



Working it out together. Photo by Diana Cormack

# How to put more get-up-and-go into the classroom

By Diana Cormack

Year 5 pupils at Holy Trinity were recently given a taster lesson in aball1, an idea invented by Norwegian social enterprise Gladiator Education, which aims to make learning less sedentary.

The session was taken by the group's co-owner Kieran Noakes, who lives in East Finchley. He believes in the power of sport for good and spent five years working in England Team Operations before joining the England 2018 World Cup Bid Team where he was involved with the bid's legacy proposal.

Now he hopes to spread this education concept which uses

lettered and numbered balls to combine physical activity with academic and social learning. Basically, children participate in team games using the balls to complete various tasks which are linked to their classwork.

### Physical and fun

So what do the youngsters think of it? Thea, Danny and Mathios of Year 5 tell us:

"Holy Trinity Y5s met Kieran, who showed us a new inspiring way of learning to help us with our education.

We used footballs with letters and numbers on them, to help us with literacy, numeracy and physical health.

"One of our favourite games we played was called berry picker. We made a basket from our hands and two people had to pick balls from the floor and put them in the basket. The team with the most balls (berries) won.

"We also played a game where we had to collect different numbered balls in response to Kieran's maths questions. We all enjoyed it very much and are looking forward to using this method of learning in the future. We recommend it to all schools whose pupils find learning dull."

Mathios, age 10, added: "Aball1 is a very fun way of learning and also a physical way." Danny, age nine, said: "It helped to learn about King Arthur as well as keeping healthy and fit."

To find out more about aball1, contact kieran.nokes@aball1.com, mob: 07500 870 019 or visit www.aball1.com

# Play the generation game

By John Lawrence

Among the side-effects of today's rushed and youth-focused world is that older people can fall into isolation and the older and younger generations rarely get a chance to mix. A new charity is hoping to change all that.



From Generation to Generation has been set up by Professor Norma Raynes, who lives in Creighton Court on the High Road and was inspired by seeing how her father and her younger daughter benefited from their relationship.

The charity finds older people with time and skills to share and sends them into schools. They can read with children, paint, play music, do gardening and sew costumes for plays. In fact, they become an active part of the school community.

### Skills to share

"There is some kind of magic in the interaction between generations," said Professor Raynes. "They get to know each other and have fun. Some young people just don't know anything about older folk if they don't have their grandparents around, and the attitude of society generally seems to be that old people are a burden.

"That does not need to be the case. The older people who get involved in our work have amazing skills and, most importantly, the time to share them. We watch them grow

in confidence and we see the youngsters begin to realise that older people are just people, like them."

### Wren Academy involved

This is a national project aiming to involve 100 schools by the end of the year. Locally the first schools to sign up include the Wren Academy in North Finchley.

There are also plans for a film festival at the Phoenix Cinema next year, featuring movies that explore relationships between the generations.

Professor Raynes explains why she thinks it's important. "I met a care home resident who had previously been a photographer. He showed me his wonderful black and white photos and as we put them away I realised no one would probably ever see them again, let alone give him the chance to share his knowledge with younger people."

From Generation to Generation hopes to make life different for people like him. To find out more or to get involved, visit www.intergen.org.uk. You can also phone 020 8980 0693.

# Click and collect food

By Sheila Armstrong

A sunny evening in June saw the first Muswell Hill FarmDrop at the Clissold Arms on Fortis Green giving customers a chance to collect food they'd ordered online from local producers.

Several foodmakers were at the pub on the opening night. Wildes the urban cheesemakers from Tottenham were there, www.wildescheese.co.uk, and the Flour Station, www.the-flourstation.com, had a good selection of bread. Lots of very fresh and green vegetables were on view, too.

FarmDrop organiser Tara Griffin told THE ARCHER that The Clissold was a great venue for the event and that they were grateful for the pub's support.

Ordering produce and payment are done online at www.farmdrop.co.uk. Collection is on Wednesdays between 6 - 8pm at the pub. There is no joining fee, no minimum order and no commitment to order each week.

More information on the website, or email muswellfarmdrop@gmail.com or phone Tara on 07833 306 473.

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