

Our Sports Super Stars



Year 3 and Year 4 have had the opportunity to work with the York Knights during PE sessions this half term. We have looked at the basic throwing and catching skills in rugby and have started to apply it to the game.

If any children have developed an interest in Tag/Touch Rugby, our nearest rugby club is Heworth ARLC.

www.hewortharlc.co.uk

Contact

heworthrl@gmail.com

Joel - 01904421075

8 Year 3 and 4 children attended the Quicksticks hockey competition in September. They had never played a match before but did fantastically well and showed great positivity throughout. Great to see children trying out new sports and having a
on!

Skip2bfit Visit

Skip2bfit are a company who help to improve children's skipping ability and fitness in a fun and exciting way. They also encourage children to 'B THEIR BEST!'.

Dave from Skip2bfit came into school in early December and did a workshop with all children (and teachers). We did lots of warm up routines and then had a go at the Skip2bfit challenge. After 2 minutes of continuous skipping, we had another go to see if we could beat our score, leaving us extremely worn out, but proud of our efforts and excited to improve.

Dave will be returning in the new year with his Box2bfit workshops!

Our school football team have played their first few matches this term.

In October, they took part in the CADE tournament. It was their first time playing together as a team, but they did not disappoint! They worked so well, thinking about the tips Mr Dyer had given them beforehand and applying what they had worked on in training. Unfortunately, we missed out on the finals by one point. A massive well done to all that played, you did yourselves and Hempland proud!

During our first two Primary League games, both teams involved played well, being respectful and showing good skill. They played amazingly as teams, encouraging each other and communicating between themselves throughout all of the games. The Primary Cup game was a nail biter with Hempland just missing out on the next round after an extraordinary game.

One Friday evening in early October, children from schools all over York attended the cross country at Askham Bryan. It was great to see so many eager children representing Hempland at the event and giving the rather long run a good go! Huge well done to everyone that participated in the cold, wet weather! You did great.

A special mention to Stella and Imogen from Year 3, Lucy and Rachel for Year 4 who all made it to the regionals at Dalby Forest, and Charlie from Year 6 who will be progressing to the Nationals after his outstanding performance!

Early on in the new school year, children in Miss Gardonyi's class attended a Year 5 Tag Rugby festival at AHS. The children worked well in teams and applied rugby skills they had previously learnt in school when competing against other York Schools. One of the teams managed to win their league. Well done to everyone for taking part!

On Friday 18th October, Miss Wilkinson's class went to AHS to a sportshall athletics festival. They had loads of fun competing against other York schools in throwing, long jump, step ups and more. The children worked well together as a team, cheering each other on, and as individuals, trying to beat their previous scores. They managed to come top in some of the events, including long jump and the relay. What a great morning!

In November, some Y6 children took part in the AHS sportshall athletics festival. This gave them the opportunity to compete against children from other York schools as a team. They had to complete in timed events like step ups and shuttle running races, as well as target throwing and standing long jump. The children had a great time showing great enthusiasm for the events throughout the morning.

Mr Dyer's class attended the Year 3 Tag Rugby morning at AHS in December. This gave them the opportunity to apply some of the rugby skills learnt during their PE lessons with York Knights. They worked well in their teams, trying hard to pass the ball before they were tug and then get the ball down on the try line. Mr Dyer was very impressed with the children for getting stuck in and enjoying themselves, while doing their best.

We are very lucky to be able to attend the festivals at AHS and are grateful for their efforts in organising such great events. It gives the children an opportunity to apply skills, compete, enjoy sport and be active.

Thanks to all the helpers that have assisted us for these mornings out – we couldn't attend without you!

All children should have a PE kit in school at all times. This includes a white t-shirt, navy shorts plimsolls (for indoor PE) and trainers (for outdoor PE). Long hair must be tied back and jewellery should not be worn. It is also recommended that children have a tracksuit in school as we have outdoor PE sessions throughout the year.

Some of the spare kit has gone missing; please check you have none at home with HPS SPARE written in the label – thank you in advance.

We really appreciate ALL the help we get from parents and carers when it comes to transport and support at events. Unfortunately, we are now unable to arrange transport with other parents for your child – if needed, you will need to do this through communication with other parents and let school know what you have arranged. Apologies for any inconvenience.

We are tweeting lots on our @HemplandSports twitter page. Please follow this page for updates, information, photos and reports on sport at Hempland.

Extra-curricular School Sports Clubs

Monday – KS2 Netball with AOCC continued – 3.15pm until 4.20pm. Start date 13th Jan until 3rd Feb.

Thursday – KS1 Gymnastics with AOCC – 3.05pm until 4:15pm. Start date 9th Jan until 6th Feb.

Friday – KS2 Rugby with York Knights – 3.15pm until 4.20pm. Start date 10th Jan until 7th Feb.