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## Easter Holidays 2010

Active Schools are running a range of activities for local young people in the first week of the Easter holidays. The activities are detailed below, please book on the sessions through the Easter Holiday Brochure or online at [www.sportborders.org.uk](http://www.sportborders.org.uk).

### Games clubs

The games club is a multi activity club which is targeted towards P1-4 (5-8yrs) and will include a range of activities. The 2 hour session will offer 3 different activities each day. Activities may include: basketball, tennis, clubgolf, hockey, athletics, parachute games and curling.

**Monday 5<sup>th</sup> April- Wednesday 7<sup>th</sup> April, 1300-1500  
@ Jedburgh Grammar Sports Centre, £3 per day**

### Sports Sessions

Sports sessions are targeted towards P5-7 (9-12yrs) and will focus on skill development and competitive games. Each session is £2 or a package deal of £8 which includes attendance at all sports.

Sport	Time	Day	Cost
Hockey	10-11am	Monday 5 <sup>th</sup>	£2
Badminton	11-12noon	Monday 5 <sup>th</sup>	£2
Tennis	10-11am	Tuesday 6 <sup>th</sup>	£2
Sportshall Athletics	11-12noon	Tuesday 6 <sup>th</sup>	£2
Squash	10-11am	Wednesday 7 <sup>th</sup>	£2
Ultimate Games	11-12noon	Wednesday 7 <sup>th</sup>	£2
Sports Package	10-12am	Mon 5 <sup>th</sup> –Wed 7 <sup>th</sup>	£8



## News

### Netball Success for Parkside

P7 girls from Parkside PS have been working hard at an after schools netball club this term to prepare them for the netball tournament that took place at the end of January. The girls were extremely committed and dedicated to the club which was run by school teachers Miss Purves and Miss Tait.

The hard work put in by both coaches and pupils in the run up to the event was evident. The high standard of play this year made for very exciting spectating. Parkside A represented Jedburgh in the Active Schools Netball Finals In February.

Active Schools would like to say a huge thank you to all staff that helped run the after school club to prepare the girls for the festival.

### Golf is on the Up for Jedburgh Youngsters



Active Schools and Jedburgh PE specialist, Mr Rodwell (newly trained in clubgolf) will be working with Jedburgh Club Golf to increase the opportunities for local young people to get involved in Golf. P5s have been doing ClubGolf during PE lessons and an after school club for P5 will be available after Easter. The Golf Club is working to improve and increase the profile of coaching at the club and increase junior membership. Watch out for more details after the Easter Holidays

## Contact Us

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## **Roxburghshire Paralympic Games**



The YA team have been working hard with Active Schools to help set up a Paralympic festival for pupils in the Roxburghshire area. On March 10<sup>th</sup> a selection of pupils come together at Jedburgh Grammar to take part in a Paralympic experience, where pupils had the opportunity to try some new sports.

The pupils took part in Goalball, Curling, Boccia, Seated Volleyball and Skittles each session lasted 20 minutes and 12 seconds in celebration of the Paralympics coming to London in 2012.

The YA team selected 7 pupils that lived one of the Olympic Values throughout the activity sessions and awarded those pupils with a special YA certificate. The values include: Excellence, Respect, Friendship, Courage, Equality, Determination and Inspiration.



## **Secondary pupils raise funds for Sports Relief**

Pupils and staff at Jedburgh Grammar School had the chance to run the sports relief mile on Friday 19<sup>th</sup> March. Pupils gained sponsorship to encourage them to complete the challenge and also had the chance to donate money for a chance to run the Active

Schools inflatable obstacle challenge. S2 pupil Shane Robertson filmed the event and took photos of the participants and will be using the footage to enter the Sports Relief competition to try and win £1000 worth of sports vouchers for the school.



## **The Bike Rack is Filling up at Parkside PS.**

Pupils at Parkside PS have been making full use of the schools bike racks as they complete their road cycle training. Ms Waldie and Mrs Nagle have been working with P6 pupils to help them complete their Scottish Cycle

Training Scheme. The scheme then allows pupils to cycle to school safely.

## **Senior Pupils train to lead local young people**

Senior pupils from the Grammar School attended an Active Schools Training Course in February to gain more knowledge and skills to coach children. Their new skills are hoping to help them deliver activity clubs in schools and the local community as part of the Active Schools after school programme.

### **About the Course**

TOP Play offers 4 to 9 year olds the opportunity to develop their core physical and movement skills (rolling, throwing, and kicking) through fun and stimulating activities. Whilst, TOP Sport has been designed to give children an introduction to the skills needed for more sport specific games. The training course introduces new coaches in how to use the resource cards that are provided with the equipment, to enable them to maximise the impact of TOP Play /Top Sport.

## **Champion Encourages Healthy eating at Howdenburn**



Ex- International hockey player, Janet Jack returned to Howdenburn primary this term to talk to the pupils about the importance of healthy eating.

The Champion, who is visiting P7 pupils at Howdenburn PS, highlighted the importance of fuelling the body for sports/activity and also for the recovery after exercise.

The Champion also explained the different food groups and what a balanced diet involves. The pupils have been asked by their champions to keep a food and exercise diary until the next visit and will then compare their diaries to what a typical Champion's diary includes when they are at the height of performance.

Pupils also received a free goodie bag from the champions which included: a t-shirt, water bottle and an athlete's nutrition guide full of exciting recipes.

## Up and Coming Events

5 <sup>th</sup> April-9 <sup>th</sup> April	Holiday Programme
Tuesday 11 <sup>th</sup> May	P4 Cricket & Football Festival
Monday 14 <sup>th</sup> June	Interschool Athletics

## CPD training courses

An extensive list of courses is available on the Active Schools Webpage.

### **Junior Joggers**

Wednesday 31<sup>st</sup>, Earlston High School, 4-6pm

### **BHF Active Club**

Tuesday 20<sup>th</sup> April, Berwickshire HS, 4-6.30pm

### **Scottish Cycle Training**

Thursday 22<sup>nd</sup> April, Howdenburn PS, 4-6pm

