

Active Young People NEWSLETTER

Issue 2

Autumn 2009

The second edition of the AYP Newsletter marks the end of academic year 08-09 and presents us with the opportunity to reflect upon last year's achievements.

PESS

- 305 people trained
- Provided OAA resources and training
- Developed PESS section within the AMDRO site (autumn launch planned)

Dragon Sport

- 94% of schools and 50 community clubs signed up
- 5522 names on Dragon Sport registers (translating to 71% of the county's KS2 population).
- 11 courses run - attended by 132 participants.

- 19 Festivals/ competitions run – attended by over 2000 pupils.

5x60

- All mainstream secondary schools signed up
- 45% of pupils attended sessions (4803)
- 22% attended on 5 or more occasions (2372)

Dragon Sport funding gets a boost.

Dragon Sport has secured additional funding from Sport Council Wales to provide an equipment boost for any school or club that has been established for more than 2 years to help make a difference to their current Dragon Sport provision. More information regarding this can be found in the Dragon Sport section of the newsletter.



Changes that have occurred within the team:

Congratulations to Catrin Rees (Snr PESS Co-ord) and Hilary Jones (Dragon Sport Development Officer) on the births of their baby boys Rhys and Cian, respectively. Good luck to temporary Snr PESS Co-ordinator Tanja Neumayer-james who will be going on maternity leave at the start of October. "Hwyl!" to Llyr Thomas, 5x60 Officer for Carmarthen secondary schools, who leaves at the end of August to take up a teaching post in Ysgol Maes yr Yrfa.

The great outdoors are being explored...

...PESS have arranged a series of courses to provide teachers with resources and training to deliver a whole host activities to their pupils, from bouldering to orienteering.

...5x60 are engaging pupils in a wide range of outdoor activities too, such as mountain biking, rock climbing, kayaking, surfing and mountain boarding!! With Carmarthenshire being such a diverse county, it's great to see us maximising the use of our own environment.

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- Tennis news
- Launch of Amdro
- OAA Activites
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- Rugby with the Crusaders

For more information on 'Active Young People' schemes, please contact Carl Daniels - Active Young People Co-ordinator. **01554 744349** cadaniels@carmarthenshire.gov.uk or visit www.sports-council-wales.org.uk and click 'Active Young People'



sports council wales
cyngor chwaraeon cymru





For more information on Dragon Sport log on to www.dragonsport.co.uk

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Good News - Additional funding for equipment is available for Dragon Sport Schools and Community Clubs!

This grant has come via the Sports Council Wales from the National Lottery and Welsh Assembly Government, and will be rolled out across the county from April 2009 to March 2010.

Its main aim is to provide an equipment boost for any school or club that has been established for more than 2 years to help make a difference to their current Dragon Sport provision.

Since April, this programme has been rolled out through

selected clusters of the county and Dragon Sport Officers have been busy visiting schools in the Carmarthen, Newcastle Emlyn, Llandeilo and Whitland/St Clears areas to discuss ways in which the funding can help. It can be used to purchase additional or replacement equipment in order to increase numbers attending clubs or to improve the quality of the sessions.

Congratulations to Llandybie School who received funding

to purchase a tennis net from the allocation and to Talley School for purchasing an agility kit. This has enabled both schools to increase the quality of their sessions and attract new members to their clubs.

All Burry Port, Amman Valley and Gwendraeth Primary Schools will benefit from this opportunity in the Autumn term where officers will be visiting and assisting schools wishing to apply for this funding. Thus leaving Llanelli and Llandovery for the

New Dragon Sport Logo

Keep an eye out for the new Dragon Sport Logo that will appear on our resources from now onwards. Also keep checking www.dragonsport.co.uk for all the latest Dragon Sport news, resources and downloads.

What's on in the Autumn Term.....

- WRU and Dragon Sport TAG rugby festivals
- TAG rugby course
- Netball workshops
- Dragon Sport Workshop
- Dragon Sport Refresher Training

Carmarthenshire Tennis Festivals - A Smashing Success!

Carmarthenshire Dragon Sport Tennis events that ran in May and June this year saw the highest turn out of children in South Wales.

Over 350 children took part in the Llanelli, Carmarthen and Llandeilo/Llandovery Festivals which was more than double the turn out at the Swansea and Cardiff events.

The events ran in conjunction with Tennis Wales and county winners went on to compete at the South Wales finals.

Congratulations to the Red

Boys and Mixed teams from St Michael's School of Llanelli who came out on top at the South Wales Finals beating tough competition from Albert Primary of Vale of Glamorgan and Lakeside Primary of Cardiff. A big thanks you to students from Tregib, Coleg Sir Gar and QE High who scored the matches. Next year we are planning to expand this event to include another Llanelli event to cater for the growing numbers of children playing tennis as well as one at Maesyryfa for the Gwendraeth cluster.

The winners of the local round and finals included:

Team	Llanelli Winners	Carmarthen Winners	Llandeilo/Llandovery Winners	FINAL
RED Year 3 and below	Girls Swiss Valley	Nantgaredig	Rhys Prichard	Ysgol Rhys Pritchard
	Boys St Michael's	Nantgaredig	Bro Banw	St. Michael's School
	Mixed St Michael's	Nantgaredig	Teilo Sant	St. Michael's School
ORANGE Year 5 and below	Girls St Michael's	Peniel	Rhys Prichard	St. Michael's School
	Boys St Michael's	Nantgaredig	Bro Banw	St. Michael's School
	Mixed St Michael's	Nantgaredig	Llandybie	St. Michael's School
GREEN Year 6 and below	Girls Swiss Valley	Nantgaredig	Teilo Sant	Swiss Valley School
	Boys St Michael's	Nantgaredig	Bro Banw AND Llandybie	St. Michael's School
	Mixed St Michael's	Nantgaredig	Bro Banw	Ysgol Nantgaredig

Don't forget....

To submit your Dragon Sport Club Registers for the Autumn term by 11th Dec. All registers that make the deadline will go into a Prize Draw, with a £50 voucher towards Schools Equipment for the winner!



PE & School Sport AG a Chwaraeon Ysgol



During the Autumn Term we plan to launch PESS on Amdro.

We have been busy over the summer collecting information that will be useful for you as teachers. This will mean that you have access to information on PESS courses, including photographs taken on the courses to give you a better idea of what to expect.

Each cluster will also have

their own section that will keep everyone updated with the latest information e.g. time and date of cluster meetings as well as pictures for any events taking place. We also hope to set up a good practice section. If any of you have anything you think could be used in this section please contact Tanja or Mary.

One aspect we want to concentrate on this term is pupil profiles. They are an easy way for children in your class keep a record of their sports achievements.

Templates will be available on Amdro soon.



As part of the PE and School Sport (PESS) Project the Sports Council Wales (SCW) are developing training and resources to support practitioners in settings and schools in the delivery of Physical Development and Creative Movement in the Foundation Phase.

In Carmarthenshire we will be working closely with the Foundation Phase Advisory Team to roll this resource out.

The Resource pack will include:

- Story Book
- Technical Skills Cards
- Activity Cards
- Cue Cards
- Interactive CD Rom
- Practitioner Guide



Dates for the Diary

Course	Clusters	Date
Outdoor Learning Cards course	Glan/ SJL/ Stradey	21/09/09
Gym Mod 1	BM / QEH	24/09/09
Gym Mod 2	Maes yr Yrfa/ G'draeth	29/09/09
HFW	Secondary	01/10/09
Gym Mod 2	Tregib / Pantycelyn	21/10/09
ICT in PE	Bryngwyn/ Coedcae/ Amman Valley/ Emllyn	tbc
Thinking Skills	Dyffryn Taf	tbc

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Teachers enjoy some O.A.A.

During the Spring / Summer term teachers from the Tregib, Pantycelyn, Amman Valley, Emllyn, Gwendraeth, Maes yr Yrfa, Bro Myrddin and QE High clusters attended an Outdoor Learning Cards Course.

They took part in activities such as Team Building Games, Bouldering,

Journeying and Orienteering. A further course will be held for Glan y Môr, St John Lloyd and Stradey Clusters during the Autumn Term. This course focuses on introducing and familiarising teachers with the set of OL cards and the ethos of Outdoor Learning.

The activities are designed so that they can take place on school grounds or nearby open spaces or local parks.



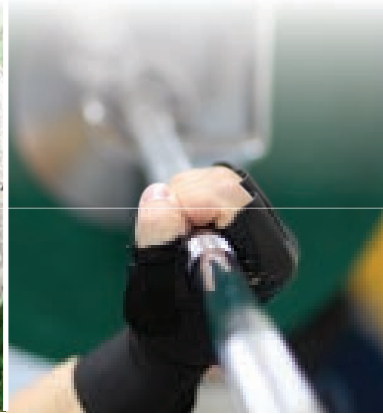
O.A.A Festival

During June the Amman Valley cluster held an Outdoor Adventurous Activities Festival at Ysgol y Bedol.

The Festival was organised by teachers from schools within the cluster, based on the Outdoor Learning Cards. Over the two days KS2 children took part in Team Building Games, Shelter Building Activities and Orienteering. Unfortunately on both days the weather was not on our side, the afternoon sessions continued in the hall with the groups taking part in the orienteering braving the weather in their coats. A very successful day, which the children greatly enjoyed.

CPD Opportunities provided 08/09

Course	No of Attendees
Gym Mod 1	57
Gym Mod 2	14
Foundation Phase Dance	37
KS2 Dance	39
HFW	29
Outdoor Learning Cards	70
In the Zone	37
Strategies for implementing the New PE Curriculum	22



Crusaders tackle Rugby League in Schools

Following coaching sessions by the Celtic Crusaders, a Rugby League Tournament took place at Ysgol Bro Myrddin, with representatives from schools across Carmarthenshire and Ceredigion.

In the final, Ysgol Bro Myrddin defeated Lampeter Comprehensive with a magnificent last minute try by centre Luke Morris. The coaches were all very impressed at the standard - Dan Clements from the Crusaders RLFC said "It was a great day and the boys acquitted themselves very well! I'm looking forward to seeing some of the boys joining our development centre at Tycroes RFC"

Surf's up across the County

12 Secondary Schools across Carmarthenshire have taken part in surfing sessions during the summer term. Pupils were taught surf rescue and survival skills, as well as how to catch and ride the BIG WAVES. Thanks to Gower Surf Development and Walkin' on Water Surf School for passing on their knowledge and expertise.

Looking to the future

5x60 Officers have laid the foundation for a successful future by visiting their feeder primary schools to promote the scheme, and attending transition taster activity days. We all look forward to seeing many new faces in September.

Catch of the Day

Pupils from Canolfan Elfed - Queen Elizabeth High School, participated in a fishing open day at Tanerdy Ponds, Carmarthen. Despite the inexperience of the group, several fish were caught and everybody had a wonderful day. Thanks to the volunteers from the Environment Agency and Carmarthenshire River Trust for their help during the day.

Wimbledon Fever Hits Llanelli

Budding 'Andy Murrays' have recently been given the opportunity to compete as the annual Llanelli Secondary Schools Tennis Competition was held on Friday 26th June at Llanelli Tennis Club.

Phil Davidson, Head of PE at Glanymor School, took the lead on organising the tournament that attracted over 150 pupils from 5 schools (Glanymor, St Michael's, Coedcae, Bryngwyn and Strade).

This year, the tournament was preceded by a programme of coached tennis sessions co-ordinated by Carmarthenshire County Council's 5x60 Officers and delivered by club coach, Ian James. This ensured that transport, equipment and coaching fees were subsidised and over 30 pupils received coaching in the run up to the tournament.

Pupils from St Michael's

School showed their finesse during the competition and their teams won all four categories – U13 Girls, U13 Boys, U15 girls, U15 boys (see picture of team captains). We now wish them the best of luck as they go through to the next stage of the schools competition.

Laura Thomas, 5x60 Officer for Coedcae and Bryngwyn said, "This year's programme has been extremely beneficial for schoolchildren, the tennis club and the game as a whole. This is the first time for the tennis tournament to become a programme that involves coaching and shields, and this has helped to enhance the work Phil does in organising this event annually. Hopefully, lots of the pupils that took part will continue to play tennis and who knows...maybe the next Andy Murray is amongst them!! "

Dodging inactivity through 5x60

Dodgeball is becoming an increasingly popular activity, with 12 secondary schools in the county running lunchtime sessions through 5x60. A tournament was hosted by Bryngwyn School, with 6 teams from Llanelli entering. Coedcae left victorious, after an adrenaline fuelled session of ducking and diving.

Did you know...?

- 3,118 extra curricular sessions took place since Sept '08, with 38,611 attendances.
- 4,803 pupils took part a 5x60 session (45% of school pupils yrs 7-11).
- 2,372 pupils came to 5 or more sessions (22% of school pupils yrs 7-11).

For more information on 5x60 log on to www.5x60.org.uk