



The PE and Sports Magazine for Jack Hunt School

July 2016

Ex-Student Prepares to Compete at Rio Olympics

The 2016 Paralympic Games will take place almost 6,000 miles away from Peterborough, but for GB wheelchair basketball star and former student Lee Manning (and brother of Student Support Officer Mr Manning) the Road to Rio began 11 years ago right here at Jack Hunt. An avid sports fan from an early age, Lee - who was born with bilateral talipes (club feet) – took every opportunity to participate alongside his friends on the basketball court. However, his world changed when, at 15, Mr Game invited coach and GB international Gordon Perry into the school to introduce the students to wheelchair basketball. Immediately falling in love with the speed and freedom that the sport gave him, Lee joined local club Peterborough Phoenix and, within three months, had demonstrated the skills and attributes to earn him an invite to a GB Junior Camp.



At the camp, Manning's talent shone through, securing him a place with the GB team that would go on to win Silver at the 2006 U22 European Championships in Istanbul.

Now, 10 years later, the 26 year old will make his debut for ParalympicsGB, building on an international career that has already seen him earn a call up for both the 2014 World Championships and 2015 European Championships. At the European Championships, Lee not only assisted the team to a the Gold Medal but a highly coveted place in Rio. He was also awarded Most Valuable Player after the team's pool win against France.

2016 continues to be a fantastic year for Lee. In addition to his ParalympicsGB selection, he has also had much success with Spanish club BSR Amiab Albacete where – alongside three GB team mates – he lifted the International Wheelchair Basketball Federation Europe's prestigious Challenge Cup. The renowned team player is also a qualified British Wheelchair Basketball (BWB) Grade 2 Coach, who relishes the opportunity to give back to others by passing on his knowledge and insights.

As the world counts down to the Rio 2016 Paralympic Games' Opening Ceremony on 7 September, Lee continues his preparations within the BWB Performance Programme, attending camps and tournaments across the globe, as well as putting in an average of 16 intense training hours per week. And, with fewer than 50 days to go until he takes to the world stage in Brazil, we wish him every success in Rio.

Sporting Gold - Again!

We are delighted that once again Jack Hunt has achieved the Youth Sport Trust Gold Quality Mark. The Gold status means Jack Hunt continues to demonstrate a commitment to maintaining existing and developing the highest quality outcomes for PE and Sport in our school.

We have held the Gold Quality Mark since 2011 for our work in developing Leadership skills both here and in our Cluster Primary schools, for our work in the community with local charities and local schools as well as our commitment to the Olympic Legacy.



Assistant Headteacher, Chris Game said *"We are extremely proud to receive the Gold Standard Quality Mark. This highlights our continued drive as a school to ensure all children receive the best possible physical education they can. We want all students to be as physically active as they can and developing their leadership skills so they are confident to volunteer in the future."*



JACK HUNT SCHOOL (TRUST)
A Specialist Language and Sports College

Ex-Student Victorious at Henley Royal Regatta

Ex-student Sam Tuck completed his first season after graduating from Durham University in fine form by winning at the prestigious Henley Royal Regatta.

Sam was a member of the Molesey Boat Club crew that won the Thames Challenge Cup for eights. Having beaten crews from Agecroft, Lea and Fulham Reach during earlier rounds in the week, Molesey then went on to beat a Dutch Crew in the semi-finals and a crew from Oslo by two lengths to win the final.

All races were televised and a number of students at Jack Hunt were able to share the excitement and watch Sam's races from the comfort of their classroom to keep up to date with his progress during the championships.

Sam, who trains full time with Molesey Boat Club was delighted with the win. He said, *'It was a very special day for me and something I have been working towards since I first started rowing. My dream has always been to win Henley Royal Regatta and to go to the Olympics, there is still a lot of work to be done, but to break into the GB team for the 2020 Olympics is my next aim.'*

"I have always really appreciated the support that Jack Hunt School gave me as a student " he continued, "and it was really nice to receive continued messages of support from my old teachers, both during Henley week and after the final – it meant a lot to me."

There was very little time for celebrations, however, as he was straight back into training the following day. Sam will now spend his summer training three times a day at Caversham, the GB Rowing Centre, as the reserve for the lightweight quad scull World Championship team, competing in Rotterdam at the end of August.



Ex-Student James Fox selected for GB Paralympic Rowing Team

When asked about being picked for the GB team for the Paralympics James said *"that it is the greatest honour and as a rower it is the highest level for us to compete just like the World Cup for football or rugby, and to make it that far alone after such a bumpy ride is an incredible feeling. Going into it with a fair shot of winning makes it even more special."*

What comes now and for the Games, most importantly, is a lot of hard work. The GB team is off to Spain on the August 6 for a two week training camp followed by another one, in less exotic, Reading. On September 1 the team will fly out to a holding camp in Rio to acclimatise before they start competing on September 9, a couple of days after the Opening Ceremony.

All the miles of endurance training during the winter have done their job and the team are in the best physical state ever and so now the fun bit starts. Training doesn't get any easier but starts to get shorter and more intense. It's called getting 'race ready'; shortening the training up and teaching muscles to sprint and move quickly for short periods of time. This is the time where they learn to sprint and is James' favourite time of year! James' race is only just over 3 minutes long so learning to sprint is really important.

Unfortunately the four have not been able to compete internationally this year - they have been really unlucky with illness or injury before major competitions. So, the Paralympics will be the first and only international race they will compete in this year - but it's not all bad news as nobody knows how fast they are rowing.

On being asked "Other than competing what are you looking forward to most about going to the Paralympics?" James replied *"I've thought about this question for a while actually and in all honesty the thing I'm most looking forward to, aside from racing, is the whole thing being over. I know that answer sounds all doom and gloom but bare with me. We've ramped the pressure we put on ourselves up for the past four years and it's not easy. In my crew alone between 4 people we have had 14 hip injections, 3 back injections and 1 shoulder surgery and I will be racing in Rio with 2 fractures in my spine. It takes its toll on our bodies and also our minds. I'm definitely looking forward to a bit of time off after racing! Don't get me wrong though, I would've done it all again ten times if we do well in Rio! It's well worth it. I love what we do and I love getting out there and racing on the world stage. It's a sacrifice I'm willing to make we just need a bit of time off. "*



Rounders Tournament

On Monday 4 July the Year 9 and 10 rounders team travelled to Sir Harry Smith to take part in a tournament. Despite some travel delays we made it and both teams performed well in their first match.

Unfortunately the Year 9s did not progress to the semi finals, however the Year 10s beat all of the teams in their group. In the semi final they met Kings but after a very exciting game lost by half a rounder which meant unfortunately they didn't make the final. TPS who won the overall tournament had been beaten by our Year 10s in an early stage.

Well done girls you were great ambassadors for the school!



Cycling Competition

The cycling competition, led by Steve Fox from Thorpe Ventures, involved a variety of different races ranging from the keirin to the team sprint. Three schools turned up for the event: Hampton, Kings and Jack Hunt.

Overall Jack Hunt finished 3rd with Kings finishing in 1st and Hampton finishing in 2nd.

The competition allowed our cyclists to put their skills to the test and to apply them in a practical situation. Hopefully this will make our team strive to develop their skills further. *"It made me feel really proud to see our team compete, it made it especially good to see that no one was 'two tired' to represent Jack Hunt School."* said Mr Braby who leads the cycling club.



Higher Sports Leaders help at the Summer County Disability Games

Year 12 students again, volunteered to help out at the County Disability games at St Ivo Outdoor and Indoor centre. Students were responsible for leading various activities including; table cricket, poly bat, new age curling and adapted athletics. This is the third straight Sainsbury's School games that Higher Sports Leaders have volunteered at. Mr Young who accompanied the students commented *"The students did a great job, they were enthusiastic and encouraged the competitors to always try their best, it was great to see so many Jack Hunt Students taking the lead."* Well done to all involved.



Great Performance by U15s Cricket Team

Congratulations to the U15 Cricket team who came 3rd at the recent U15s Fred Trueman National State Schools Cricket League. Twenty-six secondary schools took part.

Highlight performances on the day included Sufyaan Iqbal in Year 9 who made 29 runs, Ohnais Basharat Year 10 who made 45 runs and Adam Harvey, Year 10 who made 28 runs.

Callum signs Contract for Peterborough Phantoms

Year 12 student Callum Medcalf has just signed a Prospect Contract with the Peterborough Phantoms Ice Hockey team, after stepping up to play for them twice last season. The contract is a formal agreement that he is under consideration for a full time contract with the Phantoms. He has also been playing full time for the Islanders for the season as well as the South East Conference.

Callum, who plays in defence, now has to train with the senior team as well as attending workshops such as for nutrition. Off-season he has to do fitness and off-ice work ready for the start of the new season when he will increase his training / playing to eight times a week.



Race to Rio

For the last term we have been running a Race2Rio competition, designed as an inter-house competition to increase the participation in lunchtime and after-school clubs as well as awareness of the Rio 2016 Olympics and Paralympics.

Every time a student attends any after-school or lunchtime club they will be awarded 2 miles for their house. The first house to reach Rio by earning the 5,815 miles needed to reach their Olympic destination will win the race. The students will also benefit as they will be issued with a loyalty card, which is signed by the club leader and once they have attended 4 clubs the card is complete and entered into a prize draw.

The competition will continue in Autumn term and students who complete loyalty cards will have the opportunity to win vouchers and sports prizes.

See the website 'Latest News' for more information at www.jackhunt.net.



Medals for Rowing Competition

Eleven students took part in the Inter-School Rowing Competition held at the Rowing Lake. Four schools took part and fortunately it was a beautiful sunny day. Six of the students won medals and certificates including Gold for Ailshba Hussain (Year 7); three Silvers for Jake Lawless in Year 8 and Year 7 students Grace Kennedy and Alishba Hussain and two Bronzes for Lucy Ralfs and Jack Brown. Sara Ali won a certificate for being the Best Rower in Jack Hunt School.

Congratulations to all the students who took part.



Tennis Pro Inspires Students

Students benefitted from some specialised tennis coaching on Tuesday 14 June when professional tennis player, Jade Windley, visited the school to run a series of sessions throughout the day.

Jade has won 19 professional titles and proudly represented Great Britain throughout her career. In 2013, Jade achieved her lifelong dream of competing in the main draw of the Wimbledon Championships.

Her coaching sessions were a big hit with our students who thoroughly enjoyed the range of tennis based activities that Jade engaged them in. Jade finished the day by talking to a group of Year 7 girls on the importance of goal setting and staying resilient when trying to achieve something challenging.

"Thanks to SkySports Living for Sport for funding Jade's visit, she was really inspiring to all and we do hope to invite Jade back to the school in the future." said PE Teacher, Miss Bracken.



Olympic Rower Zac Purchase Inspires Club Rowers

Three times World Champion and Olympic Gold medallist, Zac Purchase, joined the Jack Hunt rowing club at the Peterborough Rowing Club Rowing lake to share his expertise with our students over two sessions in May and June. He helped lead a session including challenging students to stand up in the boat and switch places with fellow crew members, resulting in much hilarity amongst the students and a soaking for Jack Brown and Jake Lawless!

Zac also persuaded some of the students to do a taxi exercise across the lake. A passenger sat on the bow or stern of the boat increasing the risk for the boat capsizing or the students falling in.



Cluster Primary School Activities with Sports Leaders

Year 5/6 Legacy Torch Tour:

Once SAT's test were complete it was time to launch the Legacy Torch Tour competition. Now in its second year, schools from across the cluster are encouraged to design and make Olympic and Paralympic Torches that represent both the Olympic values and incorporate their schools values in some way. This year we received our highest amount of entries and the judges had a difficult task in deciding on a winner. The winning Torch came from All Saints Primary School.

On the completion of this challenge, the torch then began its journey around all of the primary schools over a 2- week period, when Year 6 pupils had the opportunity to take part in Boccia and Goalball. Two extremely popular and fun activities. These activities were led by Year 9 and 10 sports Leaders from Jack Hunt School.

Year 6 Legacy Festival

Now in its 7th Year, the Legacy Festival is a celebration of school sport, including 8 Olympic and Paralympic activities, including; Tag Rugby, Athletics, Handball, Rowing, Archery, Goalball, Boccia and Cycling. Year 6 pupils joining Jack Hunt School in September compete against other primary schools in the cluster. The festival, attended by over 350 students didn't start well, with rain during the opening ceremony. The weather cleared up a little to allow for an hours-worth of activities but conditions deteriorated resulting in playing surfaces becoming unsafe, bringing an early end to the day.

Well done to everyone who took part in these events and also all of the Higher Sports Leaders who took the time to plan, organise and run these activities. Well done!

Sports Leaders, Primary Sports Days

During the busy summer term all the Primary Schools run at least one day of sports for their pupils. This year we have seen the busiest sports day programme with over 24 days of activities organised by the nine primary schools. A fantastic achievement. With this comes the leadership volunteering from the Year 9 and 10 students from Jack Hunt. Year 9 and 10 students spend part of their PE curriculum studying units of work to develop their leadership, organisational, communication and teamwork skills to prepare them to assist with the primary school sports days.

The hardwork of these students is very much appreciated by the schools, here are just a few of the comments we received about all our Sports Leaders and students have supported these events:

Claire Miller – Longthorpe Primary PE Coordinator: *"Can I say how fab the Year12 Sports leaders were today? They were all so helpful and totally involved with our kids and leading their activities. However, special mention has to go to Josh Bookal - he was brilliant. The kids loved him, he explained everything brilliantly and if he hadn't been with the other sports leaders I would have thought he was a PE teacher."*

Mrs Jeffries Harris – Longthorpe Primary, EYFS Teacher: *"Your sports leaders yesterday were fabulous, lots of positive feedback from staff and the parents. Thank you."*

Janette Jarvis – Highlees Primary PE/Sports Coach: *"I'm just emailing to say that the 14 sports leaders that were at Highlees today were amazing, couldn't do anything more to help! The teachers were saying how well-mannered and helpful they all were and it was a delight to help them. So thanks."*

Charlotte Duell – Ravensthorpe Primary – PE Coordinator: *"Thank you very much for organising today. The class teacher in Y6 said the students did a great job in explaining the rules of the game, promoting positive attitudes, and made the morning fun for the children."*

Mr David Mann – Parent of child at Ravensthorpe Primary: *"I just wanted tell you how proud you should be out your young sports leaders who helped out with Ravensthorpe School's sports day today. Their enthusiasm and good behaviour were infectious for the primary children and their organisation was also excellent. They are a credit to the school."*

Jack Hunt Hosts PE TeachMeet 2016

On Wednesday 16 June Jack Hunt hosted the Peterborough PE TeachMeet 2016, organised by PE Teacher Miss Bracken. As well as teachers from Peterborough schools, PE staff attended from as far afield as Kings Lynn, Wisbech and Spalding. The evening consisted of a series of presentations on initiatives that have been implemented here at Jack Hunt and other schools to engage students, that have had an impact on learning in PE and other curriculum areas as well as developing student life skills.



Athletics

Jack Hunt students have had a very successful start to the athletics season.

In the recent City Athletics Championships the Year 10 boys and girls finished in 3rd place overall. There were some excellent results for our students which are outlined below:

Yr 8 Boys

Emmanuel Ochube - 1st in Hurdles / 2nd in 100m / 3rd in Javelin

Dylan Hollis - 3rd in High Jump

Yr 9 Boys

Connor Lytle - 3rd in Long Jump

Yr 10 Girls

Francine Kelly - 1st in 800m

Ellie Piccaver - 1st in 1500m

Chloe Durber - 2nd in Shot Putt

Medea Molnar - 2nd in Javelin

Francine Kelly / Ellie Piccaver / Crystal Wadge /

Chloe Peacock - 2nd in 4x 100m Relay

Yr 10 Boys

Ronan Rawlins - 1st in 100m/1st in 200m/2nd in Long Jump

Oliver Oakley - 3rd in 1500m

Ahmad Shaer - 2nd in Discus

Laisvidas Malduikis - 3rd Javelin

Erikas Fiodorovas - 1st in Long Jump

Ronan Rawlins / Alfie Ferguson / Ayman Trablesi / Nufais Junuideen - 2nd in 4x100m Relay



County Championships

Congratulations to Year 10 students, Ellie Piccaver; Ronan Rawlins and Oliver Oakley who have had fantastic start to the season all making it through to the County Championships.

Connor becomes fastest U13 at 800m in County

Connor Cassar (Year 7) has had a fantastic start becoming the fastest U13 at 800m in the county back in June. He currently trains with Peterborough Athletics Club (PAC) competing at 800m, 200m and 100m. Connor told me *"My Auntie said I was pretty quick and got me into PAC. I have been doing serious competitive training 2 nights a week now for 4 years. I really enjoy it, I like to run every day because it helps my mood and I also do the 5K Park Runs on a Saturday. I like middle distance and my hero is Mo Farrah and a someone at the club called Dan who runs 800m in under 2 minutes and it is my goal to beat him. I want to be the next Mo Farrah."*

Great start to the season for Ellie Piccaver!

Eloise Piccaver in Year 10 has had a great start to the track season. She qualified for the Peterborough Schools team for the 2016 Cambridgeshire Track and Field Championships which was held at Peterborough Athletics Track. She ran a fantastic 1500m race and with the last 250m to go she moved from 3rd position to finish the race in 2nd with a personal best time of 5.06mins.

As a result of her superb race she qualified to represent Cambridgeshire at the Anglian Schools Championships on 19 June which involved schools from Cambridgeshire; Norfolk and Suffolk. Eloise said *"I ran a time of 5:15, which is 9 seconds off my PB, but still a quicker time than I was running at the beginning of the season. I also came 7th in my race."*

Ellie has been running for Nene Valley Harriers for over four years and her favourite distances are 1500m and 3000m, she will also be running in a few 800m too. Ellie also takes part very successfully in Cross Country competitions during the winter months.

