

BPSS Secondary Newsletter February 2024



WELCOME

.... we hope you have had an enjoyable start to 2024 and you and your students are looking forward to engaging in the BPSS opportunities this term.

We have lots of partner updates and CPD opportunities in this months newsletter so please share with your colleagues.

Despite the cold and wet weather it's been great to see that fixtures have still been being played. We've been enjoying seeing the results come through for the various league and cup competitions in football, basketball and netball. Deadlines for these competitions are fast approaching. We hope your students have enjoyed taking part in them this season and look forward to seeing some of you at the various up and coming league and cup finals.

KS3 and KS4 Girls Badminton festivals were our first events of 2024, taking place at QEG's, we've also had our secondary Boccia competition which took place at Burnt Oak Leisure Centre. Full write ups can be found further along in the newsletter.

The Middlesex Cross Country Championships are taking place on 6th February at Harrow School, good luck to your athletes who have been selected to represent Barnet.

There are lots of BPSS events to look forward to in February and March, including; New Age Kurling, which is aim at your SEND pupils.

There is also the Year 7 Netball tournament, Year 7 football festivals, the prestigious Barnet Dance Festival and lots more.

Please visit the BPSS website to book and to see the full list of events.

As always, please let us know if there is anything we can help support you with.

All the best, The BPSS Team



KEY DATES

February

8th – New Age Kurling @ Burnt Oak LC

20th – Yr 8&9 Girls Football League Final

21st – Yr7 Netball Tournament @ Cophthall School

22nd – Yr 10&11 Girls Football League Final

27th – Yr7 Girls Football League Final

March

1st – Yr 7 boys and Y7 Girls Football Festival @ Compton

4th -11th – Barnet Dance Festival @ Arts Depot

7th – Yr8&9 Roses Netball @ CCF

8th – Girls Football Festival @ Woodhouse College

12th – Netball League Playoffs @Cophthall

14th – Netball League Playoffs @ Cophthall

22nd – Yr 7 Roses Netball @ Cophthall

BPSS UPDATES

KS3 & KS4 Girls Badminton Festivals

Across the two events, 63 girls took part in the badminton festivals, hosted at QE Girls' School. The aim of the events was for the girls to experience as many matches as they possibly could in the time given. All players got to play between 7-10 matches, and you could see the development and confidence grow throughout. Thank you to N&P Badminton Club for the expert coaching tips and advice to support the players' experience.

Boccia

4 Secondary teams took part in the annual Boccia competition, hosted at Burnt Oak LC. Having had a practice at the "Come try it" event in November, many pupils turned up excited for the competition ahead. Many of the games went to three or four ends, keeping the excellent leaders from St James' Catholic High School on their toes. After close matches and lots of tape measuring the final standings were: 1st - The Compton, 2nd - Mapledown

GCSE and A Levels Exam Boards

We've had a number of questions from schools asking which exam boards other schools are using for GCSE and A Levels. Therefore we have created a google sheet for you to enter your schools details and the exam board you use. A number of schools have already put their details in so please do make contact with each other to share resources, ask questions and support each other.

Please see link to the live google sheet [HERE](#).

Football Festival

As part of International Women's Day and the LET GIRLS PLAY BIGGEST EVER FOOTBALL SESSION Woodhouse College are hosting a girl's football festival. The festival will be run by coaches from Foundation Sports.

Date: Friday 8th March

Time: 3:30pm - 5:30pm

Venue: Woodhouse College (3G pitch)

Year Groups: Open to students in year 10, 11, 12 & 13 (teams can be a mix of year groups)

Squad Size: 6 a side (max 9 players per team)

Staff: You will be required to bring two members of staff to support your team.

This will be a festival where teams will play multiple games throughout the event, there will be no overall team winner.

If you'd like to attend please book [HERE](#) by 23rd February.



PARTNER NEWS AND UPDATES

Better

With the February half-term holiday's fast approaching, it's time to start thinking about fun things to do! At Better, we have a wide range of activities available at all five of our leisure centres in Barnet to keep kids active and healthy during the half-term holidays. Click [here](#) to find out more.



Better's junior gym membership has been created specifically for under 18s to give them the best start on their fitness journey. [Sign up now](#) and enjoy:

- Inclusive access to junior gym sessions, including a free gym induction, Better swimming pools and junior fitness classes *
- Up to 30% off other activities and services

Talented athletes across Barnet are invited to apply for the UK's largest independent athlete support programme – the [GLL Sport Foundation](#). All successful applicants will be given access to the 250 sport and leisure facilities across the UK operated by GLL under its "Better" trading brand. **Applications are open from 20 December 2023 until 20th February 2024.** To apply, [click here](#).

Touch to Twickenham



Touch to Twickenham is a fun and inclusive national programme to drive non-contact participation in schools and colleges in England.

The West London Event will be held at [Wasps FC in Acton](#) on Tuesday 23rd April 2024.

- Open to Year 9 mixed and Year 12/year 13 mixed gender teams.
- 8-a-side with minimum 4 female students on the pitch at all times.
- Year 9 events in April-May 2024 with finals day at Sixways stadium, Worcester in June.
- Year 12/Year 13 events (open to both schools and colleges) in February-March 2024 with finals day at Sixways stadium, Worcester in May.
- Winners from finals days to play at Twickenham Stadium in November 2024.
- Each event is tiered for players with no rugby experience or those who have played before.
- Start up support for schools and colleges brand new to rugby.

For more information please visit the [event handbook](#). To enter either or both the Year 9 or Year 12/Year 13 events click [here](#).

Biggest Football Event (8th March 2024)

On Friday 8th March 2024, England Football and Barclays want to put on the biggest EVER football session for girls in school and we need your help.

To help develop leadership in your school BPSS would be happy to come into your school and deliver training to your students that could go on to deliver a girls football session in a primary school in their local area on this day. Please email Jason if this is something you are interested in - jvassiliades.302@gapps.qegschool.org.uk

Whether you're already delivering girls' football in your school or want to take that first step to give girls' equal access, #LetGirlsPlay biggest EVER football session is one not to be missed.

What does the day look like? At lunchtime, in a lesson or after school – you decide! Our aim? To get as many girls as possible in school all playing football on the same day!

Whether you want to use one of your own session plans or want a bit of inspiration from our free resources – it's up to you. All we ask is that you capture your session and shout about it across social media using #LetGirlsPlay and #GirlsFootballinSchools.

[Click HERE](#) to sign up and find out further details.

Self Defence, Meditation and Mindfulness Sessions



humanettiQ
SELF-DEFENCE • MEDITATION • MINDFULNESS

Our Mission is to Empower Young Adults...

to live with **confidence**, **resilience**, and **purpose**.
Our system is comprised of four key elements:

- self-defence
- mindfulness
- meditation
- mindset coaching

which develop **physical**, **mental**, and **emotional** skills for **growth**. Through this they can overcome any **challenge** and achieve their **goals**.



Designed and Delivered by Experts...

Ideally sessions run for an hour and a half over blocks of twelve weeks, but we recognise that each school will have different needs and so we can tailor this to suit different requirements.

HumanettiQ can run as either an enrichment program or as an intervention.

We are firm believers in **development** and **progress** and are constantly on the lookout for talented participants who can be trained to become HumanettiQ coaches of the future.

We also aim to **foster cross-community collaboration** through taking on older students to become ambassadors and assistants in delivering the project.

For further information contact:
team@humanettiq.com

Tennis: New Red Ball Secondary Competition

The Lawn Tennis Association (LTA) is proud to announce their new Red Ball format for secondary settings. All details can be found [HERE](#)

London Youth Games's Adapted Inspire Festival East

Date & Time: Thursday 21st March 10.30-2pm.

Venue: Redbridge Sports Centre, IG6 3HD, astros and netball courts.

Target group: Year 7-10 students with a disability and their friends.

Group size: minimum of 8, maximum of 15.

To register: Click [here](#). Deadline for applications is Thursday 22nd February.

The day will consist of 30-45 minute taster sessions (numbers dependent) of sports including: netball, basketball, squash, wheelchair rugby, dance, football and cricket.

All sessions will link to local club and/or competition opportunities.

Barnet's Fully Inclusive Playground



Opening Tuesday 13th February

For further details please email: fairplayinclusive@gmail.com

New Girls Football Sessions taking place on Barnet

In partnership with Barnet Council and Middlesex FA, local football clubs across Barnet are delivering new football sessions for girls.

Please find below further information of sessions taking place –

| Club Name | Venue | Sessions | Club Contact | Club Email | Club Contact Number |
|---------------------|-----------------------------------|--|-----------------|--|---------------------|
| Barnet Nightingales | Barnet Powerleague, N10 1ST | Club Training sessions, 6–16-year-olds | Dominic Carini | secretary@barnetnightingalesfc.co.uk | 07905 168682 |
| Eagles United | Burnt Oak Leisure Centre, HA8 oNP | Squad Girls, 12–14-year-olds | Petrit Krasniqi | petrit.krasniqi@gll.org | 07713 822309 |

Weetabix Squad Girls sessions are a non-competitive environment, with sessions aimed at making friends, having fun and playing football. Further information on the above programmes can be found [HERE](#)

All clubs have FA Qualified and DBS checked coaches who have taken additional FA training to deliver these football programmes. We recommend parents to contact clubs directly to find out further information on sessions days and times.

The above sessions are part of a wider World Cup Legacy project that Middlesex FA are delivering to get more girls playing football

Apprenticeship Opportunities for your Students and Staff

Please see a range of educational and sporting apprenticeship opportunities [HERE](#) for your school staff and students. Please pass onto any students and staff who would be suitable. For more information please contact Vanessa – vpender@eastbarnetschool.com



Enhancing GCSE PE Practical Performance with Innovative Cycling Programmes

Our programmes are time-efficient, catering to individuals with basic cycling skills, and have been carefully curated to align with AQA, OCR, and EdExcel practical performance specifications. [The Cycle Coach – Childrens Cycle Coaching \(the-cyclecoach.com\)](http://the-cyclecoach.com)

Programme Details:

Track Cycling - Venue: Herne Hill Velodrome, SE24 9HE

- Sessions: 2 x 3hr sessions

Road Cycling - Venue: Hillingdon Cycle Circuit, UB4 oLP

- Sessions: 2 x 3hr sessions

Inclusions:

- Qualified British Cycling coaches (DBS checked, First Aid trained)
- All necessary equipment provided (bikes & helmets)
- All skills coached and audio/visually captured
- Compilation instructions and footage link for evidence creation

Contact James for further details: 0795418093, james@the-cyclecoach.com,

TCS Mini London Marathon in schools (virtual)

Entries open now! 🏃🏃

It's the perfect event to get your classes excited, engaged and doing something different with a real sense of achievement in the form of a trophy for the whole school to admire!

📅 Any time between 15 April and 10 May

👥 600,000 children and young people

📏 2.6 miles in your school

🏆 Participating schools can earn a trophy and a digital certificate for every child

[Mini London Marathon in schools - TCS London Marathon](#)

CPD OPPORTUNITIES

afPE and London Lions Event - Curriculum Discussion

London Lions and the Association for Physical Education welcome you to the Hackney Bridge, Units 1-28, Echo Building, East Bay Lane, London, E15 2SJ and the London Copper Box on the London Olympic Park. **Free tickets, food and curriculum discussion available!**

Thursday 8th February 2024

From 5:00pm at Hackney Bridge and the Copperbox at 7:00pm

With complimentary tickets for London Lions v Sheffield Sharks (7:15pm Tip off)



- 5:00pm - The London Lions and their work
- Refreshments
- 6:00pm - The Curriculum in 2024
- *Greg Dryer: How can our curriculum and pedagogy choices lead to more Young People choosing to be physically active? Followed by discussion*
- 7:15pm - Big Game Tip Off

Free to all afPE Members (£15.00 for Non-Members)

Book [HERE](#)

Free NFL Flag Football CPD

To support the introduction of NFL Flag in to the LYG programme, NFL UK are offering a CPD 1st4Sports 'Introduction to NFL Flag' course that covers how to deliver a 6-week programme in schools.

Sign up [HERE](#)

Free Virtual Workshop for Teaching Hockey

England Hockey is offering teachers a free virtual CPD workshop that aims to help give support, knowledge and confidence to ensure teachers can deliver fun and engaging hockey sessions. Book your place [HERE](#)

Inclusive Education Hub

Here you will find lots of support for you as teachers or school staff to review and improve your inclusive physical education and school sport delivery. It is all made possible through the Department of Education-funded, Inclusion 2024 project.

Once [registered](#), you will be able to complete the Inclusive PE self-assessment. Then you will be directed to relevant resources based on your answers and receive tips to continually improve the way you work.

Please click on the link below: <https://education.activityalliance.org.uk/>

TOP Sportsability

TOP Sportsability is an online resource for schools and offers practical advice to teachers, learning support staff, and other sports practitioners. It consists of video clips and downloadable content showing ideas and strategies to support the inclusion of young disabled people in physical activity and is divided into five areas.

Top Sportsability now sits on the Youth Sport Trust website [here](#). A code is required to access the content including 24 Sports and activity areas including 3 Paralympic Sports (Boccia, Goalball and Sitting Volleyball).

The code is: YSTINCLUSION27

British Gymnastics Physical Education Teachers Trampoline Award Part 1 and Part 2



The Compton School Barnet and afPE London Region are hosting this course on:

Part 1 Tuesday 27th and Wednesday 28th February 2024

Part 2 Tuesday 12th and Wednesday 13th February 2024

From 9.30 – 4.30 each day

For further details for both the above course, including who this course is aimed towards and the costs, contact John I'Anson, afPE London Region Secretary (Em: j.ianson45@btinternet.com / Mob: 07880 796174)

MATP Training

There are a number of opportunities this year to spread the MATP joy and welcome new staff to the Special Olympics Family.

If you want to know more, join one of the MATP introductory workshops, join a workshop yourself, or train up new and existing staff in your provision, [click here to sign up](#). It's free!

If you are an established MATP practitioner, there are some great opportunities coming up this year including completion of the MATP Quality Mark, MATP Tutor Training, and Advanced MATP Training later in the year.

Middlesex County Cricket Courses



Foundation Courses (Level 1) must be 18 to qualify so can start at 17 (£150.00)

Monday 8th and 11th April

10-5pm

William Perkin

School Oldfield Lane Greenford UB6 8PR

Registration will close 01.04.2024

Link to book: <https://booking.ecb.co.uk/NwXm78>

Saturday 27th April and 4th May

10-5pm

William Perkin School Oldfield Lane

Greenford UB6 8PR

Registration will close 20.04.2024

Link to book: <https://booking.ecb.co.uk/yyoK3D>

Tuesdays 30th April 7th 14th 21st May

6.00pm – 9.00pm

Winchmore Hill CC, The Paulin Ground,

Ford's Grove, London N21 3DN

Link to book: <https://booking.ecb.co.uk/84n47A>

Sunday 5th and 12th May

10-5pm

William Perkin School Oldfield Lane

Greenford UB6 8PR

Registration will close 28.04.2024

Link to book: <https://booking.ecb.co.uk/oPRKK9>

Monday 24th June 1st 8th 15th July

6-9pm

Bushy Park Sports Club Queens Road

Teddington TW11 0AN

Registration will close 17.06.2024

Link to book: <https://booking.ecb.co.uk/NwXE4g>



CONTACT THE TEAM FOR MORE SUPPORT

Jo Eames – Strategic Manager & Central lead - j.eames@qegschool.org.uk

Vanessa Pender – School Games Organiser (East) -
vpender@eastbarnetschool.com

Caroline Connell – School Games Organiser (West) - cconnell@st-james.barnet.sch.uk

Mark Betts – School Games Organiser (South) - mbe@whitefield.barnet.sch.uk

Jason Vassiliades – School Games Organiser (Central) -
j.vassiliades@qegschool.org.uk

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Twitter: <https://twitter.com/BarnetSport>

Instagram: @barnetsport