

Hiltingbury Sports Newsletter

Volume One



First and foremost, I hope this inaugural sports newsletter finds you all happy and healthy. Over the course of the calendar year, I've been toying with the idea of writing a sporting-focused newsletter for the parents, carers and children of Hiltingbury Junior School. To my knowledge this isn't something that we have done before. Those of you who know me, will know my passion for sport and physical activity runs far and wide: from cycling to marathon running to badminton to football and it is my aim to spread that enthusiasm and passion for sport within our very special children.

To put it simply, the purpose of this newsletter, which will be written on a termly basis, is to inform you of the sporting things we are doing in school; to keep you updated with our sporting clubs and activities and to, most importantly: **raise the profile of P.E in school.**

Mr C Wright, Sports Lead

What does P.E at Hiltingbury look like?

Learning in Physical Education is underpinned by both our school's vision and values as well as the National Curriculum. Our inclusive and challenging, P.E. programme – curriculum and non-curriculum - aims to develop successful learners, confident individuals and responsible citizens who, by the end of year six leave us as (in line with our **WE CARE** skills): **team** workers, **enthusiastic** participators, **creative** thinkers, **ambitious** competitors, **reflective** learners and independent **enquirers**.

We believe that we will achieve this through our five aims for P.E:

- 1) P.E. to take place within a positive ethos and active citizenship promoted
- 2) Enable pupils to acquire and develop their physical skills
- 3) Enable pupils to engage in competitive sport (both internally and externally)
- 4) Enable pupils to improve performance and understanding through evaluation
- 5) A healthy, active lifestyle is promoted across the whole school.



WHAT'S COMING UP IN 2021?

Spring Term

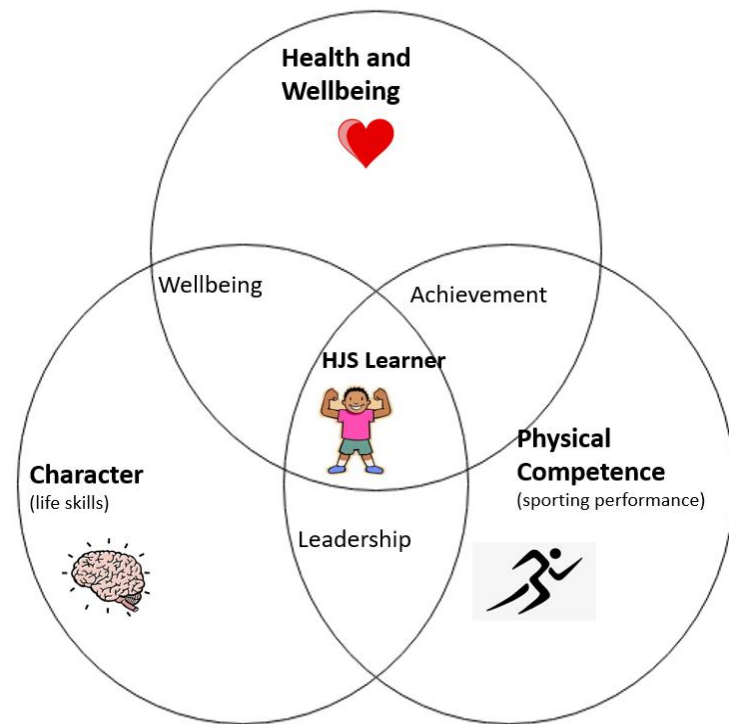
- Bike It Ray
- New Year Active Challenge
- Year 6 Lunchtime Dodgeball Tournament
- Bike Doctor Sessions
- New HJS Sports display board
- Inter-house competition
- School Games Competitions
- After-school sports clubs

Why is P.E so important to us at Hiltingbury?

At Hiltingbury Junior School we believe that **physical education, school sport and physical activity (PESSPA)** experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being.

We believe that P.E. provides pupils with the opportunity to be creative, competitive and face up to different challenges (as individuals and in groups of teams). Children learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

Physically educating the children through quality teaching improves children's self-confidence and resilience; their concentration and their communication skills enabling them to be active, healthy and well-rounded citizens as they grow up. At Hiltingbury we aim for our children to develop a lifelong enjoyment and participation in physical activity.



Physical Education, School Sport and Physical Activity

Moving forward, you will hear me talk a lot about these three different terms; all of which are intrinsic to our P.E programme here at Hiltingbury. So, what do they each mean?

- 1) **Physical Education:** Physical Education (P.E) is the planned, progressive learning that takes place in our curriculum timetabled time (two hours a week, split into P.E and Games).
- 2) **School Sport:** School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings, such as intra-school competition and inter-school competition.
- 3) **Physical Activity:** Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.

Some of the activities our children have got up to:

Year 3 Gymnastics: jumps and balances



We loved exploring the different balances - some were quite tricky



I love playing football and applying the teamwork skills in our games



Year 4 Football



Year 5

Autumn 2: Yoga



Its been so exciting trying a new sport. We've all felt so much calmer after these sessions



Year 6



We've tried some challenging and creative balances and were really proud of the results



Autumn 2: Orienteering and Gymnastics

Active Travel to and from School

One of my principle aims for this year was to increase the number of children actively travelling to and from school: walking, cycling, scooting etc. The current statistics, from a survey conducted in October, make for a fairly positive picture: 75% of children walk, cycle or scoot each day at the moment. Ultimately, my aim is to increase that figure to 80%.

Earlier in the year, I contacted 'Bike It Ray' (from Sustrans), who works with schools across Chander's Ford encouraging children to cycle, scoot and walk to school. So far this year he has supported our Bike to School Week; ran two Bike Doctor sessions servicing over 150 bikes in total and has run virtual assemblies promoting bike safety and cycle awareness. Ray will continue to support us in the new year so do watch this space for further events.

Mode	%
Walk	56
Cycle	13
Scoot	6
Park & Stride	12
Car	15
Bus	0
Train/other	0
*31 pupils 9% say don't have access to a bike	



Year 5: Yoga

Throughout this half-term, all of our Year 5 children have enjoyed the many benefits of a new activity at Hiltingbury – yoga. Sally Webber, a professional yoga teacher from Chander's Ford, has spent the last six weeks in school teaching different yoga movements to our enthusiastic Year 5 children. From the down-dog to chair pose to the triangle (and many, many more), these movements have helped improve the balance, flexibility and strength of the children. Not only that but yoga has been proven to boost children's self-esteem and emotional regulation.

"We've absolutely loved the yoga, not only has it been fun but we've learnt some really challenging moves. There are so many benefits to it – I've really felt its helped me control my breathing!"

