

Hiltingbury Sports Newsletter

Volume Six

One of my favourite things in the summer term is reading the children's reflections on their year (their achievements, their most enjoyable moments, their favourite memories) in their personal report comments. After reading plenty of these recently (from across the year groups), I was blown away by the number of children including in their highlights something linked to P.E. and sport. Whether that was Resilience Day, Biathlon Day, Inter-House Sports, Sports Day; being a Sports Leader or taking part in an inter-school competition, it is fantastic that children have gained something from these opportunities. I am a huge believer that these experiences teach children invaluable skills that classrooms don't always enable.



Please enjoy this sixth edition of the 'Hiltingbury Sports Newsletter' as it looks to showcase everything sport-related that has been going on in school this summer term. Please do get in touch if you feel this newsletter could be improved in any way.

I wish you and all of your family a fantastic summer break ☺

Mr Wright

(if your child's face is blurred out in a photo, it is because the school doesn't have photographic consent)

Biathlon Day



As part of our inaugural 'House Sports' competition this year, we held our first ever Biathlon Day earlier this term (as opposed to the 'Interhouse Sports' days held in the previous two terms). One class at a time, all of the children took part in both running and cycling races whilst representing their house. On their bikes, the children raced laps of the field; for some, this was the first time they had cycled on the school site. Meanwhile, the running races consisted of shorter sprint races. It was brilliant to see children stepping out of their comfort zone and trying their best.

After each class had taken part, the points were added and the scores from the day were as follows:

- 1) Hawking
- 2) Attenborough
- 3) Anning
- 4) Franklin



This year's end of year House Sports results are later in this newsletter and include the Sports Day results...

Sports Day



One of the highlights of the summer term, and a date that everyone looks ahead to, is always Sports Day. What made this year extra special was that families could once again spectate and support their children. Whilst the weather might not necessarily have been as 'summery' as wished, the 2022 edition of this fabulous event was full of energy, enthusiasm and fun.

Each year group had a session outside on the school field where they participated in a carousel of multi-skill activities: javelin, boccia, long jump and hurdles racing. Throughout this, the children competed against other houses, earning house points all the time. Later on, there was a series of year group races for the children: a girls' sprint, a boys' sprint and a mixed relay.

There was a lovely, positive atmosphere throughout the day and it was a privilege to watch the children immerse themselves in all of the activities. Well done to each and every child for giving it their all and trying their best. :

Sports Day 2022 Results: (1) Hawking (2) Franklin (3) Anning (4) Attenborough

Having added the Sports Day results to the House Sports results from earlier in the year, the end of year results are as follows

House Sports 2022 Results: (1) Hawking (2) Franklin (3) Attenborough (4) Anning

Well done to Hawking House for winning the 2022 Sports Day Cup and 2022 House Sports Cup!

Extra-Curricular Clubs

Once again, we have seen a range of different extra-curricular sports clubs taking place this term, including tag-rugby, cycling, multi-sports, street dance and many more. It has been so lovely seeing the children outside enjoying these clubs and taking part so enthusiastically with their peers. Thank you to all of the staff and providers of these clubs. The letter for the autumn term clubs has recently been sent out – do sign up quickly before the spaces go.



Sport Across the Curriculum...



Shot Put



Running



Gymnastics

It is not just in P.E. and Games lessons that children learn about sport. This term, as part of their art curriculum in year 6, the children created their own sculpture of an Olympic athlete. This linked to their learning about the Olympic Games in Ancient Greece. They looked at and evaluated several examples of Olympic-themed sculptures from around the world, including Ancient Greece, before building their own, initially, as you can see, from foil. From the photos, you can see a range of sports captured their imaginations!

Year 6 Bikeability



Our year 6 cohort took part in their Bikeability training this term. Most of the year group completed their Level 1 and Level 2 training, while 30 lucky year sixes also completed their Level 3 Bikeability training. All of the training began on the school playground, building confidence on the bikes, before venturing out onto local roads near school where the children learnt how to safely perform specific manoeuvres, such as turning into a new road and u-turns.

For the Level 3 training, these 30 year 6 children learnt how to safely manoeuvre traffic lights, roundabouts and busier roads. Well done to all of the children who completed their training with such enthusiasm and receptivity to learn. It has been great seeing many more year 6 children cycle to school since the training.

Hiltingbury Junior School Sportsperson of the Year Award: **Laila Sidhu**

A huge congratulations to Laila for winning this year's Hiltingbury Junior School Sportsperson of the Year Award. At the end of each year, this award is given to a year 6 child who, throughout their time at Hiltingbury, has demonstrated excellent sporting skills as well as exemplary sportsmanship. Whilst there were many children who could have received this award this year, as a staffing team, we felt that Laila particularly stood out.

Not only is Laila a fantastic footballer, currently playing at a very high level, she has also represented the school at basketball and cross-country competitions this year where she has excelled. She is a fantastic team-player who supports her teammates, encouraging them and ensuring they feel part of the team. She consistently puts others before herself in any sporting environment and always plays sport with a smile on her face. Well done. Laila.



Sports Fixtures and Events



Year 5-6 Girls' Cricket

In the glorious sunshine at King's School in Winchester, this brilliant group of girls had a fantastic afternoon playing cricket. The girls, who had a range of experience, won their first two matches comprehensively, before losing to a very strong Knightwood team. It was evident to all watching how much the girls were enjoying themselves and gaining in confidence with each passing match. Their teamwork was exemplary – supporting one another with their bowling (all overhead); communicating with one another when batting and tactically working together when fielding. The highlight had to be Hera taking a hat-trick when bowling!

Year 6 Boys' Football Match

At the start of the summer term, the Year 6 boys' football team played a match against Weeke Primary School. The supporters enjoyed watching the team win comprehensively, with a 4-0 victory. Muaz in goal hardly had a save to make, which demonstrated what a strong performance it was from those in front of him. Well done to all of the boys who played in this match.



Year 6 Tag-Rugby Match

Following on from the success of the year 6 tag-rugby team at the Winchester Tag Rugby tournament last term (finishing second overall), I organised a match with the school who finished first: Weeke Primary School. This was a brilliantly competitive match, with the Hiltingbury Junior School team showing their breadth of skills – defending as a unit, attacking with pace, agility and tactical nous and working always as a solid and unified team. Eventually, Hiltingbury came out victorious 16-12. Watching them all work together so well and be resilient after conceding a few tries in a row, I was incredibly proud of them all. Well done all of you!

Year 5-6 Quad Kids

Despite it being one of the hottest days of the year, we had a brilliant afternoon at King's School in Winchester for the years 5 and 6 Quad Kids competition. Each of the eight children from Hiltingbury had to complete a 75m sprint, 600m middle distance run, a standing long jump and a vortex throw. All of the team gave their absolute best efforts and it was so lovely seeing their performances improve as the afternoon went on. Well done to all eight children, who eventually finished in fifth position overall.



Hampshire Commonwealth School Games Sports Festival

On Thursday 23rd June, 10 lucky year 4, 5 and 6 children took part in the Hampshire Commonwealth School Games Sports Festival at Winchester Sports Centre. Hiltingbury were invited to take part in this event after entering several sports competitions throughout the school year. This event was a celebration of different Commonwealth sports and countries from across the globe, focusing on enjoyment and fun as opposed to serious competition.

With over 100 schools and 1000 students participating from all across the county, there was a fantastic atmosphere throughout the day. Representing the small Commonwealth nation of Kiribati, the Hiltingbury children participated in a lively welcome ceremony before taking part in a day's worth of activities. Charlie said her particular favourite activity was the swimming, whilst Kishan's favourite was the water polo. The children also took part in orienteering, multi-skills and African drumming. Understandably, they all loved it! We wish we could have taken even more children!



21 events
entered this
year.

113 children
participated in
at least one
event outside of
school.

Please send in children's sporting successes from outside of school to 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!

A Question of Sport: Mrs Nurdin

What is your favourite sport?

To watch: football. I used to enjoy going to watch Saints matches back when I was younger and had lots of spare time! I also love supporting England whenever they play in the Euros and the World Cup.

To participate in: probably cycling or walking with my family, as it gets us all out into the fresh air, away from screens! My absolute favourite team sport is hockey, which I played a lot at school and I love teaching.



Why do you think exercise and sport are important?

SOOOO many reasons! I could go on all day but I'll try to pick out the key ones...

- Physical health. It keeps us healthier and enjoying life for longer!
- Mental health. It is scientifically proven to help calm us when we are anxious or stressed and to cheer us up when we are feeling down.
- Socialising. It's a great way of making friends and enjoying spending time with others.
- It gets us outdoors (or in a different place) and a change is as good as a rest!

What exercise do you enjoy and why?



I used to love swimming and running, and took part in events such as 10k runs and triathlons. Once I even conquered my fear of heights and did a Tough Mudder (a long and very muddy obstacle course – lots of fun!). These days, I really enjoy hiking or cycling somewhere pretty like St Catherine's Hill or the New Forest. Getting outside and moving is a really great way to improve my mood and spend time with my friends and family.

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

My children go to a bouldering club and I always wish I could join in, despite my fear of heights! I think that the way climbers have to use a combination of problem-solving and physical strength and skill is really fascinating.

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

Can I play with a whole team? I remember watching the GB women's hockey team win gold in the Rio Olympics in 2016 and thinking that they looked like such a nice group who really supported each other and clearly really enjoyed working together! I'd love them to come to HJS and give us all a masterclass!



Awards



Earlier this term, we shared the news that Hiltingbury Junior School had achieved the School Games Gold Mark Award for the 2021-22 academic year.

The School Games Mark is a Government-led award scheme launched in 2012 to reward and recognise schools' engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active. The last time we achieved an award was a Bronze Award in 2017-2018 so achieving the Gold Award really is fantastic progress as a school.

Eastleigh Sports Awards 2022 Winners



On Monday 9th May, I attended the Eastleigh Sports Awards at The Hilton at The Ageas Bowl where Hiltingbury Junior School had been nominated for School of the Year alongside Merdon Junior School and Toynbee. Little did I anticipate that later that evening, we, as a school, would be victorious!

This award recognised the huge journey we have gone on as a school in ensuring as many children as possible are given opportunities to participate, and enjoy, sport and physical activity at their level. As I said in the acceptance speech, it is a huge team effort and relies largely on the children's enthusiasm for these projects and innovations.

I was very humbled to be nominated for this award, let alone to win it. We as a school are passionate in using sport to support children's wellbeing. Listening to the likes of Francis Benali MBE and Lou Gittens during the evening, I was inspired to provide more opportunities to our children next year and beyond.



Thank you all for your support this academic year – whether you have driven your child to sporting fixtures, encouraged them to be active at home or reading these sports newsletters.

Have a lovely summer holiday. See you in September.

Mr Wright

