Panshanger

'Year 6 took part in a karate event at Ridgeway Academy. We were taught some protective moves that could help us defend ourselves. Most people enjoyed the shouting part as we don't usually get to scream very loudly. We had to shout words such as STOP, GO AWAY and LEAVE ME ALONE! We were taught how to say some Japanese words such as ousye. Meaning almost anything you want it to mean! We were taught how to block each other from getting hurt. We enjoyed it and there was a great opportunity at the end as we were given a letter about joining a club (lots of different times) that were available with a voucher.

To sum up, we all had a really great time and learned how to defend ourselves in a time of crisis.'

(Written by Aimee, Mya and Maddie, Year 6, Panshanger School)

Watchlytes

'Our Year 2 class had the opportunity to take part in a Karate lesson at Ridgeway. This was a sport that many of our children had never learnt about before. The children had a fantastic time and are really looking forward to coming back. They particularly enjoyed learning about the reasons why people learn Karate.'

Commonswood



'The karate was really good fun and we learnt some cool moves if anyone tries to grab us. We found it entertaining all the time we was there. Before we use the moves, we need to say "Stop! Go away! Leave me alone."

The instructors were really nice and if we did something wrong, they nicely told us how to do it correctly.

(Written by Robert, Tyler, Zachary and Amy , Year 4, Commonswood School)

Student Sports Leaders @ Ridgeway Academy



Over the duration of the Autumn Term, and the beginning of the Spring Term, Ridgeway Academy students have been selected to assist with a number of different primary school competitions which has seen numerous pupils from our primary schools visit Ridgeway Academy for sporting opportunities.

January has been dominated with Indoor Athletics, with 3 different competitions taking place for Year 4, 5 and 6 students. Ridgeway Academy students represented the school in their role as sports leaders to ensure the smooth running of the competitions. Students ran their own field activities, for example triple jump, as well as assisting with the track whether that was timekeeping, track judging or making sure the area was set correctly for the next event.

I would like to take this opportunity to thank all the students who have helped and made the competitions possible. I would not be able to do it without them!

Mr R Carolan
Ridgeway Academy

School Sports Co-Ordinator Contact Time



This half-term Mr Carolan has continued to come into Panshanger every Monday afternoon, running a Tag-rugby lunchtime club for Year 3 and Outdoor Adventurous Activities for Years 5 and 6.

The children have thoroughly enjoyed these sessions and have very much looked forward to them each week. Mr Carolan's arrival at school is always greeted with much excitement, the children's enthusiasm to get involved is clear to see! Mr Carolan's lessons are always fully inclusive ensuring each and every child is actively involved and challenged. He has really focused on developing team spirit and team work, emphasising that in order to succeed they have to work as a team. This has also had a really positive impact on the children's communication and social skills. Mr Carolan always puts so much thought and energy into his lessons, not only have the pupils benefitted enormously; it has been a great opportunity for staff to learn so much from his teaching too.

Thank you Mr Carolan!

Mrs K Claridge
Panshanger Primary School



Year 4 Indoor Athletics Competition **@ Ridgeway Academy**

This half term we had the opportunity to attend an Indoor Athletics Competition at Ridgeway Academy. We all had an amazing afternoon competing against other schools in the Welwyn area and enjoyed taking part in some indoor physical activity.

'On Tuesday 14th January we went to Ridgeway Academy with no idea of what we were going to do because we didn't get much practice! We walked to Ridgeway and when we got there we found an empty space to stretch and warm up. Then we got started.

First, we started with the running race with the boys going first. After that, the girls went to the running race as well. The girls won but the boys came 2nd place. Next, We did other activities like long jump, chest push, vertical jump, hurdle race, over and under race and relay race. We were nervous and scared but excited and we persevered and never gave up. We cheered each other on every single time someone went on.

When all the activities finished we sat on the floor and Mr Carolan was telling everyone good job. Springmead came 3rd out of three, Panshanger came 2nd and Commonswood came 1st. But we didn't get mad at it we didn't give up because we are Springmead!'

(Written by Hannah D. and Iona C. Year 4, Springmead School)

Miss J Ray
Springmead School

Year 5 Indoor Athletics Competition **@ Ridgeway Academy**

Thursday 23rd January was the 2nd of 3 Indoor Athletics Competitions in Spring Term 1, this time for Year 5 students.

Five schools were in attendance: Panshanger, Waterside Academy, Watchlytes, Springmead and Commonswood.

All the schools competed very well, and all the pupils showed incredibly sportsmanship to one another and the brilliant sports leaders from Ridgeway. All races and field events were all performed to a very high level and some great talent on show.

The atmosphere in the hall was electric with all the students cheering each other on, giving their team mates an extra boost.

After a hard-though morning, Commonswood came out eventual winners with Springmead finishing runners up.

Well done to all those who competed, Ridgeway Academy Year 9 students acting as Sports Leaders and Mr Carolan for organising.

Mr L Marshment
Commonswood School

Year 6 Indoor Athletics Competition **@ Ridgeway Academy**

On Tuesday 28th January, Year 6 took part in an indoor athletics competition at Ridgeway.

Every member of our class had an opportunity to do at least 1 event such as: relay, jumping, chest push or a sprint. It was brilliant for everybody to have an opportunity to participate in such a fun competition.

Although we didn't win, we all had fun and really enjoyed ourselves. This is not to say that some individuals did not come first in some of their events because they did, and did incredibly well. We would really like to thank Ridgeway for organising this event.

Written by Year 6 Student

Mr B Longland
Watchlytes Primary School



Year 12 Sports Leaders Sessions with Panshanger Primary School

Panshanger Primary School were invited to Ridgeway Academy for 3 Fridays of the Spring Term for a variety of sporting sessions for their Year 4 students.

The sessions were ran by Ridgeway's Year 12 Sports Leaders. The Year 12's had to run three different lessons for their Level 2 Sports Leaders course. They would be assessed for these lessons, as well as assessing themselves.

Each of the sessions included a fun and energetic warm up, a main activity and an appropriate cool-down linked to the chosen sport. Sports chosen included: Football, Basketball, Netball, Parachute Games, Bench Ball and a variety of 'sports day' activities.

I would like to thank all of the Year 12 Sports Leaders for their preparation and fantastic delivery of their sessions. All of the students thoroughly enjoyed the lessons and did not want them to end. I would also like to thank Panshanger's Year 4 students for being a fantastic group of students to lead to.

Mr R Carolan
Ridgeway Academy



February, March and April 2020 Calendar

February 2020

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7 Dance Festival @ Ridgeway 130-3pm (30 Year 5&6 students per school) (Warrior Dance Academy)
W/C 3 rd THIS WEEK – Speed Stacking practice sessions in schools (agreed with individual schools)				
10	11 U11 Indoor Athletics Finals (<i>qualified from previous event</i>) 1:15-3pm @ Ridgeway (Level 2)	12 Gifted and Talented 6 Nations Rugby @ Welwyn Rugby Club 1:15-3pm. Team of 10 students for the Ridgeway partnership (Yr 5&6)	13 INSET DAY (Ridgeway Academy CLOSED)	14 INSET DAY (Ridgeway Academy CLOSED)
W/C 10 th THIS WEEK – Speed Stacking practice sessions in schools (agreed with individual schools)				
17 HALF TERM	18 HALF TERM	19 HALF TERM	20 HALF TERM	21 HALF TERM
24	25 Dance Festival Practice @ Ridgeway (Sports Hall&Dance Studios) 1:30-3pm	26	27	28

March 2020

Mon	Tue	Wed	Thu	Fri
2	3 Speed Stacking @ Ridgeway (Open Entry)	4	5	6
9	10	11	12	13
W/C 9 th THIS WEEK – Sport Relief Week 2020				
16 District Netball Tournament @ Stanborough 2-4pm	17 FUTSAL CPD @ Ridgeway 12 – 3pm (Hertfordshire FA) (Level 3) Spring Term County Finals Day @ Wodson Park TBC	18	19	20
W/C 16 th THIS WEEK – Handball 'competition window', Spring Term Finals Day (Indoor Athletics, Rapid Fire, Speed Stacking) 17/03				
23	24	25 District Football Tournament @ Ridgeway 2-4pm (BIG SCHOOLS – Open Entry)	26 District Football Tournament @ Monks Walk 2-4pm (LITTLE SCHOOLS – Open Entry)	27
W/C 23 rd THIS WEEK – Spring Term Review Meetings with PLT & Headteacher (individual schools) & Handball 'competition window'				
30	31 Year 5 Handball @ Ridgeway 1:30-3pm (Level 1)			
W/C 30 th THIS WEEK – Spring Term Review Meetings with PLT & Headteacher (individual schools) & Mini Tennis and FUTSAL 'competition window'				

April 2020

Mon	Tue	Wed	Thu	Fri
		1	2 Ridgeway Academy Partnership Meeting 345-5pm	3
W/C 30 th THIS WEEK – Spring Term Review Meetings with PLT & Headteacher (individual schools) & Mini Tennis and FUTSAL 'competition window'				

February 2020
Issue 3

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Ridgeway Academy's School Sports Partnership:



Commonswood



Watchlytes



Panshanger



Waterside
Academy



Springmead



Swallow
Dell

Thank you for reading!