

Issue 4

Autumn term 2005

PE &
School Sport

AG a
Chwaraeon Ysgol

PE and School Sport

P.E. Closure Day Proves Great Success!

With the support of all head teachers and staff in the Tonypany PESS Development centre, this term saw a whole cluster training day dedicated to physical education.

The closure day was held at the Tonypany Community College site and feeder schools in the cluster were invited to attend. In all, 11 schools with over 80 staff attended.

PE and School Sport Co-ordinator for the Council stated: "This training day proved a great success. Firstly, it developed staff subject knowledge and confidence. It also provided staff with the opportunity to discuss PE related matters, both formally and informally."

A number of training workshops were delivered, covering activity areas identified by the cluster as areas for development. These included: Top Tots and Top Start for early years, Gymnastics for Key Stage 1 and Dance for Key Stage 2.

During each workshop, teachers and support staff were able to participate practically, discuss its application in their school setting and navigate the supporting resources to accompany the workshop.

Feedback from the primary staff at the end of the day was very positive. One teacher commented that she: "Thoroughly enjoyed the

positive experience."

Another noted that during the day: "There was a very good balance of practical and lecture activities. One of the best courses I have attended for a long time!"



Teachers trying out the alphabet of shapes during the gym workshop.



Teachers developing their dance sequences.

Has Your Cluster Got What It Takes?

Since the launch of the PE and School Sport initiative in the County Borough in September 2003, three secondary schools and their associate schools have achieved PESS development centre status. These schools are: Tonyrefail School, Porth County Community School and Tonypany Community College.

With funding from the Welsh

Assembly Government, these centres have showed commitment in raising standards in physical education and school sport for their young people.

Working in partnership, they have raised the profile of PE and School Sport, provided more sporting opportunities for their young people and helped developed the subject knowl-

edge and confidence of teachers delivering PE.

It is hoped to further extend the number of PESS development centres in the County Borough. If your school and cluster are interested and would like to know more about what it takes to be a successful PESS development centre click onto www.rctednet.net/pess

School Effectiveness

Effeithiolrwydd yr Ysgolion



RHONDDA CYNON TAF

My Gymnastics Journey (by Amanda Williams, Aberllechau Primary)

As part of the Porth PESS Development Centre, gymnastics at Key Stage 1 proved the main focus for the autumn term.

The term was kick-started in September with a Key Stage 1 gymnastics course held at Bodringallt Primary School attended by teachers, support staff and P.E. co-ordinators from the cluster.

As a P.E. non-specialist primary teacher, I found the course extremely useful. It was a teacher-friendly course with approachable providers. It was very 'hands-on', which I found essential as we as teachers need to know what we are expecting our pupils to do.

The content of the course was based upon the body schooling approach, advocated by the PESS initiative.

This approach is a fun, simple and progressive way to teach gymnastics activities. By using games such as cups and saucers and foxes and bunnies, it encourages pupils to handle and control their body weight. It also introduces and develops their shape and movement vocabulary and prepares them for future skill development. Health and safety issues were also highlighted.

With very few P.E. specialist primary teachers, myself included, the course certainly developed my subject knowledge and raised my self confidence.

The resource that accompanied the course was very useful and has provided me with units of work and supporting materials for gymnastic activities. The CD is excellent, including

lots of images that can be downloaded. Since the course, using pictures and flashcards in P.E. lessons is now an integral part. We have also used the digital camera to capture our pupils performing and this has proved most beneficial. One pupil commented: "I didn't like P.E. before but now I like being on camera and showing how I can do the splits."

Teachers mapping the body schooling to national curriculum programme of study.

To conclude, this course has made me much more confident in my delivery of gymnastic activities and this is reflected in the progress the class has made over the term. Their quality of movement, range of movement and sequence work has greatly improved. (AW)

Penygraig Juniors gets Physical!

As part of Penygraig Juniors' priority to increase the physical activity levels of its young people, a joint training day delivered by the authority's PESS Co-ordinator and Dragons Sport Co-ordinator was held. Involved in the training were pupils, staff, head teacher and lunchtime supervisors.

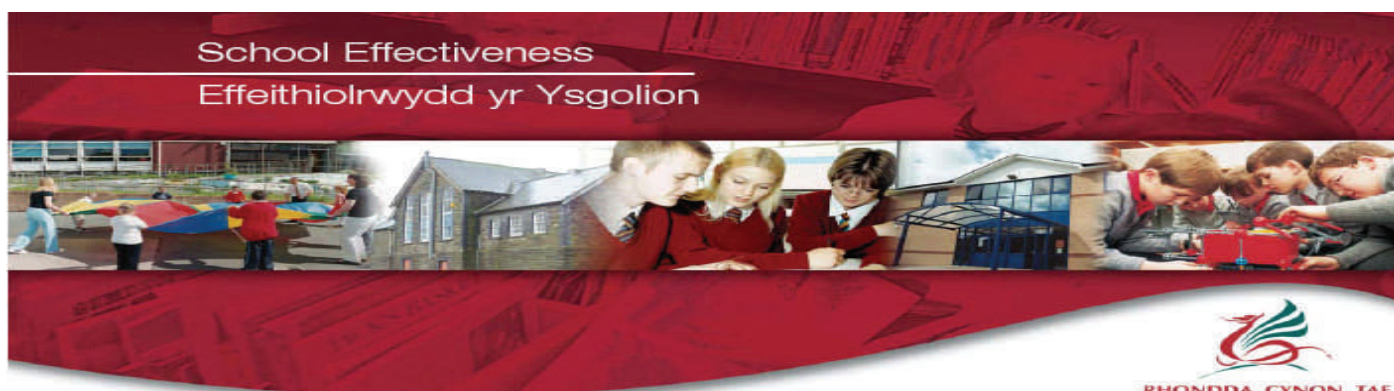
Prior to the training day, the School Council surveyed their peers to find out what they liked/disliked and what they think should be done to make

their playground more exciting and active. This information then shaped the subsequent training day.

During the day leadership skills, organisational skills, ideas for zoning and the playing of new games were explored by staff and pupils alike.

A purposeful and enjoyable day was had by all. Feedback from the day was very positive and staff felt that "pupils will certainly benefit from the implementation of these ideas."

If your school is interested in making your playground more active, contact the local authority PESS Co-ordinator (see back page for contact details).



Dance: Moving on in Rhondda Cynon Taf!

Dance opportunities for young people in Rhondda Cynon Taf are expanding rapidly. With funding secured from a variety of sources (European Fund, Welsh Assembly Government, Sports Council for Wales and Big Lottery), the spring term will be exceptionally busy for the County Borough's young dancers.

Here is a brief run down of some of the dance programmes that will be running during the spring term:

* A Primary 'after school' dance programme will continue for 10 weeks in the Tonyrefail cluster feeder schools. The dance pieces created will be showcased in March at the "Celebration of Dance in Schools" event at the Park and Dare Theatre.

* The Secondary 'after school' dance clubs that began in October will be continued during the spring term in approximately 10 schools. All

schools will have the opportunity to showcase their dance pieces at the "Celebration of Dance in Schools" event at the Park and Dare Theatre in March.

* Three youth centres in the County Borough are offering it's young people an opportunity to take part in a 10 week OCN Level 1 accredited dance programme. This course titled, Movement and Dance Style: Contemporary Dance, will run in the following centres:

Area: Taf

Venue: Brynna Primary

Date: Monday, January 16th

Time: 7-9 p.m.

Area: Cynon

Venue: Cwmdare Youth Centre

Date: Wed, January 18th

Time: 7-9 p.m.

Area: Rhondda

Venue: Treherbert Community Ed Centre

Date: Thursday, January 18th

Time: 7-9 p.m.

* A dance residency week is taking place during February half term in partnership with Rhondda Cynon Taf Community Arts. Young people over the age of 16 with dance experience are invited to apply (Tel 01443 776090). An OCN Level 2 accreditation will be achieved.

* A new dance community club will be starting up in Tonyrefail Comprehensive School on Tuesday 10th January from 6.15—7.15 p.m. The club is free and open to all abilities between the ages of 10 and 13.

News in Brief

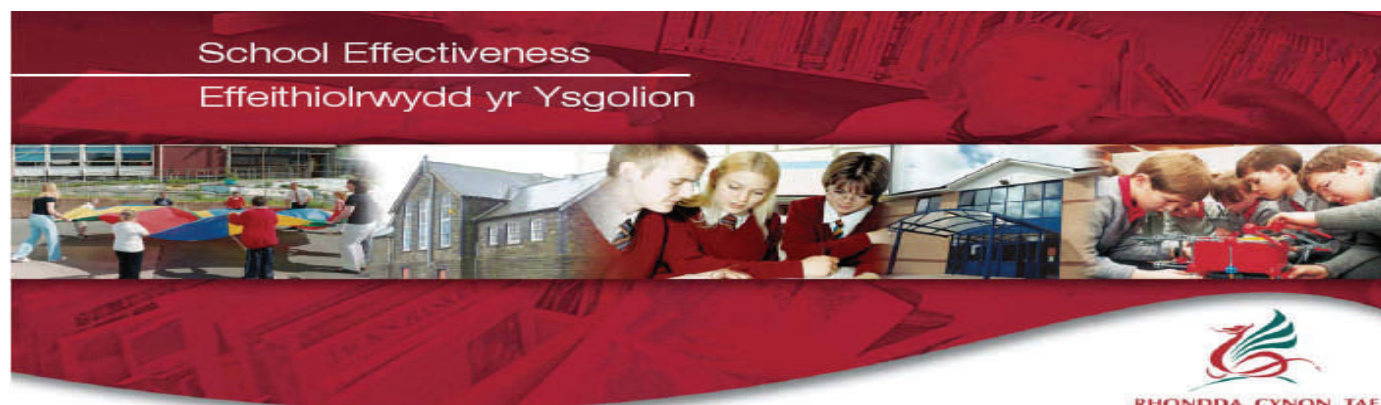
Cwmlai Primary—Nursery Pedalathon. On Friday 14th October the nursery children took part in a pedalathon to raise money to buy outdoor equipment. They were sponsored to ride their bikes around a track in the school yard. An amazing £525 was raised. Well done pedallers!



Primary Sports Hall Athletics. The Council's popular sports hall athletics competition programme will begin in January. If you are keen to know more or wish to enter, please contact the Sports Development Unit on 01685 885639.

a number of games and senior pupils from Porth County lent a hand to organise and officiate. A friendly league structure for the local schools will be implemented in the new year.

Netball Fun day. A netball fun day for the Porth County PESS development centre schools took place in October. All teams had a chance to play





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School Effectiveness
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