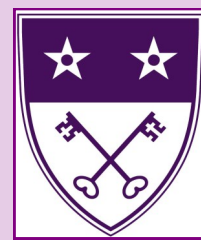


Jack Hunt School

Sports Magazine

December 2012

Issue 20



ANNUAL SPORTS AWARDS EVENING



The Annual Sports Awards Evening saw our biggest event in its four year history. Celebrating a fantastic summer of sport, we showcased student achievements, determination and hard work to an audience of 120 people comprising students, parents and staff.

Special guest, Hurdler, Julz Adeniran was invited to present the awards and gave an inspirational speech. Julz is an up and coming 110m hurdler who missed out on the London 2012 Olympics due to a knee ligament injury. He spoke about how his massive setback has inspired him to come back stronger and really achieve his goals and aspirations of Glasgow 2014 and Rio 2016.

Numerous award categories were recognised and we were also pleased to have members of our partner primary schools in attendance, who also nominated a student who they felt, excelled in sport in the last year.

Two of the School's most prestigious awards – 'The Linda Dingle, Best Higher Sports Leader' and 'The Best Sports Person in A Level PE' were won by ex-students who are currently working in schools in Ghana and Australia. Both students were delighted to win the awards and said that they owe much of their success and what they are doing now because of the Sports Leadership opportunities offered to them during their time at Jack Hunt School.



Mr Smith



Paralympic Inspiration



On Wednesday 7th November we were lucky enough to host two Paralympic Athletes to our school, these athletes took part in the London 2012 Paralympic Games and both received medals.

Harriet Lee - won Bronze in Swimming and Matt Skelhon won a Bronze and Silver Medal in the Rifle Shooting.



The athletes inspired not only students from our school, but also our local primary schools, when they talked about their experiences competing for Great Britain.

It was really nice that our students were able to meet the athletes and ask some interesting questions, it brought back the excitement of London 2012 Games.

Harriet and Matt said that they really enjoyed their visit to Jack Hunt and they hope they have helped to encourage the next generation of sporting stars.

Miss Thurley

Gymnastics

Year 7 student, Chloe Peacock started gymnastics when she was 5 years old. She recently competed in Lincoln against 13 other gymnasts and achieved Gold in Bars. In November she was awarded the trophy for Overall Level 4 Junior Champion after winning Gold and Silver in Beam, Floor, Vault and Bars.



Chloe trains approximately 11 hours a week and would love to compete in the Olympics. She was inspired by Beth Tweddle, Louis Smith and Hannah Whelan and was very excited to see them compete.

Ms Quail

VALUABLES INFORMATION

We have now changed our procedure for keeping valuables. We would like students to hand valuables to their teacher in a named container (these have been provided for students). Please see our recent Parentmail information for the full procedure.



Mr Game

Attention GCSE PE Students - We have some new Revision Guides available which will help you in your theory exam. There is a guide which explains the theory content and a workbook which has exam style questions on every element of the course. The cost for the two books is £4 and are available to buy from the school shop.

Mr Crawley

Oscar Sadikot

Oscar has been playing hockey since the age of 7 and is currently playing for the Peterborough Adult 7th Team as their youngest player, as well as representing Peterborough for both indoor and outdoor competitions. Alongside this he has represented



Cambridgeshire County for the past two years, on both occasions winning the County competition. His County Coach recommended that Oscar became part of the Junior Regional Performance Centre, which is the training centre used to feed into the U16 and U18 England Squads. Oscar made it through to the final squad which played in eight regional games with the English Hockey Board, selecting talented players from these games to form a further squad to attend a three day residential course called HiPaC, which is a High Performance training/coaching session. Oscar performed extremely well and was one of the few players to be asked to attend these sessions. We all wish Oscar the best of luck for the rest of the season.

Mr Crawley

Bob Sleigh



Former student, Ashley Watson has just completed the GB Training Camp in Brighton and hopefully he will be selected to compete for Great Britain in March at the British Championships. Well done Ashley.

Mr Game

Football Tournament

On Tuesday 13 November a group of Jack Hunt students took part in a 5-a-side Football Tournament in Northampton. The Tournament consisted of 12 schools from all over Cambridgeshire. These were split into two leagues and the winner of each league progressed through to the final. The Jack Hunt Team started off well against a very strong opponent and narrowly lost 4-1, but went on to win their next 2 games 8-1 and 6-0. The remaining three fixtures saw the team against tough opponents winning one game and losing two, finally ending up 3rd in our league. The boys all gave 100% effort and commitment to each other and were a real credit to themselves and the school, showing great attributes of team work, cohesion and sportsmanship through the tournament. Well Done.

Mr Morris

Charity Football Game



Students from Years 11, 12 and 13 were involved in a Charity Football Game raising money for Children in Need. The game was refereed by Premier League Official, Anthony Taylor, who recently refereed the game Norwich vs Manchester United. Students paid money to play in what will hopefully be the first of an annual competition between the two teams. The Sixth Form Team narrowly won 1-0 with the Year 11s playing some of their best football of the season. The sixth formers were unfortunate not to double their league with Gavin Manning narrowly putting the ball over the bar from a penalty. Well done to everyone who took part.

Mr Crawley

ENERGY DRINKS

Energy Drinks - those fun, harmless-looking, drinks in the brightly coloured bottles claim to keep you alert and "give you wings" but do they really and are they safe to drink?

So what is in these drinks?

Most energy drinks contain the same amount of caffeine that you would find in a standard cup of coffee. In addition, they are also packed full of sugars, sweeteners and legal herb stimulants. The caffeine found in these drinks can be dangerous on its own and the effects on the body's organs can be hugely harmful to your insides along with your waist line!!!

Caffeine is an addictive substance which acts as both a stimulant and a diuretic. Although these energy drinks can improve athletic performance for elite sports people, research has shown that they can also



be dangerous and a hazard to your health. The wide range of synthetic and natural ingredients can increase blood pressure, heart rate, arrhythmias, heart palpitations and anxiety as well as disturbing your sleep! When consumed in large amounts, caffeine can make you jittery or irritable! Ringing any bells? Could this be you?

Please think carefully before using these drinks. The best drink to bring into school is a bottle of water.

Mr Game

Swimming

This year we had five swimmers competing at the British Gas National



Championships held in Sheffield. In order to enter the National Finals the swimmers had to achieve an extremely difficult qualification time in their chosen event. Times had to be achieved during competitive races throughout the year. This means only the top swimmers in the country are able to take part. James Newton, Daniel Brown, Katie Brown, Daniel Leigh and Jamie Scholes all managed to achieve at least one qualification time. All the students performed extremely well as even qualifying for the event is a huge achievement. The greatest result came from Katie Brown who achieved a Silver Medal in the 200m Fly. Well done to all those involved.

Mr Crawley

Cross Country

We had a really successful Cross Country Competition at Bretton Gate on Friday 7 December. Lots of Key Stage 3 students had made it through our selection process to represent Jack Hunt. Many of those who qualified had not competed in this event before and they all did very well in challenging weather conditions. We had some good individual performances from Ellie Piccaver who came 1st and Omaira Azoui who came 9th in the Minor Girls. Oliver Oakley was 1st, Charlie Bamford 3rd and Benjamin Edwards 7th all in the Minor Boys. Elisha Reid came 4th in the Inter Girls with Ross Huskisson who came 5th in the Senior Boys. This is a fantastic set of results, well done to you all.

Mr McAuley

SPORTS LEADERSHIP UPDATE

Year 9

All students in Year 9 are introduced to the Sports Leaders Level 1 Award. They begin by identifying what makes a good leader, developing leadership skills and communication. They then use these skills and lead primary school students in a range of basic games.



Year 10

After being introduced to the Leadership Programme in Year 9 many students continue on up the ladder and work towards completing their Level 2 Sports Leaders Award. Many students here begin to volunteer with afterschool clubs or in our partner primary schools. They use the skills they have developed to engage younger students in sport. This year we have 114 Level 1 Sports Leaders and 144 Level 2 Sports Leaders in Year 10.

Year 12

Students in Year 12 are also completing their Level 2 Award, however they are organising and leading primary festivals for all of our cluster primary schools. They are also encouraged to actively volunteer in and around school. Many students give up some of their free periods to come and assist in PE lessons. So far this year they have organised Dodgeball, Kingball, Football Festivals and are working towards organising a Sports Hall Athletics Festival.

Year 13

Level 3, Higher Sports Leaders Award - Students opted to continue with the Sport Leadership Programme in Year 13 as they felt this has and will continue to benefit them as young adults. Many of these students are volunteering outside of school for Vivacity or on the Extended Schools Cluster Holiday Programme. In order to complete the Level 3 Award, students must complete a minimum of 30 hours volunteering in the following areas: in the community, with children, with adults, and with people with disabilities. Working with disability groups has really opened many people's eyes to understand and appreciate how to overcome barriers to ensure a fully inclusive sports session can be run.



Mr Smith

Duke of Edinburgh Award



The Duke of Edinburgh Award students were recognised for their hard work and determination in a Presentation Evening at the Town Hall on Wednesday 28

November. Students from Year 11 and 12 have been working all year in order to complete a number of challenges set out by the Duke of Edinburgh Award Scheme. The DofE Award is made up of four sections; Volunteering, Physical Recreation, Skills and Expedition. Students are required to spend a certain amount of time completing activities in each of the sections, culminating in a camping and walking expedition.

Mr Smith

Gold Duke of Edinburgh Award Expedition

Nine Year 13 Gold Duke of Edinburgh Award students completed their assessed expedition in September in Llangurig, Wales. They spent four days and three nights trekking in challenging conditions and camping at Wild Campsites. Each day the students covered between 18 – 24km with their personal belongings and camping equipment on their backs. The DofE Assessors made particular comments about the students' leadership and camaraderie, saying throughout the week they really worked well together. Well

Done - Toby Abbs, Jess Sharman, Jacob Bryant, Jack Moore, Louis Heming, Marco Calitri, Adrian Fitzgerald, Omar Afzal, Ben Fleet.



Mr Smith