



July 2020

I hope you all have a safe and active summer, keep an eye on the Northumberland School Games and Cramlington SSP Facebook pages for activities and challenges throughout the holidays.

Take care
Gill

Volume 7, Issue 3

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Virtual School Games 2020

Y6 Bubble 2 at Eastlea Primary School were inspired to create this fantastic acrostic poem:

Very active children across the North East.
Instead of together but still not alone.
Running the day on-line accessible all day.
Together we shared videos and fun.
United we exercised and enjoyed the day.
An opening ceremony watched, Eddie the Eagle inspired.
Linking children and families from home and school.

Games including football, hockey and handball.
A plank competition was held.
Multi-fitness challenges completed.
Enjoying yoga letters and dance sequences.
Sporting success was celebrated and loved by all.



#VSG20
IMPACT

8.6K

VIDEOS

On our official Virtual School Games YouTube Channel

2,544

RETWEETS, LIKES, SHARES, COMMENTS

On our Tweets and Facebook posts.

OVER 96,000

PEOPLE

Saw our posts across our social media platforms

#TRENDING

ON TWITTER

Our hashtag 'VSG20' was trending in the North East

OVER 100

VIDEOS

Shared by pupils, teachers and parents taking part at home or school

THANK YOU!

To everyone for supporting and taking part.

SOURCES: YOUTUBE, FACEBOOK, TWITTER.

School Games Mark



With the unprecedented situation over the summer term, a decision was taken nationally to "freeze" the School Games Mark for this year, so all of the schools retain the same awards they earned in 2018-19, and we will next be able to apply for School Games Mark in 2020-21: Beaconhill Primary — Gold

Cragside CofE Primary — Platinum
Eastlea Primary — Platinum
Northburn Primary — Platinum
Shanklea Primary — Platinum

To recognise all of the excellent work that had gone on in the schools' programme in autumn and spring, and then continued through supporting and promoting virtual activity in the summer term, there are two special School Games Awards for 2019-20.

In the Cramlington School Sport Partnership I am delighted that **Beaconhill Primary School, Cragside CofE Primary School, Eastlea Primary School and Northburn Primary School** received both special awards, and **Burnside Primary School and Shanklea Primary School** received the Virtual School Games award. Well done to everyone and thank you as always to the PE coordinators and school staff!



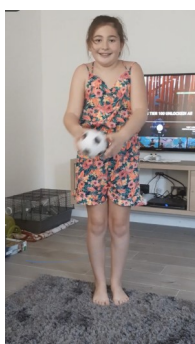
Cramlington Stays Active

The children of the Cramlington School Sport Partnership schools were invited to share with us how they have kept active during the summer term. For some this is how they had to adapt their hobbies so they could continue at home, others found new ways to keep active, and for those who continued to go to school things were very different....

Niamh, Eastlea Primary School

I love Sport especially football and I play for Cramlington Town so during lockdown I wanted to continue to stay fit. As we were allowed an hour's exercise outside, I went on daily walks with my Mum and brother. We walked for miles! We found a route that took us through East Hartford and into Bedlington.

When I was in the house, I helped my mum clean and tidy up, including hoovering, that was very active!!! I joined Joe Wicks for his 9am workout each morning and then in the



afternoon my Mum and I did a workout with some weights. I also took part in the one minute challenges set by school. The photo shows me doing the ball one. I managed 39! Football is really important to me so I kept up my practising by doing lots of skills in the back garden. Now my training is back on and although we still have to

social distance we are all getting back to being match fit! It's great being able to have our mini matches even though they are slightly different and we have to stay in our own zones.

Florence, Eastlea Primary School

Florence has stayed active by riding her unicorn every day through lockdown.



Jack and Ellie, Burnside Primary School

This is Jack and Ellie keeping active with walks in the woods, climbing hills in Ingram valley, digging and building on the beach and what we've loved most is riding all over on our bikes!



Joelle, Eastlea Primary School

Joelle has kept active throughout Lockdown. She plays tennis at the Cramlington Tennis Club and has kept up with her skills in the garden. Along with her family she has taken part in all the 1 minute challenges and the Hadrian Wall walking challenge.



Demi, Beaconhill Primary School

I have been going on walks for some exercise, I normally went on walks three days a week. Before lockdown I went trampolining every Wednesday and that I could not go to any more. I got a trampoline off my auntie for a present and I got on it with my brothers and sister. I started learning how to play volleyball. My brothers want to learn as well so we practise in the garden.

Libby, Northburn Primary School

Dear Diary,
Today was the first time I went out of the house. It was very exciting even though it was just a walk that we would take for granted. It was like something we had never done before! The fresh air hitting your face and the tingling sensation on the back of your neck felt amazing. We walked up to the massive spoon and back which is a good walk and a lot of fun. Always stay active! That's all for today!
Libby

Robert, Beaconhill Primary School

Robert wrote a poem about how he stayed active during lockdown:
Trampoline
Challenging myself
Lots of fun
Learning new skills
Seat drop
Knee drop
Playing everyday
Fresh air
Bouncing high
Laughing out loud



Lizzie, Eastlea Primary School

During lockdown I did lots of the 60 second challenges. Every morning I did them well and then found out if I got the bronze, silver or gold level.



Rickelton Family, Eastlea Primary School

The Rickelton Family all enjoyed staying active throughout Lockdown by walking together as a family. They have explored the local area enjoying walks around Cramlington, Humford Woods, The Queen Elizabeth Park at Woodhorn, East Cramlington Nature Reserve and the local beaches.



Katie, Burnside Primary School

My name is Katie and I go to Burnside. I have managed to stay active during quarantine by doing lots of different things. Some of these things are continuing to do my dance lessons, going on walks, and going on bike rides. Every week I have joined in with my 5 dance classes on zoom. I won some certificates for passing Grade One in Ballet. I have lots of skills ticked off in my acro and have learnt some new skills. I have also been doing P.E. with Joe Wicks two days every week. I have been exercising on my new trampoline that I got for my birthday. I realised that I could ride my bike so we have started going on bike rides. Here is a photo of me learning to do pirouettes during my zoom dance class.

Cramlington Stays Active

Libby, Burnside Primary School

During lockdown I've been keeping active with my family. We've been on lots of walks to some lovely quiet places.

We've walked around Amble and played on the beach in front of Coquet Island. We've found two waterfalls —Hareshaw Linn at Bellingham and Linhope Spout at Ingram. We've also been to Charles Garden at Seaton Sluice and St. Mary's Lighthouse at Whitley Bay. We've been cycling too at Chopwell Woods and I rode down a blue mountain bike trail, which was a bit scary but I liked trying something new (and want to do it again!). I've been playing on my trampoline every day in my garden and I love to beat my Dad at basketball too!

I've missed going to the stables with my Grandad, and playing with my friends at school, but I know I'll be able to do those again soon and I'm looking forward to going back to school in September.



Alfie, Northburn Primary School

During lockdown I have practised many activities and when I finally managed to do the one I was hoping to be able to the most I was so happy. The skill was a double round the world, I have been hoping to be able to do this skill for a while and lockdown gave me the opportunity to try it.

Beattie Family, Eastlea Primary School

On the 24th June 2020 the Beattie family decided to attempt The Hadrian Challenge. After a hearty breakfast they embarked on their journey. The younger members of the family (Cameron, aged 9 and Lizzy, aged 6) opted to use scooters while Kaitlyn (aged 10) walked along side mum. Even the baby, who was born during lockdown, took part from the comfort of his pram. By the end of the day one they had completed an impressive 1.5 miles.



Day 2 saw them travelling around the streets of Northburn. This added a further two miles to their target. Determined to improve, on day 3 the family once again toured Northburn taking a longer route and secured a further 2.5 mile.

On day 4, with ever increasing enthusiasm, they managed to achieve an amazing three miles. On this occasion they were even able to fit in a "Wave to Grandma" as they passed her window.

Adam, Northburn Primary School

I have been doing a lot of fitness stuff in lockdown. I have been doing PE with Joe and I have been running around in my garden and lots of dance classes on line.

Drew, Burnside Primary School

"Cramlington Stays Active"

A poem/song by Drew, Y4

I miss my school friends,
My cool friends,
Until lockdown ends.

I miss my classroom,
And my school yard,
2020's been so hard.

I miss my teachers,
And all that features,
In a Burnside school day.
It seems a life time away.

But I've been busy,
Keeping active,
In my own little way.

Cosmic Yoga with Harry Potter,
Every day getting hotter!
And cooling down with some water.

Bike rides on roads and cycle paths in
Cramlington and Blyth,
We called in at Grandma's garden,
But we could only stay for 5!

I couldn't dance at Little Gems,
But I won the T-shirt design competition.
Keeping in touch on social media was the Little
Gems mission.

I'm going back to cheer dance on 8th July,
I might have forgotten how, but I'll try.
When life goes back to normal
I'll be so happy I might cry!

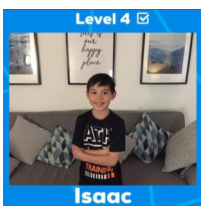
Facetimeing Marissa and being pen-pals with
Autumn.

I played with Darcy at the Nelson Hill,
But staying 2 metres distance was a skill.

Doing maths with my dad is something I don't
want to remember!
So I'm looking forward to going back to school
in September!

Isaac, Burnside Primary School

Football has kept me so busy during lockdown! From day 1 I was in the garden practising my skills, tricks and keepy uppy. I practised so hard and I eventually beat my target of 100, and I managed 120! I was really proud of myself. I have been taking part in Futsal Isolation Challenges every week, and on week 7 I won the challenge, managing 54 fence keepy uppy where the ball never touched the ground! I have done online Zoom sessions through Futsal with my coach Tom, and I have been working hard to get through the Pro Scheme. I'm now onto level 4 out of 7. I have also helped a girl called Imogen via Twitter to reach her target of 7.1 million keepy uppy to raise money for the NHS. I have sent over 2000 keepy uppy towards her target! Football training and Futsal sessions have started now so I am really busy but it's great to be back!



Northumberland Futsal
Congratulations to Isaac who has reached level 4 on the Pro Scheme! He has worked so hard over the last week and has got his reward! Well done Isaac! 🏆🏆🏆



Cherry Family, Burnside Primary School

How did we stay active during lockdown?

Let's see...

...we went on 10 mile bike rides, we did kickboxing 6 days a week and learned lots of new skills. We went for lots of walks to meet the Horton Burn ducklings, we did family Tik Toks, walked to Humford Woods, climbed up hills by castles and climbed up dad! We built mermaids in the sand, walked around the local nature reserve and visited the local swans and cygnets. We did some trampolining, did some nunchuck routines (watch out!!) and learned how to axe throw in the garden...eeeeeeek!

What has been my favourite activity this summer? Definitely the axe throwing, but only because my dad is an instructor!

What have I missed the most? Doing activities with my friends and family.

What am I looking forward to in the next school year? Swimming and Robinwood!

Even though I have missed going to school, I have really enjoyed spending time with my family (especially my sister).



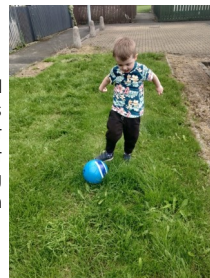
Estelle, Northburn Primary School

During lockdown I kept active by going on five mile walks each day when restrictions were lifted. I also watched dance videos and copied the dances, but what I have missed the most is going to dance classes and keeping active there. Keeping active is important to me because if you don't stay active you are not staying healthy. Being healthy is majorly important for your body and mental well-being.

Lucas

Eastlea Primary School

Lucas practised football with his daddy, he is getting really good at kicking with his right foot and he is being encouraged to kick with his left foot as well.



Verity

Eastlea Primary School

I love to dance and before lockdown I went to ballet and Lyrical classes. When Lockdown stopped this, my dance teacher uploaded videos so that we could continue. Since the lockdown I have been also dancing with my older sister, who is at a higher grade and she has been helping me to perfect my placements and turn outs.



Cramlington Stays Active

Lexi, Eastlea Primary School

When we went into lockdown I wanted to stay active, in the house there is still a lot that you can do! We (me and my older sister, Jaimie) do Joe Wicks Fitness workout 2-4 times each week. We enjoy this as he does different exercises every day. We have really improved!

Other days we play football in the garden, go on bike rides and go for walks. One of my favourite active sessions that I do is play a fitness board game with my neighbour.

When we go in the garden to exercise, we usually use a football and practise our skills. I want to keep up my skills as I play for Cramlington United. We have a small net, I practice scoring. Although I'm a defender in my team this still helps to increase my accuracy. On bike rides, we go up to meet my mam from work, we all ride home together. This takes between one and two hours a day but it means we're all exercising together and enjoying each others company.

We enjoy walking, the longest was all the way down to Blyth Beach from home. This was with

my sister, mam and my cousins. Although we stayed 2 metres apart, it was lovely being active with my family.

All these have been great but my favourite was playing an active board game called Shake Off. The aim is to move as much as you can. The more you move, the more points you get! To get the points you have to jump, run on the spot, shake or do a freestyle movement. You can put the sensor on your arm, foot or waist and each session was 30 seconds. It was great fun but very tiring!!!!

Calum and Charlie, Burnside Primary School

"Me and my brothers have been using our new trampoline to keep active everyday, it's really fun" - Calum

"We have also been on long walks to places like Plessey Woods"- Charlie

Robyn

Eastlea Primary School
Robyn usually takes her scooter everywhere, but with lots of practice time on her bike during lockdown she has mastered pedalling and braking.



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