

# Oldbury Wells Family



## YouTube lessons!

Mr Jew and the SGCo team have provided all partner schools with opportunities to complete recorded lessons this half-term through the ESSP YouTube channel.

Mr Jew has also been continuing to visit Highley Primary on Tuesday morning to teach Y3/4 and Reception. Y3/4 pupils have followed Mr Jew's Fitness lessons, which other KS2 pupils have also been able to access as 'live' lessons through Teams and also through the YouTube channel.

Claverley, Alveley, Castlefields and St Mary's Bluecoat have also been sharing lessons home with pupils and in school.



Y3/4 completing the 'Pizza Challenge' PE lesson in school and at home with Mr Jew at Highley (right)

# Bridgnorth Endowed Family



During LockDown 3.0 Mr Chase has been working with Sean Powell of Bridgnorth Boxing Academy to produce weekly BoxFit Workouts. Bridgnorth Boxing Academy is a volunteer run boxing club, the only one of its kind in Bridgnorth. Now based at its purpose-built venue at the Hiveworks in Bridgnorth.

Starting in October 2019 they now have well over 100 participants through the door across the sessions and have also run several taster sessions in schools and community youth projects.

In addition, satellite clubs are delivered in school settings with the focus to support children and young people with re-engaging with education.

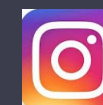
Their goal is to 'promote and provide the opportunity for individuals of all ages and ability to access the sport of boxing. Bridgnorth Boxing Academy is committed to providing a welcoming and nurturing environment for individuals to learn the basics of boxing whether that is for fun, fitness or with the aspirations to box competitively in the future.' 'Sean has been amazing. He has been grateful for the feedback and adapted the workouts based on your suggestions. I have really enjoyed working with Sean and he has certainly put me through my paces, glad I was given the adaption exercises.' Mr Chase continued 'It has been great to see so many of our schools using the workout videos and we hope it has helped keep the students active whilst still at home.'



Sean Powell from Bridgnorth Boxing Academy has been working with Mr Chase to deliver YouTube channel BoxFit lessons (far right)



EAST SHROPSHIRE PE & SCHOOL SPORTS PARTNERSHIP

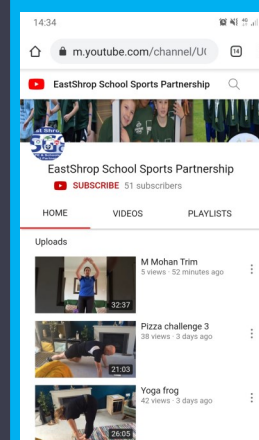


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Pupils becomes Master!!

Mrs Dillon performing the difficult 'Tree Frog' move in yoga lessons and reception pupils Maggie from Highley also perfecting the balance in Mr Jew's lesson!!

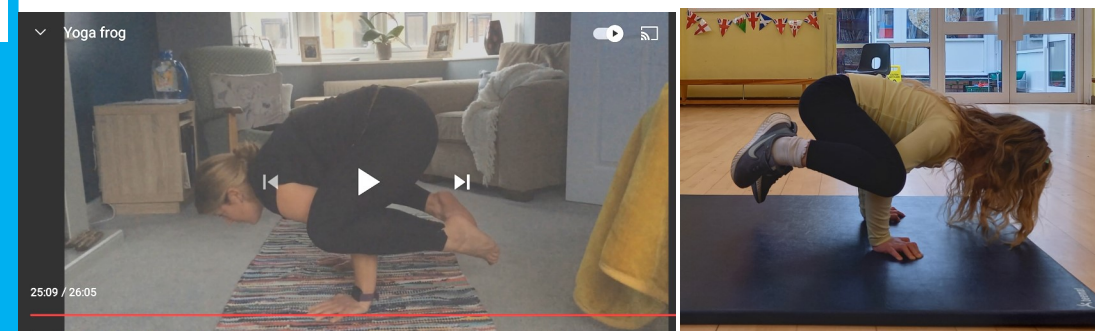
Pupil, mum and dog ! (Evie and Cora) from Claverley completing Mr Jew's 'Coin Flip' lesson at home!( right)

## Partnership News

JAN - FEB 2021

## ESSP goes viral!! YouTubeTV

During Spring term 1 the East Shropshire School Sport Partnership launched its very own YouTube channel in order to continue providing a high quality PE offer to partner primary schools across the district. The channel contains series of recorded lessons by the ESSP team along with previous WBS pupil and University student Molly Southgate. As a dance student Molly has created a series of dance lessons that will form the basis of a virtual dance festival for the WBS family and any partner schools wishing to enter during the spring term. Other curriculum activities involved include 'Boxfit' by Mr Chase, Yoga from Mrs Dillon and Fitness by Mr Jew. Partner schools have been sending links home to classes as part of their home learning offer and also using them within school for key worker groups to follow. Schools have been able to access 1 lesson per week in each of the four



curriculum areas, enabling them to target different activities to different year groups across school. Additional activities next half-term will include ball skills for KS2, gymnastics for KS1 and 2, more dance for KS1 and 2 and skipping challenges for KS2!



## Idsall Family



### Primary school delivery

As well as our YouTube channel that the family schools have all been accessing and sending links to home Mrs Dillon has been into school each week at Shifnal and Sheriffhales delivering to Shifnal year 1 and 2 class and Sheriffhales to all key worker children.

Shifnal children having been working on their multi skills working with sending by rolling and underarm throwing, tracking and receiving objects. They have also learnt to strike with bats, rackets, and learning how to close space to stop the opposition from scoring using their tracking skills.



"Tick-tock, lock"  
send the ball away  
– point to where  
you want it to go!

We are being goril-  
las to track and  
receive the ball!  
(far right).

Below WBS PE  
Apprentice Dan  
Searle and Dance  
teacher Molly  
Southgate



Whilst at Sheriffhales the key worker children have done a variety of activities from yoga and kurling to archery and cricket, we have been working on our core physical needs such as co-ordination, balance and strength as well as working together. The whole school have kept me busy by leading live PE lessons to the children at home where they have been taking part in fun fitness lessons, with pupils, family and pets joining me on Thursdays.



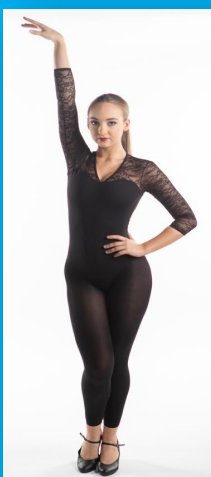
## William Brookes Family

### Former WBS students helping ESSP

Many of you will recognise the photos of Dan Searle and Molly Southgate two great sports leaders who left WBS in 2019.

Dan is a talented all-round sportsman who has played at school, county and regional level in a range of activities and as a sports leader was involved in organising a lot of WBS primary school events. He had gained a place at University to become a PE teacher but decided to defer and become a PE apprentice at WBS where he could work across both primary and secondary settings to gain experience and insight to help him decide which age groups he would eventually like to teach. He very much enjoyed working with our primary schools in the autumn but due to lockdown 3 he has only been teaching in WBS this term.

Molly performed in every WBS dance show for 7 years but also taught dance to primary schools when they came into WBS for PE and swimming, She not only choreographed dance routines she also co-produced the WBS primary dance festivals when she was in sixth form. Molly is now at university studying to be a dance teacher but has maintained her close connection with our WBS 'family' by creating a series of video lessons on our ESSP You tube



channel, for children to watch and join in at school or at home.

### WHAT HAVE SCHOOLS BEEN DOING IN LOCKDOWN 3?

Schools have been doing a great job keeping children active at home as well as in school and making good use of the ESSP videos and resources. The photos show some of the activities schools have been getting involved in.

**Church Preen** – in school KS1 have been doing the ESSP Yoga, Yr3/4 have been following the ESSP fitness videos while Yr5/6 have been



learning the 'Move Your feet' dance routines in school and as part of home learning.

**John Wilkinson**-- have been running yr5 and yr6 dance clubs at lunchtime following the ESSP You Tube 'Move Your feet' routine. They have also been exploring a variety of physical activities during 'Mental Health week' to highlight how valuable and important it is to be active.

**Much Wenlock** -- yr5/6 have been taking part in the weekly ESSP Box fit lessons, while yr3 and yr4 have been doing ESSP dance and yoga this half term. Deputy head Alison Turner commented that "Everyone has thoroughly enjoyed it and the feedback from children taking part at home has been super"



**Buildwas** – have also enjoyed using all the ESSP You tube resources as well as learning the dance with Molly. It has even inspired the Bronze Ambassadors in school to get busy making their own activity videos for other children in school to follow.

**Barrow** – children have been following the ESSP videos as part of their home learning offer. Yr3/4 KS1 and reception children have also been doing ESSP catching challenges and multi skills challenges in school and at home

**Brockton** – have been offering KS2 children something different which makes use of their wonderful rural setting.

They have been doing a cross between orienteering, x-country and OAA using their school grounds and neighbouring fields. They have called it 'Adventure X-country' and are really enjoying the challenge.

**Broseley** – are using the ESSP dance videos with KS2 classes in school as well as sending it home. PLT James Heath commented that he has "had quite a few nice pieces of feedback" so lets hope we get lots of entries into our virtual dance festival.

Top right—John Wilkinson pupils practising their dance routines, top left class 1 at Church Preen doing Yoga, middle left Brockton x-country over the stream, centre Barrow pupil practising yoga at home, right Buildwas doing BoxFit in school and bottom right Much Wenlock pupils also doing BoxFit in school

