

The Partnership post

Issue 2
Spring 2009

Woodcote School Sport Partnership Newsletter

Great result for schools

In December we were notified that all infant, junior and primary schools within the Woodcote Partnership were awarded Activemark 2008 and Woodcote High School & Sports College was awarded Sportsmark 2008.



Schools received the mark if at least 90% of pupils were achieving at least two hours of high quality PE each week.



Netball 4 All

Many primary and special schools now are even exceeding two hours within the curriculum.

This is a great result and demonstrates that we are making huge strides in physical education and school sport. Congratulations to all those who have helped to achieve this result, this will undoubtedly have had a positive impact on all the pupils affected.



Fairchildes are Winners



Young Sports Leaders from Coulsdon College

New Logo and Website

The Woodcote School Sport Partnership has a new logo, as seen on our front cover and future letterheads! A new website is also under construction and will be available for viewing from 1st March 2009. The website will allow you to download useful resources, contact your Partnership Development Manager (PDM), check out dates for events and Continuous Personal Development (CPD). The new website address is: www.woodcotessp.co.uk.



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Strictly Ballroom

This term Lorraine Drolet has continued her excellent work in existing and new schools. Please see her report below:



Rowdown had over 55 Year 5 children, who have never danced before but with great enthusiasm danced the Cha Cha, Waltz and Samba. From complete chaos some surprising new little, stylish stars have been formed.

Applegarth too had over 55 Year 4 children taking to the floor with vigour! They also had never danced before so after one term they are getting to grips with the tempos and rhythms of the dances, but definitely prefer the Latin style!

Ashburton had approximately 50 Year 4 children. There were one or two very gifted

children and some rising to the challenge of a mock competition.

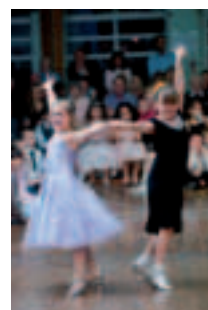
Smitham had approximately 55 Year 2 children with such raw talent. Wattenden had over 50 Year 5 children. Now in their second year Wattenden have excelled due to their determination and dedication. Musicality in abundance and partnering to be proud of, they certainly will be shining at the next dance competition.

Keston had approximately 55 Year 4 children; with the mixture of great music and energy, the children just need to be channelled more to achieve the correct technique.

Woodside Primary had 40 Year 2 and 3 children in their after school club. Woodcote Primary, as usual, came up with great team work in the Year 6 classes.

In the Woodcote High class after school club, there are fifteen Year 7 to 10 boys and girls attending. There are some very serious contenders for dance diplomas who all work hard and will be put forward to be tested in the New Year.

This last term has seen the Partnership and Drolet Dance in numerous newspapers including *The Sunday Times* and *The Croydon Guardian*. One of Woodcote High School's students has recently been interviewed by a girls' teenage magazine, due out in the Spring. Woodcote Primary



have also been photographed and interviewed.

During September, seven pairs from various schools danced at the "Best of Britain" beginners' event in Bournemouth. All

the children that attended "After School Clubs" held at Woodcote High did extremely well making the semi finals. They were the only children there that had begun dancing in school time as a result of the Partnership. Our new term will concentrate on the forthcoming event at Woodcote High school on March 7th.

A small group of dancers attended and demonstrated the Samba, Cha Cha Waltz and Jive to help turn on the Coulsdon Christmas lights. There was confidence in abundance from these children. A "pairing" from one of our schools made the semi-finals dancing a Jive in "Coulsdon's Got Talent".



Ballet

Edenham High School and Oasis Academy Coulsdon have embarked on a new Ballet dance club. The girls were the ones to suggest it and wanted to learn another style of dance. They do this during their own lunchtimes. The groups are still small at the moment but the girls attend regularly and have learnt a fair amount in one term.

The girls have realised how difficult and strict ballet can be. The style of dance will help them with other dance styles and especially if any of them want to go onto a Performing Arts or Dance College!!

Edenham students now want a ballet barre and mirrors like a proper dance studio!! These sessions have been delivered



by Amy Busbridge, Woodcote SSP's Community Dance Coach.

Dance Mat Competition

On Thursday 23rd October Ashburton Community School played host to a 'dance mat' competition for pupils from Years 7 and 8. Over 130 pupils took part in the first competition of this kind in the Croydon Sports Partnership.

Pupils were guided by instructions projected onto the wall of the Sports Hall, dancing away to the latest dance music



working in their teams to amass the highest overall score possible.

Harris South Norwood were the overall winners, with Oasis Academy Coulsdon collecting the award for the best team spirit and effort.

Feedback from the pupils was that they very much enjoyed the competition and would like to be involved in more dance mats events. If your school would like more information on dance mats, please contact your SSCO.



Lacrosse

We have had five successful Year 6 lacrosse tournaments with over 150 children taking part. There was some brilliant lacrosse played with some very close and exciting games. Well done to everyone who attended.

Congratulations to Castle Hill Primary, Ashburton Juniors, The Hayes Primary, Coulsdon CoFE Primary and Christ Church CoFE Primary who won their family tournaments and now go through to the Croydon tournament where they will play each other.

The winners of the Croydon tournament will go through to the London Tournament.



The Hayes Primary School, winners of their lacrosse festival



The Hayes, Chipstead Valley and Smitham Primary Schools

NETBALL 4 ALL

Established 2005

In association with

Woodcote School Sports Partnership



“High 5” Netball coaching, drills, skills and games
for girls and boys age 8 (Year 4) to age 11 (Year 6)

EVERY THURSDAY FROM 26 FEBRUARY TO 2 APRIL
From 5pm to 6.30pm



Perfect preparation for schools entering the
CROYDON PRIMARY “HIGH 5” NETBALL COMPETITION
On Thursday 26 March

FOR MORE INFORMATION AND APPLICATION FORM
Please contact Clare Nicholls on 020 8763 8772 OR
Elaine South on 07984 152369

FAMILY NEWS

THOMAS MORE

Cross-country Festival

The Cross-country festival was held on a lovely sunny evening with excellent help from the Sports Leaders from Thomas More. Regina Coeli won the event and went on to become the Croydon champions.



The winning team from Margaret Roper.

Swimming

The team from Margaret Roper were the winners of an exciting gala held at Thomas More pool. There were races for all abilities and everyone in Year 6 in three local primary schools was included. Sports Leaders from Thomas More School assisted and Thomas More Year 7 team also took part to test their swimming skills.

Multi Skills Festival

Sixty Year 2 children from Christ Church and Regina Coeli Primary Schools came to Thomas More Sports Hall and took part in a festival where they tried their hands at different sports. These ranged from indoor curling to floor lacrosse requiring skills of coordination teamwork and accuracy. Everyone worked really hard and had a wonderful time. Sport Leaders from

Thomas More helped the afternoon run smoothly and injected much enthusiasm.

New Volleyball Club

Croydon Volleyball Club started this autumn at Thomas More on Fridays at 7.30pm. This exciting new venture with Volleyball England fills a gap in volleyball provision in South London.

Thomas More Volleyball club for pupils runs after school followed by The Academy for pupils from other schools all supported by the members of the Croydon Volleyball club.

The schools teams have been successful already and the club is friendly and welcoming with a good standard of play. New members are always welcome and a warm invitation is given especially to pupils from other schools that can make it to Thomas More on Fridays from 4.30 to 6.00pm on Fridays.
www.croydonvolleyballclub.co.uk

WOODCOTE and RIDDLEDOWN

Play Leader Training

The "Leadership Programme" has had a great influence in the Woodcote and Riddlesdown family. Sixty students from Woodcote Primary, St Aidan's, The Hayes and Roke have participated in the "Play Leaders" course. The students in all schools have responded exceptionally well to their roles, taking responsibility and thought for their duties. The schools have seen improvements, reduced negative behaviour at break times and lunch times, increase in pupils' self-esteem and confidence, improved skill levels, tactical understanding and application of skills in games.

Cycling

Cycling is now in full swing in the Partnership. Riddlesdown was keen to get on board and cycling was introduced into

the Year 10 curriculum. The 15 students at Riddlesdown are thoroughly enjoying their six-week block, especially getting muddy on the Downs! Thank you to British Cycling coach Ric Jamieson and to Paul Langan (Head of PE).

For more information regarding cycling, please contact Ric Jamieson from British Cycling on ricjamieson@britishcycling.org.uk or contact your SSCo.



ASHBURTON



LA Fitness

Year ten girls and Year eleven boys from Ashburton Community School have taken advantage of the opportunity to attend LA Fitness once a week as part of their regular PE lesson. The pupils have access to the gym, squash courts and swimming pool. Christina Thomas-Malcolm has tried squash for the first time and has really enjoyed the game. Miriam Maziri, Jade Hall and Lucie Hughes have posted a good time for rowing 500m. The remaining girls make full use of the running, cycling and resistance stations.

The boys have enjoyed swimming as well as gym work. Lewis Slane has also completed an impressive time on the

rowing machine being the fastest so far over 500m. There is still time to challenge Lewis! George Davis has been able to offer his knowledge gained from his work placement at LA Fitness and assist the group using the gym equipment. The group as a whole have been very focused and appreciative of the opportunity offered.

Sport Unlimited

Extended activities has been offered to Year ten pupils to try team or individual activities and challenges, which they may not normally do, or tried before. So far the group have completed an orienteering challenge, following a route to find markers in order to complete a sentence by the end of the course. Jordan Mc Lean was an excellent 'spotter', with his sharp eyesight we were able to find a number of clues.

The group have also tried archery, assault course, rifle shooting and wall climbing. Pupils were slightly apprehensive before they got going, but stepped up to the challenge. Emily Muncey and Jamal Cummings hit the bulls eye in the archery, while the girls beat the boys on the assault course challenge!

Each week the group was set another challenge or activity. Events and venues continued to change over the coming



weeks. Pupils were rewarded for attendance and behaviour, which has been very good, having been complemented on by the staff at Frylands Wood.



ADDINGTON

Multi Skills

A multi-skills festival took place on 4th December held at Rowdown Primary School. All six schools took part with over 30 children from Years 1 and 2 participating.



Sport Unlimited

Rifle shooting, quad biking and wall climbing were just some of the activities Addington High Year 10 and 11 boys and girls took part in at Frylands.



EDENHAM

Cross-Country event held at Orchard Way Primary School

With an early start, both Mr Wallbank and Mr Pecorella went to work on setting up a cross-country course with a difference, however, because of the lack of open space they had to devise a track which incorporated the sports field and playground, consisting of two laps for Years 3 and 4 and three laps for Years 5 and 6.

First out were Years 3 and 4 and with a quick safety and inspirational talk from Mr Wallbank, the warm up was soon underway. Due to the complex nature of the course, a demo lap had to be run by Mr Pecorella, much to the delight of Mr Wallbank for not having to!

Once the demo was completed, everyone got into place and they were off,

a few "eager beavers" blitzing it off the line despite Mr Wallbank's wise advice to pace themselves.

All participants successfully completed the course in very respectable times and all were smiling and proud of their efforts. Next to come out were Year 5 and 6 running three laps of the course, this time with more of the participants taking on Mr Wallbank's advice of pacing themselves.

They were better able to complete the course at a steady speed without stopping. Once the last off the participants were in, a round of applause went up to congratulate their impressive efforts and that brought an end to the events at Orchard Way.



OASIS ACADEMY COULSDON

The first judo and trampoline sessions were delivered at Oasis Academy, Coulsdon! Children from Keston Primary School were invited to attend Judo sessions, which were delivered by the

current GB Judo coach Darcel Yanzi, who was a 1996 Olympian and European gold and bronze champion. One pupil said "it was the best time of my life". Pupils from Byron and Coulsdon will be receiving taster sessions soon.

Also, Pupils from Byron have been received coaching from the trampoline coach at Oasis Academy.



COULSDON COLLEGE

On Wednesday 10th December a team of 6 girls travelled to Watford to play in the inaugural West Herts Girls Football tournament. 12 teams arrived from a number of schools, colleges and universities. We were put in to Group B with 5 other teams, we won all of our group games and qualified top of our group. We then played a further 3 knock out games, winning all three to bring the trophy home to Coulsdon.



The girl's football team: Lauren Clarke, Chantelle Davis (GK), Tamara Graham, Angela Kiobel (C), Marissa Richards-Darnley, Rochelle Scott students from Coulsdon College.



CROYDON VOLLEYBALL CLUB

EST 2008

IN ASSOCIATION WITH THE
**THOMAS MORE VOLLEYBALL
ACADEMY**



Brand new CROYDON VOLLEYBALL CLUB is based at
Thomas More Catholic School in Purley.
The club is open to junior and adult members of any level.
Club nights are on Fridays at the following times:
Juniors: 4.30 to 6.00pm
Adults: 7.30 to 9.30pm

For more information please visit the club website
www.croydonvolleyballclub.co.uk or contact
Emanuel Balsamo via e.balsamo@volleyballengland.org



LONDON VOLLEYBALL

South London Boccia Competition – 9th January 2009

This was held at Canon's Leisure Centre, Mitcham. The South London competition was co-ordinated by Elaine South, Croydon's Competition Manager and Helen Hazelwood, the Thomas More SSCo and National Boccia Tutor. The event is held annually and is for students across the South London and Surrey Region who have severe physical impairments. Boccia as a sport is an internationally recognised paralympic sport and has been more widely publicised recently with the GB team winning the gold medal at the Paralympics in Beijing last year.

Twelve Schools and 87 students entered from across the Region with the Woodcote School Sport Partnership well represented with two schools entering the competition. St Giles entered three teams, one in each of the junior, senior and ramp events and St Nicholas Primary School entered two teams into the junior event. For some of these children, it was the first time they had represented their school at a truly competitive sport.

Helen Hazelwood had also worked very closely with a group of 16 students from Coulsdon College, who each gained an umpiring qualification. They put these new found skills into practice and officiated all games throughout the day.

Croydon was hugely successful overall, with teams from St Giles School taking the gold medal prizes in both the Junior and ramp competitions! Their teacher Lynda Williams was very pleased with the results. The "icing on the cake" was when one of her students, Abdullah Gopaul, was talent spotted and has now been given the opportunity to represent the Region at a National event.

Congratulations to all our competitors – we are all very proud of you.



St Giles Junior Team Winners



St Giles Senior Team Winners.



Croydon Primary Hockey Competition 11th December 2008

This was held at Astro Pitches, BRIT School, Croydon. There were 12 teams from across the Borough, 120 Year 5 and 6 children participated including Applegarth Juniors, Coulsdon CofE Primary and Rowdown Primary from Woodcote SSP.

Rowdown were awarded the "fairplay" award and certificates and medals were presented to the squad during a whole school assembly.



Croydon Sportshall Athletics Competitions – 20th January 2009

This was held at Sutton Indoor Sports Arena, Carshalton. Over 144 Year 5 and 6 children participated from 12 primary school teams from Woodcote SSP and they were Castle Hill, Woodside, Good Shepherd, The Wattenden, Keston, Ashburton, The Hayes, Applegarth, Wolsey, Byron, Chipstead Valley and Fairchildes. Sixteen Young Leaders from Woodcote High School officiated.

The top four schools are listed below:

1st – Fairchildes Juniors	70 points
2nd – Woodside Juniors	135 points
3rd – Chipstead Valley	144 points
4th – Ashburton Juniors	148 points



Girls' Football – 18th November 2009

This was held at Goals Soccer Centre, Beckenham. Over 189 Year 4 girls participated from 18 schools across the Partnership and 18 children from 2 special schools (St Giles and St Nicholas) were also involved. There were 207 children in total with 17 Young Leaders from Coulsdon College and 16 Young Leaders from Woodcote High School who helped officiate. Results were as follows:

1st place – Woodside Junior School
2nd place – Wolsey Junior School
3rd Place – Davidson Primary School
4th Place – Ashburton Junior School



A warm welcome to Becky Forshaw who has recently joined Woodcote Sports Partnership on a part time basis as a Croydon Sports Partnership Co-ordinator. Becky will be overseeing and supporting the multi skills and lacrosse coaches that are going into your schools. She will also be involved in arranging CPD courses for both primary and secondary teachers. Becky's contact details are on the back cover.



Primary CPD Calendar

Date	Event	Year Group	Time	Location	Contact
Spring – Second Half Term					
w/c 16 & 23 March	Family Tag Rugby	5 and 6	After School	Various	SSCo
26 March	High 5 Netball	5 and 6	During School	Woodcote High School	Elaine South
2 April	Tag Rugby Finals	5 and 6	During School	To be advised	Elaine South
Summer – First Half Term					
21 April	Boys Football	4	During School	Goals, Elmers End	Elaine South
w/c 8 June	Family Kwik Cricket	5 and 6	After School	SSCo to advise	SSCo.
w/c 18 June	Partnership Kwik Cricket	5 and 6	After School	SSCo to advise	Elaine South
w/c 25 June	Kwik Cricket Borough Final	5 and 6	During School	Old Whitgiftians Cricket Club	Elaine South

If your schools would like to organise an INSET or twilight session on gymnastics, dance, games, athletics, assessment please contact Rachel McGarrigal at rachelmcgarrigal@hotmail.co.uk

If you have any Partnership news that you would like to have included in the next issue please contact your SSCO

Senior Competition Calendar

Future competition opportunities for Badminton, Gymnastics and Trampolining coming soon
For more information, please contact Elaine South, Competition Manager, 07984 152369, croydoncm@yahoo.co.uk

SPORTS LEADERS

A number of young sports leaders from Thomas More RC School, Woodcote High and Coulsdon College have been assisting at various primary events and more young people will be given the opportunity in future events.



CONTACTS

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The
Partnershippost

BIG
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