



### **Leadership opportunities extend to breakfast clubs at Oreston**

Plymstock students have numerous opportunities to develop their leadership skills. We have our newly formed School Games Organising Committee volunteering and coaching in Goosewell, Pomphlett, Dunstone, Oreston and Hooe Primary schools at present. Leaders assist with dance clubs, book clubs, target clubs, creative change for life clubs and many more. Oreston Community Academy has just started a Cheer dance breakfast club which is being led by Lauren Gale, Sharnie Hockedy and Daisy Tozer. The children arrive at 7.50am and enjoy an action packed session where they raise their heart rates, learn new routines and create their own sections of choreography. The club is focusing on the Olympic and Paralympic values of Friendship, Respect, Excellence, Determination, Inspiration, Courage and Equality.

**May 2012**



### **Plymstock children celebrate Olympic values**

Over 100 children and young people from Plymstock Schools celebrated the Olympic and Paralympic Values in a multi skills festival held at Plymstock School. Young leaders from Plymstock School led younger children from- Elburton, Dunstone, Pomphlett, Goosewell and Wembury in a festival of physical activities concentrating on agility, balance and coordination.

The children were divided into Olympic Countries and worked together focusing on the values of Friendship, Respect, Excellence, Determination, Inspiration and Equality. Students, teachers and parents had a great time and were inspired by the flame of Friendship which was presented by St. Breock School last month.

**March 2012**



### **Oreston Primary Children use KS1 Mobile Fitness Centre**

On Friday 24 February nearly 100 children from Oreston Primary School were involved in physical activity using the new KS1 Mobile Fitness Centre. The focus of the sessions were directly based around the learning outcomes of the KS1 National Curriculum and included the following

- To recognize how your body feels when still and when exercising
- To watch copy and describe what you and others have done

The children used specialist gym equipment including bikes and rowers which proved to be inspiring and motivational for them. They moved around 4 activity stations which were :

- jump rope, bikes, running and rowing

The children had to work as hard as they could in an allocated time and then recognize the effects of exercise on their bodies. They warmed up and cooled down to dance routines from Dance Animation (a dance resource produced by the School Sport Partnership) The sessions got the 'thumbs –up' from all children and they were left inspired by the fitness centre and the positive effects exercise can have on their bodies.

If any other primary schools would like to take up this opportunity they may book through the Plymouth School Sport Partnership [www.plymouthssp.co.uk](http://www.plymouthssp.co.uk)

**February 2012**



### **British Cycling Opportunities**

Students from Plymstock School have been working with a British Cycling Champion on a new Go-Ride scheme. Jodie Vickery ex National X-Country cycling champion has been coaching year 7 girls, students from our Communications provision and children from our local primary schools.

Students will undergo a 6 week training programme where they develop their knowledge of cycling and encounter new skills challenges in competitive situations.

This is a fantastic opportunity for all our young people and we hope to start a new Go-Ride club after school linking with a local cycling club.

**February 2012**