

# Hiltingbury Sports Newsletter

## *Volume Eight*

Welcome to volume eight of Hiltingbury's Sports Newsletter. It's been a busy start to the year with competitions, festivals, before and after school clubs and our Sports Leaders leading activities at lunchtimes. Recently, we have also taken part in Sustrans The Big Walk and Wheel event too, encouraging children, and families, to ditch the car and walk, scoot or cycle to school over the last fortnight.

Enjoy reading through this newsletter to see what the children have been up to in school; how we've done in our recent sporting competitions; the latest edition of A Question of Sport, this time with Mrs Gowland and more.

Wishing you all a restful and enjoyable Easter break when it comes.

Mr Wright

## Extra-Curricular Clubs

This term we have had eight sports clubs running before and after school. It is always lovely when I am marking books after school in my classroom to hear the sound of children cheering, shouting and generally having fun in their club(s) outside. Whenever I speak to the children, they speak highly of these clubs, of the friendships they've built and of the new skills they've learnt.

Grace M stated how her confidence has increased and how she's enjoyed playing with her friends since attending the Y5-6 girl's football club. Meanwhile, Maya commented how much she's enjoyed playing dodgeball games with her friends and improving her accuracy skills in her dodgeball club.



Next term, we have an even bigger selection of extra-curricular activities going on, including a new cheerleading club and a tennis club.



## Inclusion Day

At the beginning of this term, all of the children took part in another Inclusion Day (with the first one running last autumn). The event, hosted by Personal Best Education and supported by Y9 children from Mountbatten School, involves a day of inclusive and physical activities for everyone to take part in (with each class trying 6 or 7 activities). These activities range from airtrack, to parachute games, to new-age kurling to archery, to water games to boccia. The idea is to provide the children with an opportunity to try different physical activities and show them that sport and physical activity doesn't just have to be running or football or netball for instance. The idea of 'fun' was at the core of this day.

The children seemed to really enjoy the different activities:

George: "I loved it all to be honest, I can't really pick a favourite."

Lucy: "I really wanted to spend longer on the airtrack because it was so fun, we even did some races on it."

Josh: "I liked the water games even though we got quite wet."



## Sports Fixtures and Events

### Year 5-6 Girls' Football Match vs Cherbourg

The girls played their third league match of the season against a very good Cherbourg team, containing three Southampton FC academy players. The girls played brilliantly, scoring the first goal thanks to Sulaf and having some brilliant chances thereafter. Cherbourg went on to win 3-1. Well done Hiltingbury girls.



### Year 6 Boys' Football League Match vs Cherbourg

After a win and a draw in their first two matches of the season, Hiltingbury played their third match against Cherbourg at the start of this month. After a very tight game, the boys came out victorious thanks to a 2 – 1 win. There were some brilliant performances all round but it was their resilience in the final few minutes to hold onto their lead which impressed the most. This result leaves them joint top of the league.

### Year 5/6 Netball Tournament – Thornden

We were delighted to take one of our netball teams to Thornden yesterday to take part in a tournament. Our wonderful 9 did a superb job in an adapted netball game, due to the weather. As the games went on they played stronger and stronger, working together brilliantly and improving their tactics to be defensive or put on an attack. We were really proud of them and they came 3rd!



### Year 5/6 Indoor Athletics Event – Kings'

In the middle of March, we had an upper school indoor athletics event at Kings' School in Winchester. Competing in a circuit of different events (sprinting, relay, speed bounce, javelin, triple jump and long jump et al) the children earned points for the school with each activity's performance compared to other schools. After all of the events, the children finished 3<sup>rd</sup>, that is after finishing in 1<sup>st</sup> place after the field events.



### **Year 5/6 Netball Tournament – Kings'**

Our second upper school netball event this term was a Y5-6 tournament at Kings' secondary school in Winchester. Against some really strong competition, the team battled well and, despite not getting the result they would have liked, all really enjoyed themselves. For a lot of the team, this was their first netball tournament they've played in. Well done all of you.



### **Year 5/6 Tag-Rugby Event – Winchester Rugby Club**



On Monday this week, Mr Cross took a group of Y5-6 children to Winchester Rugby Club for an inter-school tag-rugby festival. The children had a really good time at the event, playing several matches against different local schools. Considering only two of our players had played a game of tag rugby before and they started with some really tough games, they showed real ambition to grow as a team and we saw some noticeable improvements in their play throughout the day.

### **Years 3-4 Cross Country Event – Fair Oak**

Unfortunately, this event scheduled for yesterday was cancelled.



**Please send in children's sporting successes from outside of school to [adminoffice@hiltingbury-jun.hants.sch.uk](mailto:adminoffice@hiltingbury-jun.hants.sch.uk) so that we can celebrate these in assembly. This might be a weekend tennis competition they participated in, moving up a group in their swimming lessons or that they've tried out a new sport for the first time and loved it. We really love hearing and sharing these successes!**

## Sports Leaders - Lunchtimes

One of the aims of this year is to encourage children to be active at lunchtimes. With this in mind, at the start of this term, the Sports Leaders, from across the school, spent two weeks training to lead active lunchtime games. Giving up their lunchtimes to participate in this training, and developing their leadership skills, the children worked incredibly hard refining these team games. In the picture below you can see the children, just before half-term, practising some parachute games.



As a result, the Sports Leaders, on a rota system, now lead lunchtime games on the astro every day. It has been lovely seeing this in action: young leaders delivering games; the children listening to their peers; lots of children taking part and having fun and finally so many being physically active.

We have also spent some money this term on new lunchtime equipment for the children to use and enjoy every day.

## Bike It Activities

Over the last two weeks, it has been brilliant to see so many children engage with The Big Walk and Wheel event. Sponsored by UK cycling charity Sustrans, The Big Walk and Wheel – previously known as The Big Pedal - is the UK’s largest inter-school cycling and scooter-based challenge that aims to inspire and empower kids, teachers and parents to get on two wheels in order to make the daily trek to school. During the two-week challenge, schools like us have competed to record the greatest number of pupils walking, using a wheelchair, scooting and cycling to school, whilst learning about the benefits of active travel along the way.

I have just seen the final results to see that we have finished in a brilliant 117<sup>th</sup> position nationally and 17<sup>th</sup> position in the South of England. You will see on the table to the right how close the infants and us are! Well done everybody!

1	Cradle Hill Community Primary School	Seaford <a href="#">Map</a>	85.47%	46
2	Alverstoke Church of England Aided Junior School	Alverstoke, Gosport <a href="#">Map</a>	84.69%	51
3	Blerton Combined School	Aylesbury, Bucks <a href="#">Map</a>	82.50%	67
4	Woodford Primary School	Plympton, Plymouth <a href="#">Map</a>	81.85%	70
5	St Mark's Church of England School	Hampshire, Southampton <a href="#">Map</a>	81.60%	72
6	The Heights Primary School	Reading, Berkshire <a href="#">Map</a>	81.26%	78
7	Compton C of E Primary	Plymouth, Devon <a href="#">Map</a>	80.92%	81
8	Banister Primary School	Southampton, Hampshire <a href="#">Map</a>	80.86%	82
9	Bitterne Park Primary School	Southampton, Hampshire <a href="#">Map</a>	80.54%	84
10	Fairfield Infant School	Hampshire, Hampshire <a href="#">Map</a>	79.06%	90
11	Widden Primary School	Gloucester <a href="#">Map</a>	78.78%	93
12	Aldryington Primary School	Wokingham, Berkshire <a href="#">Map</a>	78.06%	99
13	Shiphay Learning Academy	Exe Hill, Torquay <a href="#">Map</a>	77.83%	102
14	The Crescent Primary School	Eastleigh, Hants <a href="#">Map</a>	77.60%	106
15	South Molton Community Primary School	South Molton <a href="#">Map</a>	77.05%	109
16	Trinity First School	Frome, Somerset <a href="#">Map</a>	76.66%	113
17	<a href="#">Hiltingbury Junior School Home</a>	Eastleigh, Hampshire <a href="#">Map</a>	76.51%	117
18	Hiltingbury Infant School	Eastleigh, Southampton <a href="#">Map</a>	76.07%	119

<b>2,524</b>	<b>Total journeys</b> The total number of journeys recorded in Sustrans Big Walk and Wheel 2023.
<b>76.51%</b>	<b>Daily average score</b> This is your current average daily score based off a percentage of your school roll. If you take part in more than five days, this will be based on your best five days.
<b>117</b>	<b>Overall position in challenge</b> Based on your daily average score. <a href="#">View overall positions</a>



## **A Question of Sport: Mrs Gowland**



### **What is your favourite sport?**

I have a few favourites for different reasons. My real love is running; I love the outdoors. I am more of a tortoise distance plodder than the speedy hare. My son has started to join me at Parkrun which is great - a really lovely thing to do together. I also love playing badminton, tennis and kayaking though I am hopeless, it is something we do as a family and always have a giggle. I like watching the cricket, but mainly for the sunshine and breaking for tea ;)



### **Why do you think exercise and sport are important?**



It is so so important. I truly believe healthy body healthy mind. No matter how tired I am, going for a run with my dog always gives me a boost and I feel much better. There is a sport for everyone. Whatever sport you do, even just going for a walk gives you a break away from the norm and can be a fantastic chance to catch up with friends and family with no distractions.

### **What exercise do you enjoy and why?**

Running and walking; I can do it anytime, anywhere, it costs nothing and is so good for me. I have taken part in lots of charity walks and runs. My biggest being a walk I did with friends from London to Brighton, walking for over 27 hours, 78miles non-stop all through the night, grueling but a great achievement and more importantly we raised a lot of money for the BHF.



### **If you could try any sport, what would it be?**

I would really like to give climbing a go. I am nervous at the thought of it but it is something I would like to conquer. I watch others doing it and I am in awe at their strength and co-ordinations skills.

### **If you could play sport with any sportsperson, what and who would it be?**

I really admire Ian Wright. For you youngsters, he's an old-school footballer. He played in the first ever football match I went to see at Highbury, many, many moons ago. Though football is not really my thing, I would love to go on a long run with him and have a good natter. He is such an inspiration to me. He had a tricky upbringing and really does prove you can do anything if you set your mind to it and have someone who believes in you.



Thank you for reading.  
Enjoy the Easter holidays.  
Mr Wright

