



Ysgol Ty Coch 5x60 Officer: Kathryn Cope

What is 5x60?

5 x 60 is a national physical activity programme designed and promoted by the Sports Wales, in partnership with local education authorities across Wales.

Please see www.sportwales.org.uk for further information and more.

5 x 60 offers the pupils of Ysgol Ty Coch:

- A fun, safe environment in which they can achieve success at their own level and pace
- Pupil centred approach
- Motivation to enjoy taking part, without judgement about ability
- Recognition for their achievement and encouragement to progress to regular and frequent physical activities

Summer Term 2011 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAK TIME CLUB</u>	<u>BREAK TIME CLUB</u>	<u>BREAK TIME CLUB</u>	<u>BREAK TIME CLUB</u>	<u>BREAK TIME CLUB</u>
Table Top Games Venue: School Hall	Table Top Games Venue: School Hall	Table Top Games Venue: School Hall	Table Top Games Venue School Hall	Table Top Games Venue School Hall
<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>
Key Stage 4 Aquatics Club Venue: Llantrisant Leisure Centre Pick up at 5:00pm Lead by: Llantrisant Leisure Centre	Cheerleading Venue: Ysgol Ty Coch School Hall Pick up at 4:30pm Lead by: Zoe Roberts from RSD	Karate and Fitness Club Venue: Ysgol Ty Coch Hall Pick up time at 4:30pm Lead by: Mr Smith	Rebound Venue: Ysgol Ty Coch Hall Pick up time at 4:30pm Lead by: 5x60 officer	Football Venue: Ysgol Ty Coch Yard Pick up at 4:30pm Lead by: Cardiff City Football Club Community Coach Ade Hodges
<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>
		OCN Level 2 Manicure Venue: Ysgol Ty Coch Leavers Room Pick up time at 5:30pm Lead by: Denise Williams from Coleg Morganwg	Water Polo Venue: Bryn Celynnog Pick up time: 5:00pm Lead by: Petrinna Wheeler	
<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>	<u>AFTER SCHOOL CLUB</u>
		Cooking Venue: Ysgol Ty Coch Leavers Room Pick up time at 4:30pm Lead by: Tastebuddies		
<u>EVENING CLUB</u>	<u>EVENING CLUB</u>	<u>EVENING CLUB</u>	<u>EVENING CLUB</u>	<u>EVENING CLUB</u>
				Cinema Club 7pm – 9pm LAST FRIDAY OF EACH MONTH Key stage 5 ONLY Venue: Gartholwg School

For further information and/or if you child would like to attend any of the sessions please contact the 5x60 officer on 01443 203471

Taster Sessions

Throughout 2010 – 2011 the 5x60 officer has coordinated a number of different taster sessions for the pupils in key stage 3, 4 and 5 including:

Cheerleading with Zoe Roberts from RSD Dance and Cheer Company
Karate with Shihan Alwyn Heath from Pontypridd Karate Club
Badminton with Peter and Kevin Egan from Abercynon Badminton Club

Other 5x60 Opportunities

Rock Climbing

The spring term saw key stage 3 visit the new climbing station on Treforest Industrial Estate. The pupils learned many bouldering techniques while developing key skills including communication and team work.

For more information about the centre please visit www.climbingstation.co.uk

5x60 Disability Events

The 5x60 officer has worked with the 5x60 officer at Ysgol Hen Felin to organise and coordinate 5x60 events throughout the year.

Autumn Term: 5x60 Dodge ball Tournament
Spring Term: 5x60 Multi Sports Event
Summer Term: 5x60 Cricket Festival

Other Events

British Swimming Talent Identification Day

James Evans and Paul Williams were invited to participate at the day. The boys worked extremely hard and all their class mates went to the event to support them.

Good luck with the results boys!

Pen Y Cwm Dance Festival

Silver Award Young Ambassadors

Congratulations to James Evans and Paul Williams from the leavers class who have been lucky enough to be selected as the “AdiStars” silver young ambassadors.

James and Paul were elected by their 5x60 officer, Kathryn Cope, and PE teacher, Aron Bradley, for their dedication, hard work and leadership skills in sport.

The pupils will represent their school at the young ambassadors’ conference at the University of Glamorgan on April 8th 2011.

Community Links

The 5x60 officer works with local clubs, Disability Wales and the RCT disability development officer to provide exit routes for the pupils to continue their participation in their favourite activities and be a part of the local community.

Rhondda Cynon Taf Disability Clubs

Club	Contact Details
Aberdare Swimming Club	Angela Ellis 01443 477400
Aberdare Valley Amateur Athletics Club	Anne Crimmings 01685 876456
Aberdare Cricket Club	07899654018 Head Coach
Cwm Cycling	Suzie Hopkins Aberdare Michael Sobell Centre 01685 884352
Cwm Gymnastics	Abercynon Sports Centre, 07983460110 Head Coach cwmgymnastics@hotmail.co.uk
Gelligaled Bowling Club	Gelligaled Park Secretary 07792538552 or club 07984280025 ggaledbowls@tiscali.co.uk www.gelligaledbowlingclub.co.uk
Green Meadow Riding for the Disabled	Dare Valley Country Park Sally Williams 01685 874961
Pontypridd Kyokushin Karate Club	34 Clos Y Dolydd Beddau Pontypridd CF38 2TG Alwyn Heath 07974 650274 / 01443 209121 crazyal1@sky.com
Pontypridd Swimming Pool	11 Greenfield venue Glyncoch Pontypridd CF37 3BD Gareth John 01443 400693
RCT Panthers	Bowlplex, Parc Nantgarw Treforest Industrial Estate Near Caerphilly CF15 7QX 01443 202881 or 07590 539817 support.nhub@btconnect.com
RCT Tigers Disability Football Club	Pontypridd RCT 01443 490242 rcttigers@googlemail.com
Rhondda Swimming Club Polar Bears	01443 434093
RSD Cheerleading	07983460110 5x60 Officer and 07875089620 Coach Zoe Roberts
Shining Stars Activity Sessions	Ian Broad 07966522356
Splash Stars Swimming Sessions	Ian Broad 07966522356
Wheelchair Rugby	Mike Venn 01454 260341
Viva! Project	Morgan Street Pontypridd CF37 2DS Gavin Willams 01443 480297

Local Disability Clubs Timetable

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Pontypridd Karate Club 6pm – 7pm Llantrisant Leisure Centre	Wheelchair Rugby 10:30 – 11:30 Llantrisant Leisure Centre		Polar Bears Swimming 7pm – 8:30pm Ystrad Sports Centre	RSD Cheerleading 5pm – 6pm Llantwit Fardre Sport Centre	RCT Tigers 12pm – 2pm Hawthorn Leisure Centre	Cwm Gymnastics 2pm – 3pm Abercynon Sport Centre
Aberdare Swimming Club 7pm - 8:30pm Aberdare Swimming Pool	RCT Panthers 5pm – 6pm Bowl Plex Treforest Industrial Estate					SPLASH STARS Swimming 5pm – 6pm Llantrisant Leisure Centre
						SPLASH STARS Swimming 16:45 – 17:45 Ystrad Sport Centre

For clubs who do not have details here please contact them directly.

If you know of any other sessions which could be added to this timetable please send information into the school FAO. 5X60 Officer