

# Hiltingbury Sports Newsletter

## Volume Three



After what has felt like, at times, a fairly quiet period in the sporting world over the past year or so, these last few months have certainly made up for some of that lost time. Whether you are a football fanatic, a Wimbledon watcher or a Formula One follower, I hope you have enjoyed the sporting buzz over this summer term. This brings me nicely to Volume Three of our new, termly Hiltingbury Sports Newsletter. It has been absolutely lovely seeing so many children, across all years, engaging in and, more importantly, enjoying a breadth of sports and physical activities this term. With that, I hope you enjoy reading all about what they have been up to...



*Games Lessons*



*Sports Clubs*



*Y6 Swimming Lessons*



*Dance Teaching*



*Sports Day*

## Sports Day 2021

On Friday 9<sup>th</sup> July, we enjoyed our annual Sports Day – the first one in two years and, in fact, my first time organising it. With the sun-shining, all of the children participating and fierce competition, it was fantastic day all round. As a result of the Covid restrictions, the activities were run within year groups. At this point, I want to once again express my thanks to a fabulous team of House Captains and adults who helped tremendously in the running of these activities. Each session was split into a round-robin of four athletic-type activities (javelin, basketball, relays and target throwing) before the races: the girls' sprint; the boys' sprint and the longer-distance relays. Inclusive yet competitive, all of the children threw themselves into the spirit of the day and showcased their array of sporting talents.

These were the points scored across the day:

### **Year 3**

- 1) Franklin = 911
- 2) Anning = 822
- 3) Attenborough = 791
- 4) Hawking = 760

### **Year 4**

- 1) Franklin = 1089
- 2) Attenborough = 1022
- 3) Hawking = 944
- 4) Anning = 774

### **Year 5**

- 1) Attenborough = 1239
- 2) Anning = 1174
- 3) Franklin = 989
- 4) Hawking = 969

### **Year 6**

- 1) Hawking = 951
- 2) Franklin = 915
- 3) Attenborough = 896
- 4) Anning = 817

### **Final Results**



Attenborough = 3948

Franklin = 3904

Hawking = 3624

Anning = 3587



*Jelena O and James G (Attenborough House Captains)*







## Dance Teaching



For the past six weeks, we have enjoyed having professional dance teachers from Integr8 Dance come into the school to teach a unit of dance to each of the 12 classes. The Year 3 children have enjoyed learning line dancing for the first time; Year 4 have jumped, bounced and hopped through their unit of Zumba; Year 5 have linked their Brazil work in Geography to learning Samba in dance, and Year 6 have thrown themselves into the many styles of street dance from locking and house to hip-hop and popping.

Forming a fundamental part of the P.E Key Stage Two National Curriculum, through dance children learn and develop a plethora of key skills: the ability to respond to music; working as a pair or as a team; deciding on and selecting a sequence of moves; improving performance and using different movements. The feedback from children and staff alike has been terrific. Surveying the children across the school to ascertain their feelings on these sessions, 85% said they enjoyed them and 88% said they felt more confident in dance now than they did beforehand. As a result of the overwhelmingly positive reaction, we are looking into the possibility of using this service again next year. I have attached, with this newsletter, a flyer from Integr8 Dance about their summer camps running throughout the summer holidays.





## Extra-curricular clubs



It has been lovely this summer term to see the children in each year group participate in and enjoy a variety of before and after-school sports clubs. As an addition to our Physical Education curriculum, these clubs extend the children's skills and focus in greater detail on sport-specific skills.

This summer term, we have offered the following clubs to all children:

- **Year 3** – Street Dance, Running and Basketball
- **Year 4** – Street Dance, Running and Basketball
- **Year 5** – Tennis, Running and Netball
- **Year 6** – Netball, Football and Tennis

Through a combination of Hiltingbury staff, Personal Best Education coaches, Absolute Tennis coaches and Keeley Allan (Integr8 Dance), we have been able to offer a wide selection of extra-curricular sports for the children this term. Looking ahead, we are very pleased to be offering at least three clubs for each year group in the Autumn term. Please see the earlier email from the school office if your child is interested.



## **A Question of Sport: Miss Chambers**

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

My favourite sport is swimming. When I was at school, I was in the swimming team and my best stroke was backstroke. I used to swim whenever I got the opportunity and would have happily spent all of my time in the water if I could!



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

For me, sport and exercise bring so many benefits. There are the obvious reasons to help you keep your body physically fit and strong, but it is so much more than this! I find that after exercise I can think more clearly, it helps me sleep better and it makes me feel happier too. I enjoy the social side of exercise as well. I often meet friends for a run, a swim or to play sport, and enjoying their company helps keep me motivated too!

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

I enjoy any type of exercise really, especially when I can be in a group and meet up with others. During lockdown, some of the activities I used to do have paused, but I've found new things to enjoy. I've always loved running, but I have found lots of new routes, and I've also done lots of walking – my friends tell me I am a very fast walker! I have been doing lots of new exercise classes from the comfort of my living room too and I have enjoyed trying my hand at pilates. With sport and exercise, I always like to give new things a go as you never know if you'll enjoy it until you try!

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

I think I would probably try anything once – although I will be honest and say my experience of snowboarding was not hugely successful! I love the water so probably my answer would be anything that involves being wet. I love stand-up paddle boarding and I think for my next adventure I would love to go kayaking. I have been once, but a long time ago and I have an ambition to kayak amongst beautiful scenery like the coastline of the English Riviera or down the River Dart!

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

Can I be cheeky and answer with two different people..? I think I'd love to split my day. I'd spend the first half with Rebecca Adlington. She is a swimming legend and broke a world record for the freestyle at just 19 years old. I'd love to get some tips on my swimming stroke so I could improve my pace and style. For the second half of my day, I'd play football with Gareth Southgate. This might seem an unusual one for me, but I feel like I could learn so much from him about leadership that I could apply in my own life. Plus, if I could pick up some tips on how to perfect my passing technique then that would be a real bonus!

## **Autumn Term 2021 – Things to Look Out For**

- Bike To School Week (Wb 28<sup>th</sup> September)
- Inter-House Winter Competition
- School Games Competitions
- Whole-School Inclusion Day (17<sup>th</sup> September)
- Extra-Curricular Clubs
- Integr8 Dance working in school
- Winchester Football League (Girls Team and Boys Team)
- Year 4 Tennis Instructor (Absolute Tennis)





## The Golden Mile



In a bid to increase the children's physical activity levels, as well as their post-lockdown fitness, we began completing 'The Golden Mile' at school. We have endeavoured to provide the opportunity for children to walk, jog or run the mile up to three times a week. It has been lovely seeing the children participate in and enjoy more physical activity within a school day. Over the summer, it would be fantastic if families continued with the Golden Mile at home.

With 64% of children stating they enjoy completing it, 58% stating they feel fitter as a result of doing it and 67% wanting to continue with it next year, we are going to do just that. Come September, we will strive to continue in walking, jogging or running the mile three times a week.

## Year 6 Sports Award



Awarded to a child (or children) at the end of Year 6 every year, is our Hiltingbury Sports Award. Looking at a combination of sportsmanship and ability, giving this award is always one of the highlights of the school year. This year's winners are Freya S (left) and Amelia S – two thoroughly deserving winners. Highly competitive; respectful of their opponents; supportive of their teammates; possessing a natural ability beyond their years; both incredibly hard workers who will consistently go the extra mile (at times quite literally) as they strive to be the best - these are just a few of the reasons why Freya and Amelia deserve this award. Well done girls - you should be incredibly proud of yourselves.

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## Footballing Success

We'll finish this term's newsletter with some fantastic footballing success from two Year 6 boys: Alex W (6W) and Samuel D (6W).

Alex and Samuel, along with their Proco team, have achieved so much over the season and all their hard work and determination got them to the Junior Premier League National Finals on 3rd July in London. Only four teams from around the country made it to these national finals and the quality of football on display was of a very high standard. The boys' Proco team incredibly won all of their games and were crowned Junior Premier League National Champions 2021. This is a fantastic achievement and one they will remember for the rest of their lives.

In a summer where the names Sterling, Southgate and Kane were on everybody's lips, I have every faith that these two boys can also go onto achieve great things in their footballing journey. A superb achievement – well done boys!

