

Hiltingbury Sports Newsletter

Volume Four



Firstly, and of paramount importance, we hope you are all keeping safe and well. The past term has been difficult on many levels but we stand resolute in our support for one another and continue to provide as many opportunities for children to engage in sport and physical activity.

The past year or so has been incredibly taxing on our PESSPA (Physical Education, School Sport, Physical Activity) provision but the children have maintained their enthusiasm throughout and adapted to an ever-changing set of parameters admirably. For that and so much more, we thank you all.

At the start of the year, Miss Loosemore and I sat down to discuss our plans for PESSPA and a couple of our key aims this year were to participate in more intra-school and inter-school competitions, and to provide opportunities for all children to be engaged in physical activity and sport. What has been lovely this term is beginning to put these plans into action. Read on to see how we've implemented these aims...

Resilience Day 2021



"The best day I've ever had at school!"

"Can we do this every Friday?"

These were just a couple of the comments from children after our first ever **Resilience Day**, which took place on Friday 17th September. Taking part in a plethora of different physical activities, including parachute games, archery, golf, water-based races, football and airtrack, the children thoroughly enjoyed their day off normal curriculum immersed in these different activities. Hosted by Personal Best Education, who run some of our extra-curricular sports clubs, as well as some Year 9 Mountbatten School Young Leaders, the children were able to experience different activities that perhaps they had not tried before.

One of the principal aims of this day was for children, trying out new activities for the first time, to develop their resilience skills. As staff, we were really impressed to see children throwing themselves into activities, not minding if they made mistakes, supporting their peers and trying to improve on their performance – all of which are invaluable qualities.



Francis Benali Visit

Earlier this term, we were very lucky to welcome Francis Benali MBE to Hiltingbury. Last year, he kindly sent us a video promoting the importance of keeping active during lockdown; this year, he came into school to deliver two assemblies on the theme of resilience. Despite playing for Southampton FC over 300 times in the Premier League and receiving an MBE for his remarkable charity fundraising, where he raised over one million pounds, Francis talked passionately about how resilience has helped shape his successful career. He answered questions from the children, who sat and listened attentively, including: what was your best performance? Who was your toughest opponent? Who was the best player in training? What was your most challenging setback and which was your toughest race?



Active Christmas Elf



Throughout December, our active Christmas elves have been out and about once again finding their ways onto children's bikes and scooters. Every day this month, a child has won a prize if an elf has found their way onto a bike or scooter. This year, the elf has also given out prizes at random for some children seen walking to school every day too.

Overall, we have seen a third more bikes and scooters being ridden this month compared to November. Well done Hiltingbury!

Extra-curricular Clubs

This term, we have had plenty of sports clubs on offer for all of the children, both before school and after. With nine clubs running, it has been great to see and hear the children enjoying these brilliant opportunities. A huge thank you to all the staff who help with these.

After asking the children what clubs they would like in the Spring term, we will, excitingly, have 10 different clubs running each week for the first time! We will have the addition of a Lower School Cycling Club on Fridays after school, starting in January! We look forward to seeing the children progress with that.



Year 4 Tennis



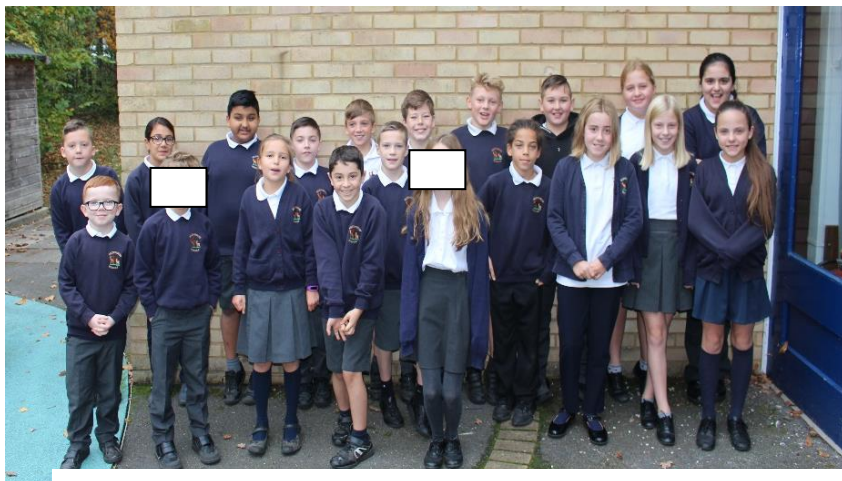
The children of Year 4 have had the privilege this term of working with Martin Terrill from Absolute Tennis in some of their Games lessons. Martin has been in school to teach some of the P.E. curriculum, looking to develop the children's physical skills that they can then transfer to the sport of tennis. The children have really enjoyed the variety of activities and games in these sessions, developing their hand-eye coordination, racket skills, spatial awareness and game tactics. For some, it has been the first time they have ever held a tennis racket!

A huge thank you to Martin for coming into school to teach the children. Here's hoping the next Emma Raducanu is not too far away!



Sports Leaders

This year, I have established a 'Sports Leaders' group – a group of enthusiastic, passionate, supportive children from years 3 to 6 who are keen to help with all things sporty at Hiltingbury! I was blown away by how many applications I received for this role across the school (over 50). All of the children selected are keen to improve P.E. sport and physical activity for each and every one of us, from the Golden Mile initiative to offering games at lunchtimes to their peers, to helping with the House Sports competition and promoting healthy living.



Sports Leaders 2021-2022: Bailey, Eddy, Omar, George, Kyran, Cara, Maya, Luca, Sulaf, Jaxx, Daisy, Grace, Jamie, Jay, Joe, Tanisha, Holly, Lucy, Megan, Ben and Ewan.

House Sports 2021-2022

Another exciting project this year is the first ever **House Sports** competition. This will encompass four different days of inter-house sport competitions throughout the year: Winter House Sports, Spring House Sports, Biathlon Day and Sports Day. Every child, during these four days, will be trying to win points for their house, which will be added to the running total. At the end of Sports Day, in the Summer, an inaugural House Sports Cup will be presented to the winning house who has achieved the most points throughout the year.

Earlier this week, the Winter House Sports event took place, with all children competing in either basketball, dodgeball or benchball.

"This is the definition of intense!"

"What a Christmas present this is."

"I've just had so much fun!"



House Sports – Winter House Sports Standings



Attenborough = 2nd (42 points)

Franklin = 1st (49 points)

Hawking = 3rd (39 points)

Anning = 4th (33 points)

Sports Fixtures and Events



Year 6 Boys' Football

This year, Hiltingbury is taking part in the Winchester Inter-School Football League, where the school is competing against other schools in and around Winchester in a competitive mini-league. So far, the boys have played two matches, comprehensively beating Western Primary School 9-0 and beating St Bede's Primary School 5-3 in a close-fought contest. Well done to each of the boys who has played so far – top of the league!

Year 6 Girls' Football

The girls' football team is also representing Hiltingbury in the Winchester Inter-School Football League this year. Excitingly, this is the first time Hiltingbury has had both a girls' and boys' year six football team! They have had two league fixtures this term, losing 4-0 to a very strong St Peter's team before beating St Bede's 4-0 in a fantastic performance! I have been incredibly proud of all of the girls' achievements as they enjoy, for many of them, their first competitive football matches.



Year 4 Basketball

On Monday 6th December, I had the pleasure of taking 12 year 4 children to Peter Symonds College in Winchester for a 3vs3 basketball event. The children all took part in different skills activities initially, focusing on improving their shooting, dribbling, passing and teamwork, before getting into some matches against other schools. All 12 children performed brilliantly, showcasing their teamwork and enthusiasm. To top it off, one Hiltingbury team of four children won the event!





Years 3 to 6 Cross Country

On Wednesday 8th December, 20 HJS runners took part in the North Eastleigh and Winchester inter-school cross country competition at Places Leisure, Eastleigh. We had over 150 children taking part in the trials the week before. That alone was a great feat! There were four races: Y3/4, girls Y3/4, boys Y5/6 and girls Y5/6. All of the children ran hard. For some of them, this was the furthest they'd ever run before (1.5km for Y3/4 and 2.5km for Y5/6). This was made harder by the very muddy conditions. A particular mention must be given to Tom R in year 4, who won the boys' race; Pippa G in year 4 who came 4th in her race and Holly P, who came 6th in the Y5/6 race. Well done to all of the children who took part.

Year 6 Basketball

Eight budding young basketballers took part in the North Eastleigh and Winchester inter-school competition on Thursday 9th December at Thornden. All of the children played really well, working hard as a team and scoring some fantastic goals in the process. After several matches, the team lost a really tight 3rd/4th place play-off to Cherbourg. Watch this space for future basketball matches later in the year...



As a closing note, I am always keen to support the children in their sporting quests. If anyone has any ideas or suggestions for developing PE further, please do not hesitate to contact me.

Equally, please do keep sending in sporting achievements from outside of school too. It is lovely for all of the children to hear about the sporting successes of their peers.

Merry Christmas – here's to a healthy and active new year!

Mr Wright



A Question of Sport: Miss Loosemore

What is your favourite sport?

My favourite sport is a long-term interest of mine since childhood - swimming. I really enjoyed participating in swimming competitions and training as a child and I am lucky enough to now watch my own children swim in similar competitions. It did require a lot of resilience, especially the swimming sessions which started at 6am before school most days!



Why do you think exercise and sport are important?

There are so many positive benefits for everyone to enjoy exercise and sports - the list is endless. For me keeping healthy both mentally and physically are huge benefits. I really believe that sport and exercise leads to improved mental health and wellbeing. I also think that outcomes can improve self-confidence, build teamwork and communication skills and can improve concentration and learning.

What exercise do you enjoy and why?

I really like running and listening to music at the same time. I really enjoy running club at school as I think it is the best way for children to start the day!



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

I would really like to try curling, as I am really interested in the skills needed behind the sport. I think it would really test my balance, agility, coordination and strength.

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

A long time role model for me in the swimming world is Mark Foster. I was lucky enough to meet him once at a conference and I really enjoyed listening to his story and how he had achieved

Spring Term 2022 – Things To Look Out For

- Bike To School Week
- Year 3 Bikeability (January 2022)
- Lunchtime play activities
- House Sports – Spring House Sports
- Inter-School Competitions
- Extra-curricular Clubs
- Winchester Football League Fixtures (Girls' Team and Boys' Team)