

# Hiltingbury Sports Newsletter

## *Volume Two*



A big welcome if you are reading this termly Hiltingbury Sports Newsletter for the first time. I had launched these back last year with a three-fold aim: to help raise the profile of PESSA (P.E., School Sport and Physical Activity) at HJS; to inform you of all things sporting happening in school and to keep you updated with our sports clubs and activities on offer to the children.

In what has been a tumultuous start to the year, sport and physical activity have once again proved their undeniable value. Our main priority this term has been trying to keep the children as physically active as possible, both during the partial school closure and from the 8<sup>th</sup> March. Attached with this term's edition is a short video from Francis Benali MBE, who I met last year. In this video, Francis talks about his love of sport and the hugely positive impact it has had on his life.

### **Francis Benali MBE**



With 389 appearances for Southampton FC, 5<sup>th</sup> on the list of most capped Premier League players for Southampton, it's understandable why Francis is revered in this area as a loyal club legend. After listening to him speak at the Hampshire P.E. Conference last autumn, I made contact with Francis. Having been s after I sat there inspired by his dedication and love of sport. A fierce defender in his time with the club, known to play hard and tackle harder, Francis exemplifies so many positive attributes that come to mind when we think about sportsmen and women. He had a hard-working attitude, full-blooded commitment to training and a passion for and enjoyment of football that saw him have an incredibly successful career.

Since retiring from football, Francis has completed a number of extreme physical challenges. Do watch the video to find out more! There are many things that the children of Hiltingbury can learn from Francis, not least the enjoyment and success that hard work, dedication and passion can bring.

***Do watch this space about further endeavours with Francis...***



## National Half-Term Distance Challenge

During February half-term, HJS participated in the National Half-Term Distance Challenge run by The Children's Challenge organisation. 79 schools, across the UK, competed in the challenge to see who could collectively as a school travel the furthest distance over the course of the week. Despite the terrible weather that graced Chandler's Ford that week, the children of Hiltingbury walked, cycled, ran and scooted a very impressive total of 3,869km. Remarkably, Hiltingbury finished in 4<sup>th</sup> place (out of 79 schools) and frustratingly, just two kilometres behind 3<sup>rd</sup> place. Well done to each and every one of you who took part over the course of the week to help contribute to such a fantastic achievement for our school.

	Day: Date	Number of Pupils	1 15/02/2021	2 16/02/2021	3 17/02/2021	4 18/02/2021	5 19/02/2021	6 20/02/2021	7 21/02/2021	Total Distance (km)	Day 6 Rank	Final Rank
<b>Primary School</b>												
Stoke Bishop CofE Primary School		415	377	409	575	446	958	530	1,596	4,891	2	1
Bramingham Primary School		407	216	353	571	695	663	932	1,066	4,496	1	2
Roecroft Lower School		425	253	236	315	630	634	809	992	3,869	3	3
Hiltingbury Junior School		384	246	245	316	550	814	605	1,091	3,867	4	4

## Lockdown Yoga



At the onset of the partial closure of schools at the beginning of January, I contacted Sally Wilkinson, a local professional yoga teacher. Over the next six weeks, she delivered a series of live yoga sessions to both the children in school and those at home. The feedback from children was very positive:

*"These yoga sessions were the highlight of the week."*

*"I find that I'm working muscles in different ways than ever before."*

*"It really helped me relax!"*

Yoga has been proved to have many benefits for children, including supporting learning, enhancing concentration levels, increasing flexibility, improving balance and coordination and helping their mental wellbeing. It was clear from seeing these lessons in school the positive impact that they had upon the children. Further information about Sally's yoga sessions for children can be found here:

<https://sallywilkinsonyoga.co.uk/>





## **A Question of Sport: Judith Rutherford (Chair of Governors)**

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

My favourite sport is windsurfing. When I was at college, I had a part-time 'Saturday job' at a local water sports shop and at weekends the staff would drive to the coast to windsurf. They were all much better than me at the time, but I learnt quickly so I didn't have to spend too much time in the cold water!



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

Obviously, exercise is a good way to look after your body and help keep you physically fit. However, to me, it is much more than this. The social side of exercise is really important, whether it is walking with a friend, joining a group on a bike ride or rowing as part of a team. It can be hard to get motivated sometimes but whatever the weather and whatever the activity I always feel better for getting outside and doing something active.

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

I enjoy any type of exercise that involves being outdoors. During the past year, I have enjoyed getting out and about on my mountain bike (although the trails were very muddy throughout the winter). I enjoy stand up paddle boarding (SUP) throughout the year on our local rivers or at the coast – I usually join in with a 'Santa SUP' where a group of us wear fancy dress and go for a paddle at Christmas, which is really good fun.

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

I think I would have a go at pretty much anything. I have recently been lucky enough to be invited to join a gig rowing team. Gigs are six-oared, fixed seat, coastal rowing boats and are recognised as being one of the very first lifeboats designed to go out in rough seas as far back as the late 17<sup>th</sup> century. I'd never rowed before and only managed one taster session before lockdown, but we have signed up for our first competitive race later this year so I'm on a steep learning curve!

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

This is a great question! It would have to be spending a day windsurfing with my all-time sporting hero and water sports legend, Robby Naish. Robby won his first windsurfing world championship at the age of just 13 and has won another 23 since then. He has also made it his lifetime quest to help reduce pollution and the amount of plastics in our oceans. Of course, an additional bonus would be choosing to visit Robby at the infamous wave sailing beaches in Hawaii where he lives!



## **Bikeability – Year Six**

Well done to all of the Year 6 children who, earlier this term, completed their Level 1 and/or Level 2 Bikeability training. To be able to cycle safely on the road is such an important life skill; this was a brilliant achievement for all of the children. Beginning on the playground before moving onto the roads, the children were taught safe signalling, left and right turns and U-turns, as well as safe cycling in pairs and groups. It has been lovely to see so many children (both in year six and other year groups) continuing to cycle to and from school.

The cycling teachers praised the children for their infectious enthusiasm, good listening skills and determination to succeed as the week got progressively harder.



## **The Big Pedal**

Sustrans 'Big Pedal' is running this year (for 10 days) from 19<sup>th</sup>-30<sup>th</sup> April. On each day of the challenge, schools nationally compete to see who can record the greatest number of pupils, staff and parents cycling, walking, scooting or using a wheelchair to get to school.

The school's best five days (across the 10) determine its final position, which is a national ranking.

Sustrans 'Big Pedal' inspires pupils, staff and parents to travel actively to school. Parents can join their child(ren) actively travelling to school; this will also be recorded in the results.

Good luck Team Hiltingbury!



## **Summer Term – Things to Look Out For:**

- Bike Doctor Sessions
- Sports Day
- Inter-house Summer Competition
- School Games Competitions
- Whole-school Biathlon Day
- Extra-curricular clubs
- The Big Pedal
- Year 6 swimming
- Integr8 Dance working in school