

Girls active with Kelly

By Rebekha Watret

OLYMPIC champion, Dame Kelly Holmes, visited our region on Wednesday January 23rd, to motivate more girls to take part in sporting activities.

She met girls from the Sedgefield School Sports Partnership as part of the Norwich Union Girls-Active scheme.

Last year a group of girls won inter-school competitions and attended a workshop in Penrith with Dame Kelly.

An action plan was the outcome of the workshop, detailing the improvement of P.E. lessons, after school clubs, changing rooms and even P.E. kits.

Also the barriers to girls taking part in sport, were identified and solutions to encourage more girls to participate in sport were developed.

The team, Rebecca Stevens, Emily Dargue, Natasha O'Brien and Rebekha Watret from Sedgefield

Community College, with the help of their teacher Ms Hodges, submitted the plan to Dame Kelly.

Out of 100 action plans submitted, Dame Kelly decided to visit the five most impressive, of which Sedgefield was the only one in this region.

Dame Kelly joined the four girls at Spennymoor Leisure Centre along with girls from all the ten schools in the partnership, to enjoy a day of different sports including gymnastics, cheerleading, fitness suite workouts and kick-boxing.

Rebekha Watret, age 12, from Sedgefield Community College, was part of the team that created the plan. She said: "I think Dame Kelly is a fantastic person to work with and is an inspiration to all girls. She is an excellent role model: She's the BEST".

Dame Kelly commented: "The aim is not to find elite athletes; but it is about health and more importantly, the social benefits - enjoyment, self-belief, esteem and confidence of all students."



DAME KELLY HOLMES: Trying out the trampolines at Spennymoor