



# Over The Bar



2019-20  
ISSUE 3  
MAR-JUL  
JW, MN,  
EA & EB

## Virtual Sports day

On Thursday 25th to Sunday 28th of June Hunter's Bar Junior School took part in our very first Virtual Sports Day.

We had tips and training to help us with the 8 different events throughout the 4 days.

For the Marathon we had to run as far as we could and work out the distance in meters. For Balance we had to balance for up to 5 minutes. Ups and downs had us doing as many keepee uppies as we could in 30 seconds. The Plank also had a maximum of 5 minutes. We also did a Coordination challenge (throwing a ball against a wall and catching it in the opposite hand) for 30 seconds as well as many push-ups in Push Yourself. In Jump Around we jumped

over a line or object for another 30 seconds. We also had Gem Family Snaps where we took photos of ourselves representing our Gem Family and this was judged by Mr. Watson and Mrs. Hersey (The winning photos were Ella in Y6 and Ziyad E in Y3).

Teachers helped to run it in our bubbles in school and it was really peculiar as it wasn't like the way we do Sports Day usually but It was really fun though.

Well done everyone who took part and check out some photos here and the leaderboard and results here.

## Sports Crew Of The Year!

We are happy to announce that at the Sheffield Schools Get Active Awards 2019-2020, we won the Primary Sports Crew of The Year. The Sports Crew consists of Play Leaders, Sports Councillors, Peer-mediators, Equipment Organisers, Sports Captains/Vice Captains, Student Coaches (Sports Teams-mentoring) and the Award Night organisers.

These positions have allowed pupils to have a significant impact on the PE & Sports provision delivered at HBJ. This has been seen in lessons, competitions/matches and break and dinner times. We feel Sport at HBJ should upskill pupils but must be enjoyable and inclusive for all pupils.

A huge thank you and congratulations to all the pupils who were involved for their hard work in PE, Sport and Physical Activity over the course of this academic year



Did you know...

Your Digital devices can help you with staying healthy physically and mentally? Why not try "Alexa, open the Body Coach" for a 15 minute HIIT workout to workout with Joe Wicks. On Google Home devices we have four you can try just say "Ok Google...Talk to quick workout...Talk to five-minute plank...Talk to body workout..." or even "Ask Meditation Guide for a meditation"

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[www.huntersbarjunior.co.uk](http://www.huntersbarjunior.co.uk)

## Website

We have been updating our [school sports page](#) on the Hunters Bar Juniors website.

Pupils have been writing about the events we have been going to and this information is available on the sports page by clicking this [hyperlink](#).

## PE and Sport News

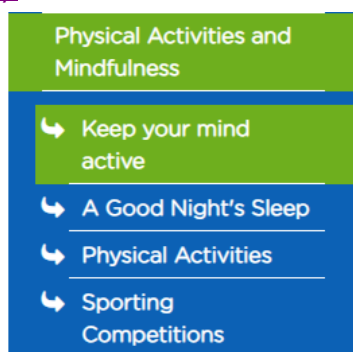
For all the latest news, check out our [School Games website](#).

You can also check out our sports newsletter publication below.

Go and visit [www.huntersbarjunior.co.uk](http://www.huntersbarjunior.co.uk) and see what else we've been up to.

## Physical Activities & Mindfulness

Since School has been only accessible to children of key workers and some pupils in Year 6, School work for pupils unable to get into school has been posted online through [our school website](#). This has also included Sporting activities & events. Through the sports tab you can access resources and ideas to help with supporting yourself to keep [healthy physically & mentally](#).



## A letter to Hunter's Bar Infants Y2's

To the new Year 3 pupils,

My Name is Ella and I'm a Year 6 pupil who is leaving and going to High Storrs.

I am writing to give you a bit of an idea about Sports at Hunters Bar Juniors. I don't remember much about infant school (it was such a long time ago!), but I know all of the sports I did were outside of school. This all changed in Year 3 and by November in my first year here, I was already representing HBJ at the British schools orienteering championships! It might seem amazing that it was a national competition but what is even more amazing was the fact that it was my first ever competition! Not saying I did well but I found myself in a school that embraced and encouraged my love for sport. From being offered this first opportunity to compete I feel I have tried almost every sport and physical activity at HBJ that has been available.

Since Year 3 I've competed in Bouldering, Cross Country, Football, Handball, Tennis, Cheerleading, Gymnastics, Orienteering, Athletics. Along with a lot of clubs I've done but never competed in.

Some of the most enjoyable sports I've found are ones where you're in teams. It is great working with other pupils, problem solving to try and find a way to win together. The girls' football team was one of my favourites, as we were all pretty new to football but we all enjoyed it and the only thing that was expected of us was that we tried our best. We all did try our best and we managed to get to the semi-finals in our last competition hosted by Sheffield United.

The last thing I want to say is that although things are different at the moment I'm sure when you do get to HBJ you'll be able to find many sports here. There are so many things to try I'm sure you'll find something that you'll enjoy. The most important thing is to have fun and always try your best.

Yours,

Ella



## Sworkit

Those of you who have been attending school might have heard of Sworkit. We have been using this app at school for some of our daily exercise during lockdown, as well as activities at break, lunch and afternoon break. On Sworkit you can choose 1 of 4 categories: strength, cardio, yoga & stretching. You then get another choice with workouts such as: Core Strength, feel good yoga, full body HIIT etc. You can then choose the length of your workout, and begin! There's an option to choose music to go with your exercise. There is also an option for set workouts, with set timing, set rest breaks and set exercises. At the end of each workout it records what you have done. I enjoy using this app because it has a varied choice of exercises and level and I think it is a very high quality. I think it's fun to do the exercises they provide you with. Mr Adebola is looking to roll this out to all pupils of HBJ to provide them with another option for high quality physical activity.

