

# **Rutland Sports Leadership Academy 2019/2020**



**UPPINGHAM COMMUNITY COLLEGE  
JUNIOR LEADERSHIP ACADEMY**

Name:

School:

## Welcome...

Congratulations on your successful application for the Rutland Sports Leadership Academy 2019-2020! We are looking forward to working with you during your time in the academy, and we hope we can provide you with the best support and training to develop your skills as a leader.

Our aim is to encourage you to actively volunteer within your school and local community, and to log your progress to work towards awards. As you will be working with other leaders across Rutland, this is also an opportunity to make new friends, share ideas and learn new things together.

It is important that you try and attend all of the Leadership Academy training days, details are listed below:

- **Monday 23rd September** (3.10-4.30pm @ UCC)
- **Monday 18th November** (3.10-4.30pm @ UCC)
- **Monday 20th January** (3.10-4.30pm @ UCC)
- **Monday 9th March** (3.10-4.30pm @ UCC)
- **Monday 27th April** (3.10-4.30pm @ UCC)
- **Monday 15th June** (3.10-4.30pm @ UCC)

*If you haven't done already please talk to your school sports teacher/manager and notify them that you have secured a place in the academy (they will be able to assist you by putting you forward for leadership opportunities in your school, and help you when organising a club/event).*

## Your challenges...

- Promote physical activity and sport at your school
- Plan and deliver warm-up and cool-down sessions in PE lessons
- Run / set up a 'Extra-Curricular' club at your school
- Gain hours for volunteering as a sports leader (school activity and club activity or community activity)
- Organising a Level 1 School Games competition

Supporting documents for each challenge can be seen in **purple**.

You will be awarded either a pass, merit or distinction grade dependent on your achievements throughout the year.

## What do we expect from you?

- Arriving at sessions on time
- Always acting as a positive role model
- Wearing sports kit at sessions when asked to
- To inform the LA leader if you are unable to attend a session
- To be respectful of others
- To be honest when completing your logbook (you are only cheating yourself if you do not achieve the challenges!)
- To ask the LA leader or a teacher for help or guidance if needed (with logbooks, planning sessions, to find volunteering opportunities)

### ***What is our work about?***

- Increasing levels of participation in physical activity and sport
- Providing more opportunity for young people to compete in sport
- Developing young people's leadership skills and experiences
- Using the Olympic and Paralympic Games legacy to inspire more young people to get involved within physical activity and sport

### ***What can the Leadership Academy provide to you?***

- Regular training sessions to support the development of your leadership skills
- Opportunity to work within a team and learn from your friends
- The support required to be involved in the volunteering and leadership opportunities in your school and community
- Recognition for your hard work!

Please check out our website: <http://www.activerutland.org.uk/young-ambassadors>

---

### ***What are your goals for the year...?***

Below, please write 3 goals that you would like to achieve this year (these goals should be **SMART**: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**ime-phrased). You should keep going back to these goals throughout the year to see what you can do to achieve them.

*Good example: "I want to apply all the leadership skills and knowledge that I will have learnt within the leadership academy to the Primary Multiskills Festival held in July"*

*Bad example: "I want to lead a session"*

|               |  |
|---------------|--|
| <b>Goal 1</b> |  |
| <b>Goal 2</b> |  |
| <b>Goal 3</b> |  |

## Values of a leader...

There are 7 Olympic and Paralympic Games values, which you need to consider at all times when leading and working with others.

A description of each value is given below. An example of how this value can be shown in sport / leading is also provided.

| Value                | Description   | How this value can be shown in sport  |
|----------------------|---|---|
| <b>Respect</b>       | Showing consideration towards yourself and your body, other people, rules and regulations, sport and the environment.   | <ul style="list-style-type: none"> <li>▪ Shaking hands with an opponent before/after a game</li> <li>▪ Saying "well played"</li> <li>▪ Helping fallen or injured players</li> <li>▪ Using equipment properly and not damaging or breaking it</li> </ul> |
| <b>Inspiration</b>   | A source of motivation that leads to somebody achieving a goal, trying something new or to have a brilliant idea. It is when you find something which allows you to do something special.   | <ul style="list-style-type: none"> <li>▪ Being a good team member</li> <li>▪ Being a role model</li> <li>▪ Always following the rules</li> </ul>  |
| <b>Equality</b>      | Recognising that everyone has potential and ensuring that everyone is involved through the catering of everyone's needs. Due to this, an equal opportunity is provided for success.   | <ul style="list-style-type: none"> <li>▪ Allowing everyone to take part in the game</li> <li>▪ Altering the game for individuals needs</li> </ul>   |
| <b>Friendship</b>    | This encourages us to see sport as an instrument for mutual understanding between people. It involves wanting the best for someone, supporting and cooperating with others, and being understanding and non-judgemental.  | <ul style="list-style-type: none"> <li>▪ Providing encouragement and cheering another player on</li> <li>▪ Taking part in team sports/activities</li> </ul>   |
| <b>Determination</b> | Having the strength and persistence to succeed, whilst avoiding distraction and overcoming barriers, to see things through to the end and not give up.  | <ul style="list-style-type: none"> <li>▪ Keep practicing a skill until you get better</li> </ul>  |
| <b>Courage</b>       | Having the confidence to confront fear, pain, risk, danger or intimidation, whilst standing up for what you believe in and doing the 'right thing'. To be able to use strength and determination to not give in, and be brave and accepting towards the reality of the situation. | <ul style="list-style-type: none"> <li>▪ Performing in front of a crowd</li> <li>▪ Attempting something that you failed at last time</li> </ul>   |
| <b>Excellence</b>    | Showing dedication and commitment towards something to do the best that we can and achieve our goals. The focus is not on winning, but on the taking part, making progress and enjoyment of the activity.   | <ul style="list-style-type: none"> <li>▪ Improving on a personal best</li> <li>▪ Bringing out the best in other's performance</li> <li>▪ Working well as a team</li> </ul>  |

## The STEP Principle...

You can make these **4 easy changes** to make an activity more **interesting** or **easier/harder**. The STEP principle should always be in the back of your mind when leading an activity.

### Space

- **Level** (height) – e.g. a floor-based game vs. a game where participants are free to move around.
- Increase/decrease **size** of the playing area – e.g. more space allows greater time for reaction, less space demands higher mobility skills (dodging, marking)
- **Length** or **height** of a barrier
- The amount of **distance travelled**
- The use of a **zoned playing area** to create safe areas in catch or tag type games
- Smaller/larger **target area**
- Allow some players to start at **different times or from different places**
- Changing the **shape** of the area (circle to encourage players to move around the area and not stand in corners as young players may do in a square)

### Task

- **Simplifying** the game to make it easier or Introducing **more rules** to make it harder
- **Rotating rolls** within the game or allocating **specific roles** – e.g. bowler, timekeeper
- **Changing rules** to allow inclusion – e.g. allowing some children to have more 'lives', or count some players' scores as double
- Trying **different ways of playing** – e.g. seated, standing, lying
- Use different **targets** for some children
- Be **flexible** – e.g. use distance hit rather than runs made to determine scores
- Place increased/decreased **time** games in which to achieve a target
- **Vary task** for more/less competent players – e.g. try to pass the ball in a different way

### Equipment

Changing the type of equipment will vary the equipment characteristics, leading to a change in the activity.

**Type:** balls, bats, mats, cones, rubber-lines, hoops, bench, bells, whistle, play surface

**Equipment characteristics:** size, colour, shape, texture, weight, sound, area

#### **Example: Balls**

- Lighter – Travel slower in the air and give more time
- Larger – Easier to see, hit or catch
- Softer/slightly deflated – Travel slower on the floor.

#### **Example: Cones**

- Different colour – Children with a visual impairment may prefer a particular colour

### People

- **More/fewer players**
- **Opposed/unopposed**
- Creating **overloads** to build success (5v2) or create **under-loads** (3v4) to create challenge
- Create **passive pressure** – e.g. have lots of other players performing a similar action in the same space
- Create **full pressure** (1v1, 2v2, game)

## Meeting Log

Throughout the year, you will need to **meet** with your teacher / school sports teacher to **discuss your plans for the year** and **how you will complete your challenges**. You will need to **log the details of each meeting** in the table below. You are required to have a **minimum of 3 meetings** in the year to pass the Leadership Academy.

Date of meeting:

Challenge discussed:

Details of Meeting:

Signed by:

Date of meeting:

Challenge discussed:

Details of Meeting:

Signed by:

Date of meeting:

Challenge / topic discussed:

Details of Meeting:

Signed by:

# Challenge 1: Promote physical activity and sport in your school

You have been given a **checklist** below of **tasks** that will help you in promoting physical activity and sport in your school.

For a **PASS** award you need to complete: **3 tasks**  
 For a **MERIT** award you need to complete: **5 tasks**  
 For a **DISTINCTION** award you need to complete: **7 tasks**

Please **provide evidence** for **each task completed on page 8** (e.g. pictures, print outs, screenshots, posters, reflections)

| Category 1: Notice Board  | Tick if task completed |
|---|------------------------|
| <b>Introduce yourselves</b> as Young Ambassadors (name, picture, small speech)                                  |                        |
| Display details of <b>sports/activities/clubs taking place</b> in your school                                   |                        |
| Display <b>past events</b> (results, pictures, match reports, man of the match)                                 |                        |
| Create a <b>poster</b> for your <b>Extra-Curricular Club</b> (Challenge 3)                                      |                        |
| Create a <b>poster</b> for your <b>School Games Competition</b> (Challenge 5)                                   |                        |
| <b>Other</b>  |                        |
| Category 2: Assemblies  |                        |
| <b>Introduce yourselves</b> as Young Ambassadors (name, picture, small speech)                                  |                        |
| Display details of <b>sports/activities/clubs taking place in your school</b>                                   |                        |
| <b>Talk</b> about your <b>Extra-Curricular Club</b> (Challenge 3)   |                        |
| <b>Talk</b> about your <b>School Games Competition</b> (Challenge 5)  |                        |
| <b>Presentation / demonstration</b> (results, pictures, awards, playground equipment, being a young ambassador) |                        |
| <b>Other</b>  |                        |
| Category 3: School Website/Newsletter/Social Media  |                        |
| <b>Introduce yourselves</b> as Young Ambassadors (name, picture, small speech)                                  |                        |
| <b>Display details of sports/activities/clubs taking place in your school</b>                                   |                        |
| <b>Display past events</b> (results, pictures, match reports, man of the match)                                 |                        |
| Display <b>details</b> for your <b>Extra-Curricular Club</b> (Challenge 3)                                      |                        |
| Display <b>details</b> for your <b>School Games Competition</b> (Challenge 5)                                   |                        |
| <b>Other</b>  |                        |

## ***Challenge 1 evidence:***

### **Evidence for Category 1: Notice Board**

### **Evidence for Category 2: Assemblies**

### **Evidence for Category 3: School Website/Newsletter/Social Media**



## Challenge 2: plan and deliver warm-up and cool-down sessions in PE lessons

For a **PASS** award: delivery of **3** warm-up or cool-down sessions in PE lessons  
For a **MERIT** award: delivery of **4** warm-up or cool-down sessions in PE lessons  
For a **DISTINCTION** award: delivery of **5** warm-up or cool-down sessions in PE lessons

**All details** for your warm-up/cool-down sessions must be completed to pass the challenge, **including an example of one of your sessions on page 10** (an example has been provided). Please also **log the dates** of each session **below**.

Remember a **warm-up** should involve a **pulse raiser, dynamic stretches and a sport specific game**. A **cool-down** should involve **lowering the pulse and dynamic stretches**. DO NOT FORGET THE **STEP PRINCIPLE** (overview on **page 5**)!

After each session you should **reflect on your experience** in order to continually improve as a leader and to ensure that you are constantly achieving more success. After each session as yourself: What went well? What didn't go so well? What lessons have I learnt and what will I do differently next time?

| Date of PE lesson: | Signed by: |
|--------------------|------------|
|                    |            |
|                    |            |
|                    |            |
|                    |            |
|                    |            |

### **Example**

Sport: Netball

Location: Netball pitches

Class: Year 8 girls PE class

Warm-up activity:

- *Pulse raiser: lengths of the court performing different tasks – running, sprinting, walking, high knees, heel flicks, lunges etc. (3 minutes)*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*
- *Game specific activity: stuck in the mud (5 minutes)*

Cool down activity:

- *Jog around the court 3 times*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*

Equipment needed:

- *Bibs, balls, netball court, netball nets, whistles, cones*

How the activities were adapted using the STEP principle:

- *Pulse raiser: increased the difficulty in each task performed as time went on*
- *Stuck in the mud: increasing the number of people who are 'on', changing the size of the playing area, introducing forfeits, included a ball to pass around whilst running*

Teacher signature:

*Mr Thomas (11/07/19)*

### **Your Example**

Sport:

Location:

Class:

Was your activity a warm-up (pulse raiser, stretches, sport specific game) or cool-down (lowering the pulse, stretches)?

Details of activity:

Equipment needed:

How the activities can be adapted using the STEP principle:

Teacher signature:

## Challenge 3: Support an Extra-Curricular Club

UCC runs a range of Extra-Curricular Clubs aimed at supporting our school teams as well as offering the opportunities for students to try new sports and activities. We encourage all students to participate in a variety of different **physical activity** opportunities, to ensure they are healthy and active in their everyday lives.

These clubs are **fun, vibrant and exciting**, giving young people the confidence and competence to take part in physical activity.

For a **PASS** award: support **4** 'Extra-Curricular' sessions  
 For a **MERIT** award: delivery of **6** 'Extra-Curricular' sessions  
 For a **DISTINCTION** award: delivery of **8** 'Extra-Curricular' sessions

These sessions can be held at lunchtime or after school, in any physical activity of your choice (activity can be sport or fitness related!)

**All details** for your 'Extra-Curricular Club' must be completed to pass the challenge, **including an example of one of your sessions on page 12** (an example has been provided). Please also **log the dates** of each session **below**.

Remember to help **publicise your Extra-Curricular Club** on your school sport notice board, in assembly or on the school website/newsletter (for Challenge 1).

### Extra-Curricular Club details...

|  |                   |
|--|-------------------|
| <b>Day of your Extra-Curricular Club</b> (e.g. Mon):           |                   |
| <b>Time of your Extra-Curricular Club</b> (e.g. after-school): |                   |
| <b>Location</b> (e.g. sports field):                           |                   |
| <b>Target audience</b> (e.g. Year 7/8 girls):                  |                   |
| <b>Date of Extra-Curricular Club session</b> (e.g. 12/12/18):  | <b>Signed by:</b> |
|  |                   |
|  |                   |
|  |                   |
|  |                   |
|  |                   |
|  |                   |

### **Example: Extra-Curricular Club Session**

#### Warm-up activity:

- *Pulse raiser: Jogging around the space with numbered tasks – e.g. shouting number 1 = 5 star jumps, shouting number 2 = 2 press ups, 3 = sprinting on the spot for 10 secs etc. (3 minutes)*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*
- *Games specific activity: cups and saucers (5 minutes)*

#### Main session activities:

- *Fitness examples: relays, circuits, fitness challenges/games (10 mins)*
- *Skills examples, e.g. for a benchball club: games practicing throwing, defending, catching (10 mins)*
- *Games examples: dodgeball, benchball, badminton games (10 mins)*

#### Cool down activity:

- *Walking tig*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*

#### Equipment needed:

- *Bibs, balls, fitness equipment, speakers for music, badminton nets/rackets/shuttles, benches, whistle, cones*

#### How the activities were adapted using the STEP principle:

- *Cups and saucers: changing the size of the playing area, increasing number of cones, changing people on teams*
- *Alternative games: 3 lives in dodgeball, forfeit benchball, around the world badminton (10 mins)*

#### Teacher signature:

*Mr Thomas (11/07/19)*

### **My Example of an Extra-Curricular Club Session**

Warm-up activity (pulse raiser, stretches and specific game):

Main session activities (fitness, skills or games):

Cool down activity:

Equipment needed:

How the activities were adapted using the STEP principle:

Teacher signature:

## Challenge 4:

### Hours for volunteering as a sports leader

For a **PASS** award: **10** voluntary hours in a **school/community activity** are required  
For a **MERIT** award: **15** voluntary hours in a **school/community activity** are required  
For a **DISTINCTION** award: **20** voluntary hours in a **school/community activity** are required

Club/Community activity examples incl. a community club and a Level 1/2/3 School Games Event

#### School/Community activity voluntary hours:

| Date | Activity/ sport | Duration | Signed by teacher/<br>supervisor |
|------|-----------------|----------|----------------------------------|
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |

**Club / Community voluntary hours:**

| Date | Activity/ sport | Duration | Signed by teacher/<br>supervisor |
|------|-----------------|----------|----------------------------------|
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |
|      |                 |          |                                  |

Total number of hours:

Signed off:

## Challenge 5: Support a Level 1 School Games Competition

A Level 1 School Games Competition is a competition which occurs within your school, between your classmates (e.g. between year groups, classes or houses).

These Competitions are completed in sports that lead onto a Level 2 School Games Competition, where schools compete against one another.

**To complete challenge 5** you are required to support **1 Level 1 School Games Competition or event**.

**Details of your competition** must be logged (on **page 15**) to pass the challenge.

Please see the School Games website to find the list of available sports, and to download your Level 1 School Games Competition cards. **Examples and a tutorial on how to download the competitions cards are provided on page 16:**

### Level 1 School Games Competition details...

|   |
|---|
| <b>Date and Time of Competition</b> (e.g. 15/01/17, lunch time):  |
| <b>Sport</b> (e.g. dodgeball):  |
| <b>Name of Competition</b> (e.g. prison ball):  |
| <b>Location</b> (e.g. sports hall):   |
| <b>Target Audience</b> (e.g. year 7/8):   |
| <b>Participants</b> (number of individuals/teams):  |
| <b>Equipment Required:</b>  |
| <b>Type of Competition</b> (e.g. inter-house/class/year, round-robin/league/knockout, individual/team): |
| <b>Role undertaken</b> (e.g. referee, score keeper, ball boy/girl, time keeper, competition manager):   |

|             |
|-------------|
| Signed off: |
|-------------|

# Challenge 5 tutorial and examples...

## 1) Search

[www.yourschoolgames.com/taking-part/our-sports/](https://www.yourschoolgames.com/taking-part/our-sports/) in your web browser and click onto your sport of choice



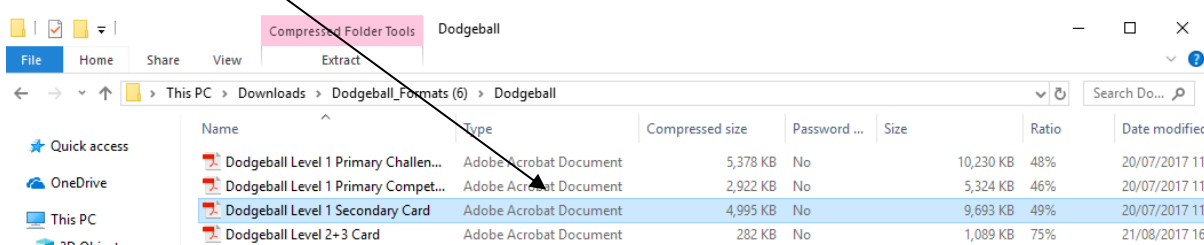
## 2) Scroll down the page until you see the 'Formats' heading. Download the format pack for your sport by pressing 'clicking here'.

### Formats

- Intra-School Primary: Competition Card
- Intra-School Primary: Challenge Card
- Intra-School Secondary
- Local Inter-School

In order for a competition to be considered part of a School Games provision, it must follow a School Games format. All School Games registered users have access to our sport formats and can access the formats for this sport by [clicking the button below](#). Alternatively, you can download the full Dodgeball format pack by [clicking here](#).

## 3) Open the downloaded folder. The document you are interested in is the 'Level 1 Secondary Card'. These cards are the resources that you need to complete your Challenge 5.



## Secondary card example





## Leadership academy quiz

Please take some time to answer the quiz below. Tick the appropriate box for your answer.

1) How much did you **enjoy the Leadership Academy** this year?

| Really enjoyed        | Enjoyed               | Neutral               | Did not enjoy         | Really did not enjoy  |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2) Would you **recommend the Leadership Academy** to your friends?

| Definitely            | Yes                   | Maybe                 | No                    | Not at all            |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

3) Would you like to **continue** with the **Leadership Academy** next year?

| Definitely            | Yes                   | Maybe                 | No                    | Not at all            |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4) How much did you **enjoy taking part** in the following Leadership Academy activities...?

|   | Really enjoyed        | Enjoyed               | Neutral               | Did not enjoy         | Really did not enjoy  |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Leadership Academy Training                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Leading warm-ups/cool-downs in PE lessons               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Running the 'Be Active' club                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Volunteering in school activity                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Volunteering in club/community activity                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Organising a Level 1 School Games Competition in school | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

5) Has **being part of the Leadership Academy** helped you to **improve** your...?

|                      | Definitely            | Yes                   | Maybe                 | No                    | Not at all            |
|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Leadership skills    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Communication skills | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Team work skills     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Patience             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Time-keeping         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Organisation skills  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Confidence           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Motivation           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Reliability          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

6) What is the **biggest lesson that you have learnt** whilst being in the Leadership Academy? *(Please write in the space below)*

## *Primary school competitions...*

Active Rutland organises and delivers multiple competitions for local primary schools across the year. Leadership Academy members are invited to volunteer and help us to run these events.

If you would like to volunteer to help at any of the events, please contact Mr Lewin (RLewin@rutland.gov.uk) or your PE teacher.

### **Primary School Events – Volunteering Out Of School Hours**

#### November

Tues 5<sup>th</sup> Nov - Boys Football League (4.30 – 6pm @ UCC)

Thurs 7<sup>th</sup> Nov – Sportshall Athletics Qualification 1 (4 – 6.30pm @ UCC)

Tues 12<sup>th</sup> Nov – Boys Football Finals (4.30 – 6pm @ UCC)

**Sat 16<sup>th</sup> Nov – Rutland Cross Country League (9-11am @ UCC)**

Tues 19<sup>th</sup> Nov – Yr 3/4 Football League (4.30 – 6pm @ UCC)

Thurs 21<sup>st</sup> Nov - Sportshall Athletics Qualification 2 (4 – 6.30pm @ UCC)

Tues 26<sup>th</sup> Nov – Yr 3/4 Football Finals (4.30 – 6pm @ UCC)

Thurs 28<sup>th</sup> Nov - Yr 5/6 Sportshall Athletics Finals (4 – 6.30pm @ UCC)

**Sat 30<sup>th</sup> Nov – Rutland Cross Country League (9-11am @ Oakham RFC)**

#### May

Sat 2<sup>nd</sup> May – Run for Rutland Event (9-12pm @ Oakham RFC)

Tues 5<sup>th</sup> May – Yr 3/4 Quicksticks Hockey (4 – 6pm @ UCC)

Tues 12<sup>th</sup> May – Yr 5/6 Quicksticks Hockey (4-6pm @ UCC)

Tues 19<sup>th</sup> May – High 5 Netball Finals (4 – 6pm @ UCC)

#### June

Thurs 4<sup>th</sup> June - Quadkids Athletics Qualification 1 (4 – 6.30pm @ UCC)

Thurs 11<sup>th</sup> June - Quadkids Athletics Qualification 2 (4 – 6.30pm @ UCC)

Thurs 18<sup>th</sup> June – Quadkids Finals (4 – 6.30pm @ UCC)

#### July

**Monday 6<sup>th</sup> July – Key Stage 1 Multiskills Festival (9.30 – 12pm OR 12.30 – 3pm @ Oakham School Athletics Track) Primary**

### **Possible Projects 2019-20**

- This Girl Can - <http://www.thisgirlcan.co.uk/>
- School Couch to 5KM - <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- Sport Relief (9<sup>th</sup> – 13<sup>th</sup> March 2020) - <https://www.sportrelief.com/>
- B Team Festivals - Netball / Football for Year 7/8/9s