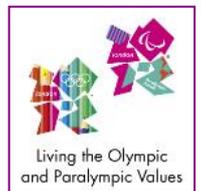


# Activate

The PE and Sports Magazine for Jack Hunt School



December 2016

## Annual Sports Award Evening Celebrates Sporting Success

Our Annual Sports Awards Evening held on Thursday 17 November celebrates a fantastic year of sport, showcasing the many achievements of students from year 4 to year 13. Jack Hunt staff and students were delighted to be joined by members of our partner primary schools, who had also nominated students who had excelled in sport this year.

We had a very special guest, former Thorpe Primary and Jack Hunt School student and current Para Rowing Paralympics Gold Medallist James Fox. James was part of the mixed 4 para rowing team who won gold at Rio 2016. James completed a golden Paralympiad with the GB Rowing Team LTA mixed coxed four at Rio 2016 after following up three successive World Championship titles with Gold on the Lagoa Rodrigo de Freitas.

He is a keen sportsman, who has represented GB rowing throughout most of his rowing career. He is currently unbeaten during an outstanding senior para-rowing career.

Two of the schools most prestigious awards – The Linda Dingle Award for Best Higher Sports Leader was won by Joshua Bookal and Zineb Azoui for their outstanding leadership work both within Jack Hunt School and our partner primary schools. The Best Sports Person in the Junior Athlete Education (JAE) Programme was won by Jaskaran Singh. Jaskaran only started playing cricket 4 years ago. He has since gone on to compete at county level and recently toured Australia.



**JACK HUNT SCHOOL (TRUST)**

A Specialist Language and Sports College

## Running for @SaferCoaches

This year, as well as a number of Sixth Form Sports Leaders providing marshalling services for the Great Eastern Run on Sunday 9 October, fifteen staff and students also took part, some of them never having run before; never mind a half marathon!

They have all been training since May and the team spirit has been amazing and encouraging, both leading up to the event as well as on the day. Everyone was very supportive as they met at the start of the race and again at the end to celebrate with each other. Many were delighted with their achievements in running the full course and the times they got.

The staff were all massively encouraged by the scores of people who recognised and supported them along the length of the course. Many shouting encouragement on recognising the Jack Hunt badge on the matching purple t-shirts. Staff were running to raise awareness of the 'Safer Coaches' campaign #SafeMeansSafe linked to the Seb Gould Trust\* which was set up by his parents following his tragic coach trip accident in 2014, by promoting the twitter link @safercoaches.



## Cross Country Success

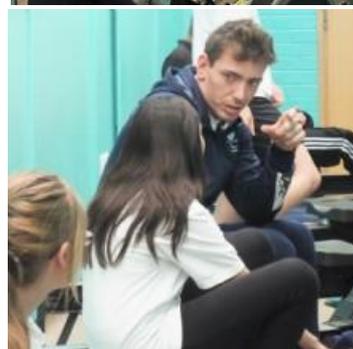
On Friday 2 December we took more than 45 students to Ferry Meadows to compete in the annual Peterborough Schools Cross Country Championships. It was a cold but dry day for all the students taking part but they produced some outstanding results.

Well done to all those students that took part. In particular, well done to Ellie Piccaver for achieving 3rd place for the inter girls competition. There were also some great results from other students in their respective races; Francine Kelly for achieving 8th place, Conner Cassar 22nd, Oliver Oakley 5th, Liam Stokes 12th, Lutfullah Shariffi 13th, Kym McConnell Wilson 3rd in the junior girls competition and Mohammed Azoui 19th. Students that achieved a top 14 place will now be selected to represent Peterborough at the next event in January 2017.



## Gold Medal Rower Gives Masterclass

On Wednesday 19 October ex-student and Paralympic Gold medallist James Fox came into school whilst in between the Olympic parades in Manchester and London (including a visit to Buckingham Palace) and travelling to the USA. The two hour session started with him talking about his training, competing and experience. There was a question and answer session for the Jack Hunt Rowing Club students who asked James questions about his rowing at Jack Hunt School and what it was like to compete in the Rio Olympics. This was followed by a rowing masterclass and races in the school's rowing studio - boys; girls and mixed teams.





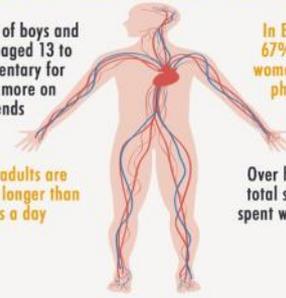
## THE BENEFITS OF EXERCISE ON MENTAL HEALTH

In 2012, 43% of boys and 37% of girls aged 13 to 15 were sedentary for 6 hours or more on weekends

In England and Scotland 67% of men and 55% of women meet recommended physical activity levels

13% of UK adults are sedentary for longer than 8.5 hours a day

Over half of children's total sedentary time is spent watching television



### What are the benefits of exercise on physical health?



### What are the benefits of exercise on mental health?



## Health Matters

Despite huge investment in sport and GB athletes performing to amazing levels in London 2012 and Rio 2016 inactivity in young people and adults remain a concern.

The Chief Medical Officer (CMO) for England recommends we should have at least 60 minutes of moderate physical activity every day - do you achieve this? You do not have to become an Olympian and 60 minutes does not have to come from playing competitive sport.

As we enter 2017 perhaps now is a good time to make some resolutions to increase the amount of physical activity you do. You may, for example, walk or cycle to school. Most students have 2 hours of physical education a week so already the target of 60 minutes a day may not be too difficult to achieve.

Please look at the information poster (on the right) highlighting the key physical and social benefits of exercise. It is true exercise does make you feel good! The long term benefits of exercise cannot be argued against.

There are many PE clubs running during lunch time and after school for you to take part. They are all free, except for swimming which costs £1. Perhaps you could attend with a friend, or a group of friends. All the clubs running at Jack Hunt are on the school website and your tutor has a copy of the information for you to read as well.

## U14 Mixed Hockey

The U14 mixed hockey team had their first tournament this term and worked very well as a team to play 5 games. A number of students managed to score goals, including Jade Holmes and Dawood Hussain and Lucas Phillips. The team battled through the games and continue to train hard in preparation for the next tournament after Christmas. If you are interested in hockey please come and join the fun at hockey club on a Wednesday afterschool.



## U13 Girl Football

The girls attended the first tournament of the year held at the Grange. They had been training hard for this and on the day achieved some outstanding results and all of the games were very close. Drawing with Arthur Mellows, Stamford High School, Ken Stimpson and Nene Park and beating Stamford Welland Academy. Well done to all that took part on a cold wet day, training continues on a Tuesday after school at the Grange. Please come and be part of the team!



## **European Champion**

Kieran Ebbage started kickboxing 3 years ago as a hobby and now he trains 3 times a week at Jama, every training session starts with a warm up and is followed up by technical skill development. The training session lasts up to 2 and half hours. He also enjoys ice skating in his free time, his best tip for becoming the best is to never let people get you down and to stay determined.

In his free time, Kieran enjoys playing PlayStation with his friends. One of his challenges was to find the right club and trainer. He likes his current club as they don't have to wear a uniform. He's made a lot of friends at this kickboxing club and enjoys training. He says that even if someone doesn't win a competition its fine as it's a learning experience.

After he finishes secondary school, Kieran wants to become the European Champion. Currently, he's the under 45 kg World Champion.



## **Futsal Success**

The Year 11 Futsal team had a very successful tournament in December. Competing against Nene Park, Bourne Grammar, Charles Read and St John Fisher, The Jack Hunt team went undefeated and won all the games they were involved in. Scoring 18 goals and conceding 3 in 6 games, It was an excellent all round performance. Thabani Lunga, was voted player of the tournament for his excellent performances, he received a signed poster of the Posh captain, however it could have been given to any one of the team members.

A fantastic achievement and result for a team who never play 5 a side football! They progress into the next round where they will play another Peterborough team, if they are successful it is onto the National Futsal cup where they will be presenting Peterborough. Well done on a great achievement!



## **Higher Sports Leaders – Primary Festivals**

Year 12 Higher Sports Leaders have experienced their first taste of leading over 300 primary students in various activities. During this half term they have led Year 3 students in a king ball festival, Year 4 students in a dodgeball festival and Year 5 in an End-Ball and Dodgeball festival. As part of their Higher Sports Leaders course students are required to lead a number of sports festivals, both inside and outside of school. Their leadership skills and qualities are really developing. After Christmas they will be leading multi-skills festivals to Early Years Foundation and Key Stage 1 students.

Year 13 Higher Sports Leaders have been out and about volunteering in various Local school settings. Students have been working with the PE teacher at the Phoenix School to lead dance lessons to students with severe physical disabilities. They have found this thoroughly rewarding and enjoyed their time at the school immensely. Mr Cooke's group have continued their work at Heltwate school assisting in lesson time, but also helping lead activities in their after school clubs. Well done to all students involved.

