St James' Church of England Junior School

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Headteacher: Mrs J Rushton

9th September 2026

Dear Parents and Carers,

Introducing Step Up and Play

We are delighted to be taking part in **Step Up and Play**, an exciting community initiative designed to help children access a wider range of sporting and physical activity opportunities within the local area.

Step Up and Play is a partnership between schools in Central Barrow, local sports clubs and organisations. The project aims to ensure that all children, regardless of background or circumstance, have the opportunity to discover, experience and enjoy a variety of sports and physical activities.

Through this initiative, children will be able to explore new activities, develop their skills and confidence, and build positive habits for lifelong health and wellbeing. The programme connects schools directly with local clubs, helping children and families learn about opportunities that are available beyond the school day.

The project provides:

- Access to a range of local sports and physical activity opportunities.
- Safe and supported participation for children.
- Adult supervision and expert coaching from qualified providers.
- Opportunities for children to develop confidence, teamwork and resilience.
- Strong links between schools and community sports organisations to encourage long-term participation.

At **St James' CE Junior School,** we believe that physical activity plays a vital role in children's physical health, mental wellbeing and social development. By taking part in Step Up and Play, we hope that our pupils will discover new interests, make new friends and enjoy being active in a safe and supportive environment.

We are excited to work alongside local partners to provide these opportunities and will share further information about specific activities and events as they become available.

Current Opportunities Available Through Step Up and Play:

Barrow Celtic Football Club

As part of this programme, we are pleased to be working with Barrow Celtic Football Club, who are offering a number of opportunities for our girls to become involved in football. These training sessions are for girls who can attend and want to try the sport before committing to a team.

When: Mondays, 5:00pm to 6:00pm
Where: Barrow Celtic pitches (Schneider Road)
Who:

- **Under 7s/8s Emeralds Girls Team (Years 2 and 3)**
  Playing in the same league, with matches taking place on Saturday mornings.
- **Under 10 Girls Team (Years 4 and 5)**
  A thriving and growing team that has recently started competing in the Lancaster and Morcambe League on Sundays.

To ensure that all children can access these opportunities, **transport is provided**, with children being **picked up from and dropped off at home**.

Hindpool Tigers Development Squad

We are also pleased to offer an exciting rugby opportunity through Hindpool Tigers Development Squad. This is a fantastic opportunity for children to try rugby in a welcoming setting and develop their teamwork, resilience and sporting skills.

When: Tuesdays, 4:45pm to 5:45pm
Where: St George's Sports Hall
Who: Year 3 pupils

This development squad provides children with the opportunity to learn new skills, build confidence, make friends and enjoy being active in a fun and supportive environment.

To help families access the programme, **transport arrangements are available**. Children can be collected from **4:15pm onwards** and brought to the session, with transport home provided afterwards. There is therefore **no requirement for a parent or carer to escort their child to the venue**.

Dodgeball Club

When: Wednesdays, 4:45pm to 5:30pm
Where: St George's Sports Hall
Who: Years 3, 4, 5 and 6

Dodgeball has proven to be one of their most popular activities and is always thoroughly enjoyed by the children. This year, we hope to build on previous success by developing opportunities for pupils to participate in a Central Barrow Dodgeball competition.

Many of our schools regularly take part in dodgeball events and understand just how challenging it can be to qualify for county-level competitions. Last year, St George's successfully reached the county finals, and British Dodgeball is keen to further develop the sport across our local area.

Children will be collected from **4:15pm onwards** and will either be transported home after the session or collected by a parent or carer.

Duddon Canoe Club

When: Wednesdays, 4:00pm to 5:00pm
Where: Duddon Canoe Club
Who: Years 5 and 6

This is a fantastic opportunity for children who may not see themselves as traditional team sports enthusiasts but who enjoy adventure, challenge and learning new skills.

Participants will have the chance to experience a range of water-based activities, including:

- Kayaking
- Canoeing
- Paddleboarding
- Water safety skills

All specialist equipment and safety kit are provided. Children simply need to bring a change of clothes to school on the day of the session.

Transport is included as part of the programme. Children will be collected from school from **3:30pm onwards** and dropped home after the activity.

We are particularly excited about this opportunity because it introduces children to activities that they may not otherwise have the chance to experience, helping them build confidence, resilience and a sense of adventure in a safe and supportive environment.

We are incredibly grateful to our local sports partners for helping to remove barriers to participation and for providing opportunities that allow our children to enjoy sport, make new friends and represent their community.

If your child is interested in taking part, please apply through the following link. An email with this letter attached has been sent home today via Arbor (please check junk/spam) if you require the link sending to you again in a separate message, please email school or send a message on Arbor App.

https://forms.gle/Wqdzd92pL7VpzKxd7

Yours sincerely,

Mrs Rushton
Headteacher