

High Sports

Spring Term | April 2021

A Spring Term like no other!

On our return to teaching in January 2021, the Sports Faculty discussed the best options to keeping pupils active and engaged during lockdown.

Due to the huge benefits of exercise on both physical and mental health, we knew this challenge was going to be extremely important, especially during the pandemic.

The professionalism of my colleagues has been impressive. Coming from a background of

traditional team games we stepped up with enthusiasm to teach fitness, dance, yoga, zumba, boxercise, ETM and many, many more activities. You can see some of our experiences of teaching during lockdown overleaf.

I am very proud of the individual journey of each staff member of the faculty and their pupils. Despite the anxieties and worries of teaching 'live', yet also active and engaging lessons, staff members have delivered every single week.

I know we will return to school after Easter with adrenaline and excitement, and we can't wait



to continue to use our excellent sports facilities to their full capacity, to deliver this vitally important part of the school curriculum.

Mrs Emma Blake
Director of Sport

The GDST 'Gets Active' during February!

During the month of February, Northampton High joined together with the rest of GDST to take part in 'GDST Get Active', an initiative that sought to inspire people to take time out from their days to exercise, whilst they log their workouts to add to each school's respective total.

We are delighted that our school community rose to the challenge, as we saw students, staff and parents all joining in to try and get

the school up the leaderboard! We saw people running, walking, biking and even horse riding during the month, and we thank you all for your fantastic efforts.

As a whole Trust, we completed an amazing 846,308.24 km, which is a truly wonderful effort! Internally, we also decided to make the 'Get Active' challenge a House Competition, and we are delighted to announce that the House in first place was Artemis, closely followed

Distance	Pace	Time
3.53 km	6:40 /km	23m 36s



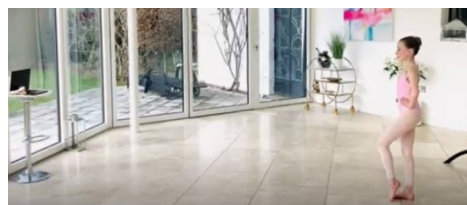
in second by Demeter, Hestia in third and Selene in fourth place.

Well done to everybody who took part!

The Positives of Guided Home Learning

The Sports Faculty have shared some of the positive points of Guided Home Learning from their perspective:

‘It has been amazing to see our students react so positively to GHM - we have been impressed with the quality of work!’



‘I’ve managed to get out most days in my breaks to walk Teddy and have enjoyed getting fresh air and seeing daylight – not something I would necessarily get to do had I been at school.’

‘The girls teaching us! For example, the above informative ballet lesson for Year 5 and Mrs Littlewood.’

‘I’m so grateful some Sixth Formers joined my fitness lessons – we participated in Old Skool dance one week!’

‘Reception lessons were a highlight of mine – planning a practical session to encompass the weekly book and expand upon learning.’

Equestrian Team success continues!

The Equestrian Team have been amazing this year. As in many sports, events and competitions have been cancelled across the country. This hasn’t stopped them continuing their hard work preparing, looking after their horses and staying positive daily. Owning a horse is a massive responsibility and our team would like to share a ‘Day in the Life’ of a Rider. Captain Jodie and the team have prepared a video should you wish to learn more about owning a horse or the responsibility and time it takes:

<https://www.youtube.com/watch?v=VN-T3JhCur8>

The pupils on the team are extremely welcoming and meet regularly to talk ‘horse’ and many other things. It is a real team environment which includes pupils from across both the Junior and Senior School. Should you be interested in joining then Team Captain Jodie or Mrs Hodgetts-Tate would love to hear from you.



Equestrian Team qualifies for Royal Windsor Horse Show

We are extremely pleased to announce that the Equestrian Team have had very exciting news from the National Schools Equestrian Association (NSEA) that we have qualified a team to compete at the Royal Windsor Horse Show in July!

The NSEA announced earlier in the month that we are one of 18 schools across the country who have pre-qualified for the

inter-school Show Jumping competition, based on wins over the past 18 months.

This four-day show takes place in Windsor Great Park and this is the first time we have had a team qualify; it is an amazing opportunity for our squad. We know the team will do us proud and we wish them the best of luck and cannot wait to follow their progress.