

HOULTON EASTER NEWS 2024



HOULTON
SCHOOL



Welcome from the Principal

Dear Houlton family,

It may have been just a five week half-term this time, but as this newsletter demonstrates, it's been a very busy one for us! It is amazing to see so many pupils engaging with our exciting offer here and living our core pillars of Innovation, Aspiration and Excellence so fully.

Easter is a time of new renewal and new beginnings for all of us as we see the daffodils and tulips coming to full bloom - and for those of us who live rurally, there are lambs hopping round in the fields enhancing those all-important, restorative walks in nature. I hope you and your family will enjoy the break together... relaxing, rejuvenating and getting ready for the longer summer half-terms ahead. Of course, for Christians, Easter also importantly marks the resurrection of Jesus three days after his death by crucifixion and is the joyful end to the Lenten season. I hope there may be a chocolate egg or two around for most of you, too!

We welcomed visitors from Ofsted to the academy a couple of weeks ago for the first time since we opened and eagerly anticipate their findings so that we may share these with you. Whilst all schools find inspectors' scrutiny an intense time, it is also a time to showcase everything that makes our Houlton family so special: our pupils, staff, governors,

trustees and parents all stepped up during the three days of intense activity so I'd like to thank you from the bottom of my heart for your kindness, support, well-wishes and boundless energies. As you may be aware, Ofsted's layers of quality assurance are extremely robust, so I have not yet received the final report, but will share it with you as soon as I am able.

Finally, a fond farewell to a couple of colleagues who are moving on to new challenges this Easter. Miss Henry-Moore takes up a post leading a much larger team in another school, whilst Mrs Morris is pursuing exciting new challenges outside of teaching (but may be back in to see us on occasion to take some lessons!) We wish them both every happiness and success in their future endeavours and thank them for everything they have brought to the Houlton family. Mrs Warde starts her maternity leave from Easter, and we're looking forward to welcoming her back in the new academic year in her newly promoted role as she will be joining the Senior Leadership Team as our newest Assistant Principal! Many new beginnings ahead for Mrs Warde and we can't wait to welcome her back soon.

Have a safe and enjoyable half-term.

Michael McCulley
Principal

Year 9 pupils triumph in UKMT Intermediate Maths Challenge

In a remarkable display of mathematical prowess, Year 9 pupils at Houlton triumphed during their first attempt at the UKMT Intermediate Maths Challenge.

With determination and sharp analytical skills, these young mathematicians have proven themselves on a platform renowned for its rigorous standards and challenging questions.

The UKMT Intermediate Maths Challenge offers an opportunity for budding mathematicians to test their problem-solving abilities and mathematical ingenuity. Through perseverance and a willingness to embrace challenges, these young mathematicians have demonstrated the boundless potential that resides within each of them, exploring content that may be new to them in KS3.

Special recognition must go to pupils who achieved Bronze and Silver Status in the competition:



- Andras 9M
- Loic 9M
- Ellen 9A
- Maja 9W
- Ollie 9W
- Jude 9W
- Alice 9W
- Imogen 9S
- Alex 9S
- Joel 9S
- Ella 9D
- Tillie 9D
- Claudia 9D



- Arjan 9M
- Liam 9O
- Michael 9W
- Isla 9W
- Isaac 9O

Congratulations to all of our pupils who took part and may their passion for mathematics continue to grow in the years to come!

Can you answer the questions they could?

The 'Penny's Puddings' company uses one tonne of rice to make twenty-five thousand cans of rice pudding. Each tonne of rice contains approximately fifty million grains of rice.

Approximately how many grains of rice are there in a can of Penny's rice pudding?

- A** 200 **B** 2000 **C** 5000 **D** 50 000 **E** 1 250 000

What is the value of $999 \times 999 + 999$?

- A** 10 800 **B** 100 800 **C** 999 000 **D** 999 999 **E** 1 000 998

A shop sign says, "T-shirts. Three for the price of two. Equivalent to a saving of £5.50 on each T-shirt." Using this special offer, what is the cost of three T-shirts?

- A** £16.50 **B** £22 **C** £31 **D** £33 **E** £49.50

Answers

B - The approximate number of grains of rice in a can of Penny's rice pudding is

$$\begin{aligned} 50\,000\,000 \div 25\,000 \\ = 50\,000 \div 25 \\ = 2000 \end{aligned}$$

$$\begin{aligned} \mathbf{C} - 999 \times 999 + 999 &= 999(999 + 1) \\ &= 999 \times 1000 \\ &= 999\,000. \end{aligned}$$

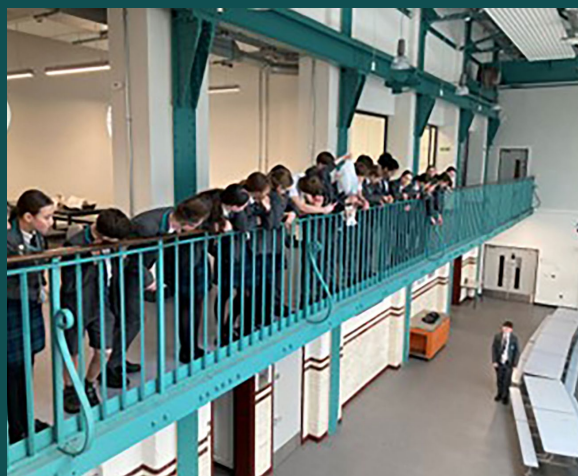
D - As buying three T-shirts for the price of two is equivalent to a saving of £5.50 on each T-shirt, the money saved using this offer is $3 \times £5.50 = £16.50$. The money saved is the cost of one T-shirt, so this cost is £16.50. So, using the offer, the cost of three T-shirts is $2 \times £16.50 = £33.00$.

Miss Jasmine Etheridge
Head of Faculty: Mathematics & Numeracy



British Science Week 2024

March is the time when schools across the country celebrate British Science Week. Each year, a different theme is discussed, and here at Houlton School we use this theme to shape our lessons in a way that is different from our usual day-to-day. The intention is to raise the awareness and ambitions of our pupils around STEM subjects and to open their eyes to a world of science outside of the classroom.



Year 7 pupils spent their week looking into the extensive past of the Earth by looking at the lives of dinosaurs. Initially guided by a documentary by David Attenborough, pupils were given free rein to complete a research project on these prehistoric creatures. Once completed, pupils shared their presentations with their peers, demonstrating courage and pride while sharing their findings with the group.

Year 8 pupils went in the opposite direction from Year 7 by thinking forward to the future. They were looking at the impact that humans have had on the Earth and thinking about how we can help correct some of the mistakes that have been made. We looked at how lions in the Masai Mara are facing threats to their existence through natural and human challenges and the ethical implications of this. Pupils have then spent time making simple bioplastics and thinking about their global use as an alternative to oil-based ones — a simple practical that can be completed at home! They then researched an area of their choice around this topic and looked at how we can use technology and innovation in the future to help combat global issues. Topics which pupils researched included global warming, deforestation and coral bleaching.

Pupils in Year 9 looked at time in relation to space travel. We spoke about speed as a challenge to space exploration, not only in the difficulty of reaching such speeds but also the difficulty faced in slowing spacecraft down again. Pupils studied the history of space exploration with the help of Professor Brian Cox before designing and building a vessel capable of protecting an egg from a large drop. Pupils were given



limited resources to create their devices and then tested them by dropping them from the mezzanine in the refectory. The majority of pupils opted to create a parachute for their egg, with many having amazing success!

It has been wonderful to see the engagement and excitement that can come from studying STEM subjects. And from our assemblies, pupils are now able to explain to those at home about the possibilities of time travel!

Mr Aaron Griffin
Head of Faculty: Science and Computer Science

Computer Science

This term in Computer Science we have started to investigate computational thinking with Year 8, the impacts of computing with Year 9, and applying the last term programming concepts to creating code with Year 7.

Year 7 pupils not only get to start programming using the block-based language of MakeCode, but they also get to see their coding creations come to life through the use of micro:bit. Later in the term, they will also programme our fleet of mini robots!

Year 8 have finished data handling, where they learned to use Excel and apply their mathematical knowledge to their formulas. They now move on to computational thinking with a focus on abstraction, where we filter out the unwanted or unneeded characteristics to focus on those that

we do, as well as a focus on decomposition, where we break complex problems down into smaller parts to solve. We will also look at flow diagrams and different types of sorting algorithms.

Year 9 heads into the real world, looking at the key impacts of computers and the hidden effects they can have on the world at large. We will be looking at modern issues such as the rise of artificial intelligence and the use of dark warehouses. They will have the opportunity to research the issues and debate with their peers regarding their point of view on the questions at hand.

Computer Science has recently launched lunchtime homework and knowledge groups for pupils to attend if they wish to complete homework for any reason or to come along and advance their knowledge outside of normal lessons.

Year 7: Tuesday and Friday Week B

Year 8: Thursday Week A and Wednesday Week B

Year 9: Tuesday Week A and Monday Week B

Mr Matt Cresswell-Peters
Subject Team Leader: Computer Science

World Book Day turns into World Book Month at Houlton School!

In celebration of World Book Day, there have been numerous events and activities to showcase and nurture pupils' love of reading and literacy here at Houlton School.

To celebrate World Book Day itself, pupils and staff dressed up as some of their favourite book characters and entered a costume competition! The turnout and effort put in by all involved were fantastic and we had some incredibly unique outfits indeed. Congratulations to our winners in Years 7, 8 and 9!

Our lucky Year 7 pupils got to spend a day crafting and creating their own children's fiction. Taking inspiration from familiar children's books, in small groups they began to develop their own, thinking about what young children needed to learn about; our end products featured stories about kindness, sharing, and even mythical creatures! The Year 7's books will be taken to St Gabriel's Primary School for the reception class to enjoy.

Year 7 also had the fantastic opportunity of attending an author talk with Ele Fountain, author of *Boy 87*. They learned about the writing process, how sometimes all you need is a story to tell, and how a book actually gets published. 60 of our pupils who had



performed fantastically on *Bedrock* this term got the opportunity to attend a writing workshop with Ele, ask her questions, and learn how to start creating stories of their own.

The Scholastic book fair was back with a range of new books for the pupils to browse and buy, plus pupils could visit during lunchtime. Lots of books were sold, resulting in a sizeable discount for us to buy even more books for our library.

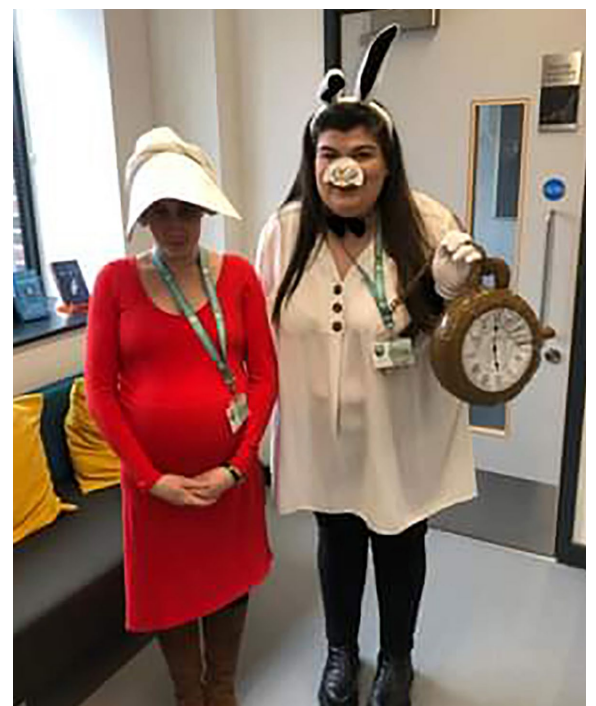
The Great Bookish Bake Off returned this year with a huge number of entries and wild and wacky bakes! The pupils were tasked in their colleges to come up with an idea that incorporated their favourite books and their favourite bakes! The cakes were sold at break time, with the funds going to the library to buy brand new books. The very deserving winners took home some Amazon vouchers, and their college received R points for their hard work.



The Big Book Swap was a hit! Thank you so much for all the donations to our big book swap this year. There were donations from staff, pupils and Tales by Mail who very kindly donated too. The books were available for pupils to choose from and try something new.

As you can probably tell, March has been a very busy book-filled month for us here at Houlton! It's been a pleasure to see such enthusiasm and energy surrounding all our book events this month, and to see so much passion for reading and literacy within our Houlton family is wonderful. Now to get planning for next year...

Miss Jordan Smyth
Librarian and CfC Manager



Unveiling the Past: Year 9 Pupils Dive into the Depths of History with WWII Artefacts

This half term, Year 9 pupils used real World War II artefacts to explore a key question: Was 1940 Britain's darkest hour? With curiosity and genuine relics, they investigated into the era's tangible traces that shaped history.

Excitement filled the classroom as our young historians studied artefacts from wartime. A gas mask brought them to a time of uncertainty, while a real bomb sparked their imaginations about a nation's resilience during conflict.

Ration tins and cards gave a glimpse into people's daily lives during tough times. As pupils touched and studied these items, history became more than just words in a book – it became a story waiting to be discovered.

The classroom transformed into a time machine, with each artefact adding to the story of wartime Britain and bringing history to life.

Mr Jamie Abbott
Head of Faculty Humanities



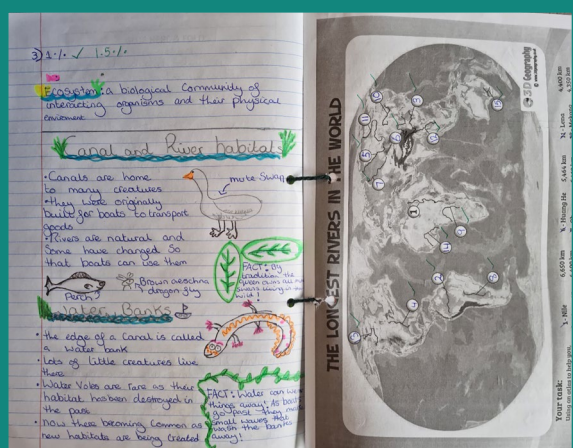
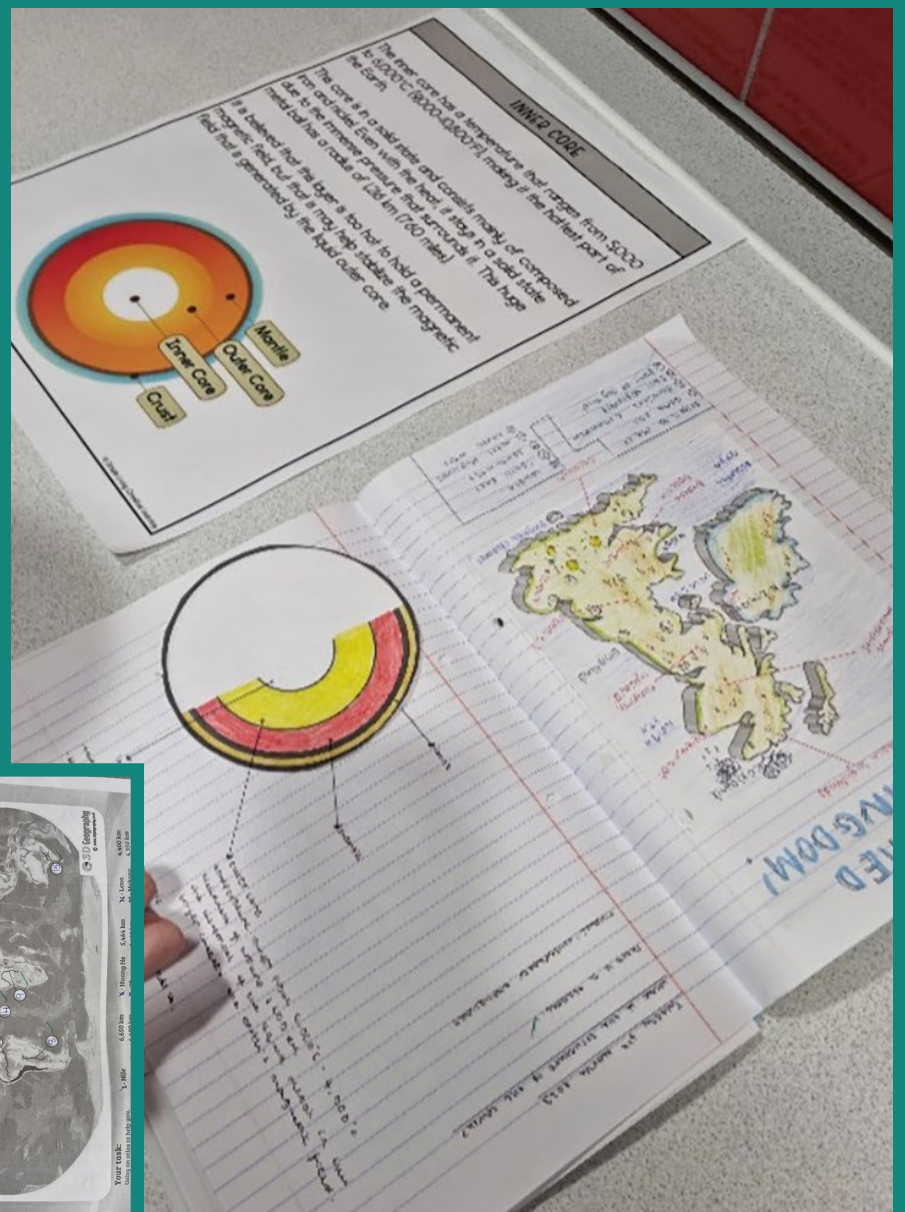
Geography

Year 7 pupils have been exploring the Big Question: 'What lies beneath?' and have so far been geologists and cartographers, understanding the different categories of rock and the topography (height and shape) of the British Isles. Pupils have also been creating models of the structure of the Earth.

Year 8 pupils are now exploring the role that Russia plays internationally with the Big Question: 'What's down by the river?' Pupils have explored the ecological importance of rivers and canals and are now investigating fluvial processes that act upon the landscape, including processes of erosion and transportation. Finally, pupils will be creating a model river landscape.

Year 9 pupils have been answering, 'What are coastal processes and pressures?', investigating coastal towns, wave formation, coastal erosion and defences while focusing on climate change and sea level rise in the Maldives.

Mr Chris Youmans
Team Leader: Geography



Religious Studies

As part of our focus on promoting understanding of different faiths, the charity group 'Good News for Everyone' were welcomed to Houlton School to talk to Year 7 pupils about Christianity.

The group focused on the Trinity and had interactive discussions and engaging activities to help pupils understand its importance in Christian theology.



During the session, pupils showed real excitement and interest in learning. They were respectful and open to the topic, asking thoughtful questions and participating actively.

The charity's visit brought pupils together to explore and appreciate our community's diverse beliefs. By encouraging dialogue and understanding, 'Good News for Everyone' helped create a culture of respect and acceptance among our pupils.

Feedback from GNFE:

We as representatives of GNFE thoroughly enjoyed visiting your school and spending time with your Year 7 pupils. They were all so well behaved and listened attentively to what we had to share, joining in with the quizzes and answering questions with eagerness. Those that wanted a copy of the testament took one home with them and it was nice to see them being treated with respect. We believe as Christians that this is a very special book which we are sure can help pupils in their education at school and in their day to day lives. We look forward to joining you another year.

Yours sincerely, Iain, Kevin, Jo and Pam (GNFE).

Miss Dupinder Ghatora
Subject Team Leader: Religious Studies

Food & Nutrition



Year 9

Pupils have been developing their chopping skills and are now reaching the point of being able to recall julienne, brunoise and paysanne chopping skills without demonstrations. Then they applied these techniques to making a stir fry, demonstrating sauce making skills too.



Year 8

Pupils have been researching alternative forms of caster sugar and how this can affect sensory characteristics. Pupils completed taste testing and completed star diagrams, along with baking a batch of cupcakes to compare standardised caster sugar to brown sugar.



Year 7

Pupils have been researching and investigating their dietary needs, specifically looking into veganism and requiring gluten-free foods. They have learned about different logos representing dietary needs and then made vegan blueberry muffins.

Mrs Baldeep Dvgun
Teacher of Food Preparation and Nutrition

Houlton Artists Enter National Art Competition!

Art Bytes is a national art and EdTech programme for primary, secondary and SEN schools, combining an inter-school art competition with a bespoke virtual gallery. It is based on 10 years of experience in the North West and is proven to nurture talent, raise ambition and develop confidence, as well as support mental health and help develop vital skills for future employment.

How does it work?

Following each school's submission of artwork, a judging panel of arts professionals shortlists the top three entries from each school. A public online vote is held in April, and the pupil with the most votes for their school wins a place in the virtual exhibition.

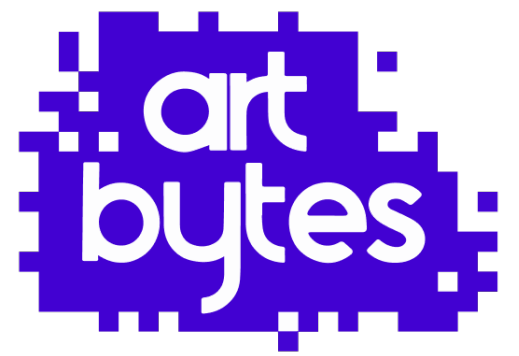
Houlton School has submitted 25 artworks created by our Year 9 pupils, and we can't wait to see how they get on over the coming months!

How do you vote?

You can visit <https://artbytes.co.uk/browse-schools> and select Houlton School. Here, you will be able to vote for your winner. We would love for you to support the ambitions of our artists.

A selection of work can be seen on this page.

Mr Russell Hill
Subject Team Leader: Creative



Big Question: Does Weight Compromise Strength?

We have teamed up with Lisi Aerospace to provide our pupils with unique industry insight to develop their knowledge of worldwide manufacturing processes for assembly solutions, as well as engine and structural components used in aircraft.

The context of this Big Question asks pupils to develop a portfolio and working prototype that reduces weight without compromising strength.

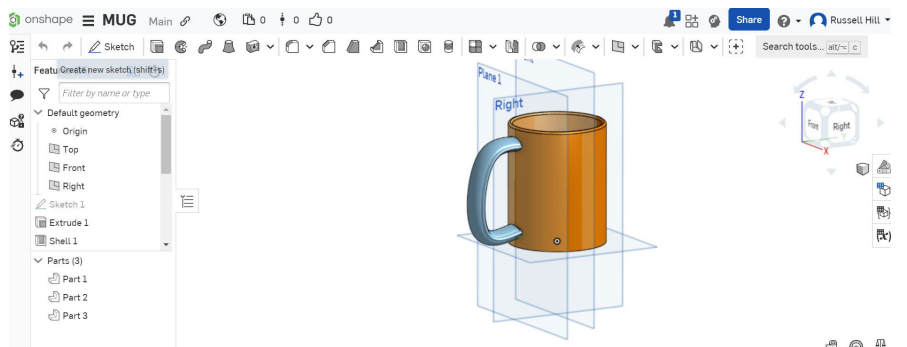
Our young designers have developed sufficient knowledge and skills to attack design contexts with a real sense of purpose.

During their last Big Question, Year 9 pupils took their first steps towards formulating and presenting a portfolio of work, and they achieved remarkable results.

Advancing CAD skills

In order to expose pupils to the fast-moving world of technology and its applications, we have recently signed all pupils up to Onshape, a leading cloud-based industry level CAD software.

The first task our pupils embarked on was to build a simple mug which enabled them to explore some of the capabilities of this software.



All pupils demonstrated exceptional resilience and focus during this task.

Mr Russell Hill
Subject Team Leader: Creative

Bonjour! ¡Hola!

We're thrilled to share some fantastic highlights from our vibrant languages department this term.

In French, our pupils embarked on a journey through authentic material, exploring real-life scenarios such as purchasing train tickets, booking hotel rooms, and enhancing their understanding of their town and neighbourhood. Plus, they had the opportunity to do a virtual tour of our twinned town, Evreux, immersing themselves in its culture and language. It's been a journey of discovery and practical application, with pupils thinking outside the box and embracing new experiences!

Meanwhile, in Spanish, our focus has been on the future! During STEM Week, pupils took a leap forward to explore the Big Question: "¿Quién quiero ser?" (Who do I want to be?). Engaging with newspaper articles on startups and future careers, they ignited their curiosity about the possibilities ahead. Additionally, they've had a taste of Spanish cuisine by analysing a tapas restaurant menu, preparing them for the exciting journey into the Spanish-speaking world. And who knows? With Spanish-themed places popping up all over, that journey may be closer than they think!



We're incredibly proud of our pupils' enthusiasm and dedication to embracing new languages and cultures. Here's to more adventures and discoveries in the world of languages!

Au revoir! ¡Hasta luego!

Mr Matthieu Raffy
Subject Team Leader: Modern Languages

Countdown to Shrek the Musical

Rehearsals are in full swing for our upcoming musical and the countdown to the show has now begun in earnest, with only a handful of weeks left before the curtain rises!

Performances will take place on Wednesday 22nd and Thursday 23rd May 2024 and tickets will be available on ParentPay very soon.

Our cast has been working extremely hard, giving up two (and sometimes three) evenings a week for rehearsals. It brings us joy to see how many of them have mastered their lines, are perfecting their dances, and are rehearsing their songs at home. Parents of cast members, please remind your child to watch the videos posted in our Shrek Google Classroom area to help them with this.

We are also exceptionally lucky to have a strong pupil leadership team this year. We have Year 9 pupils acting as assistant directors, assistant choreographers, and lighting and sound designers. These pupils have been demonstrating our Houlton values of aspiration and excellence on a weekly basis. Our pupil choreographers have helped our dancers embody their inner 'tap dancing rat,' while our directors have staged key scenes such as I Know It's Today, where we meet Princess Fiona as a young child, a teenager, and an adult. Furthermore, our lighting and sound designers have been working on their management and

communication skills, as they have teams of Year 7 and 8 pupils working for them.

In addition to the above, we also have a large pupil-led crew team that has been working autonomously backstage, creating soundscapes, rehearsing musical interludes, and creating an array of props. We will be on the hunt for stray tea towels or material for props, so if you have an old tea towel or have some old material, do let us know.

There have been many highlights this term, and the cast and crew have made the staff very proud:

'My favourite moment was from the last rehearsal just before half-term: the cast all came together and were acting comically and dancing in perfect unison to Story of My Life which made me beam. This was the moment in which their characters started to appear.'

- Miss Henry-Moore.

'I have been so impressed with Izzy and Orlaith's professionalism, as our assistant choreographers. They have been working under pressure to create and teach mature choreography. Well done!'

- Miss Connolly.

Drama Online

Please note that all Houlton pupils now have free access to streamed theatre shows from the National Theatre.

Login: <https://www.dramaonlinelibrary.com/home>
Username: HXXVYZ
Password: TGGBKT

The log-in button can be found in the top right-hand corner of the landing page. If you copy and paste the details, please be very careful not to include any invisible spaces as these will invalidate the details. Once on the page, pupils should click Browse Contents and click videos.

Miss Henry-Moore's recommendations:

1. The Crucible (12A)

A witch hunt is beginning in Salem. Raised to be seen but not heard, a group of young women suddenly find their words hold a terrible power. As a climate of fear spreads through the community, private vendettas fuel public accusations and soon the truth itself is on trial.

2. Hex: A Sleeping Beauty adaptation (8+)

Deep in the wood, a lonely fairy longs for someone to bless. When she is summoned to the palace to help the princess sleep, her dream turns into a nightmare and her blessing becomes a curse. Soon, she is plunged into a frantic, hundred-year quest to somehow make everything right.

This login must not be offered to anyone external to Houlton or posted on social media.

Miss Michelle Henry-Moore
Subject Team Leader: Performing Arts- Acting



TLET's Got Talent

On Tuesday 27th February, our talent show finalists travelled to Ashlawn School for our inaugural TLET's Got Talent, a Trust-based talent competition setup by the performing arts teachers from Henry Hinde, Ashlawn and Houlton.

After two fantastic days of auditions at Houlton, our pupil-led panel of Performing Arts Ambassadors whittled the list down to five brilliant acts who went off to compete in the finals: Our finalists were:

- Colene and Grace (tap dancers)
- Isabelle (pianist and singer)
- Liv (violinist)
- Amber and Lara (dancers)
- Katherine (singer)

The finalists and two super-helpful backstage support pupils spent the day bonding with the other TLET finalists, watching and cheering on each performer as they rehearsed, and learning a big showstopping number from The Greatest Showman.

Performers were judged by Cllr Maggie O'Rourke, Mayor of Rugby; Mr Higham, TLET's CEO and Ethan J Smith, Producer and Founder of Rugby's Five Star Theatre.

Acts were judged against our Trust's values and this year's overall winner was Lulu from Ashlawn, with a captivating dance number, whilst our very own Liv won a runner-up award and trophy for 'excellence.'



Here are some of our finalists' thoughts on the event:

"The best thing about the day was the rehearsal when we would listen to everyone else and then when we had a break the piano was out and some of us from Houlton and Ashlawn played songs."

"I enjoyed getting to be in a different environment with friends and new people!"

"It was such a good experience. You got to learn about different people and make new friends. I made a friend on the day and now we can't stop saying "hi!" to each other!"

"My favourite act was all of them, but the balloon artist stood out because in talent shows some people expect singers and dancers, but this was different and it was brilliant and what was produced was amazing."

"The best thing about the day, in my opinion, was the excitement before doing the show - I used to do theatre and stopped and it



brought back really great memories which I will always remember."

"My advice for pupils at Houlton wishing to do this next year would be to not be afraid."

"If someone wanted to do it next year, I'd recommend them to just be themselves, not worry about what others might be thinking about you act and just go for it!"

A massive well done to all our finalists, and a thank you to our parents and pupils who came to support us.



KS3's Big Questions for this term are:

Y7: Does history and culture influence dance?

Y8: Are some performance skills more important than others?

Y9: Is dancing just about dance?

Year 7 pupils are continuing to explore dance styles from around the world, with a new addition of Capoeira. They have learned about the history of the style, learned style-specific terminology, and recreated the movements in partners, focusing on level changes and eye contact.

Year 8 pupils are focusing on their performance skills this term. They have transitioned into exploring Jazz dance through watching and analysing performances and applying stylistic qualities to practical work. Pupils will be finishing with a partnering workshop.

Year 9 pupils are continuing to work collaboratively with their peers to create a dance music video. They have learned some intricate street dance choreography and have used their surroundings as a stimulus to create their own dance phrases. Pupils have been around the site filming their sections of their much-anticipated music videos.

Co-curricular is in full swing, with dance club on a Wednesday lunch time (Week B), cheer squad on a Wednesday after school, and Shrek the Musical rehearsals every Wednesday and Friday after school. As we move closer to the performance dates of Shrek, extra rehearsals will be taking place on a Thursday after school, which are invite only.

Miss Frankie Connolly
Subject Team Leader: Performing Arts – Dance



Fundraising

Before the Christmas break we held a 'Christmas Jumper Day' at Houlton, with the aim of raising funds for Rugby Myton Hospice.

The Hospice provides care for terminally ill patients and their families across Coventry and Warwickshire.

This essential service allows families to make memories and spend time with their loved ones and we were proud to raise £348.60 in total to help them continue their important work.



Global Inclusion Awards 2024

IFIP International Forums of Inclusion Practitioners Global Inclusion Award

We are delighted to announce that Houlton School was awarded the IFIP International Forums of Inclusion Practitioners Global Inclusion Award 2024 at last week's celebration of these awards in Paris. The award recognises schools for going the extra mile to promote leadership in changing the world to be more inclusive.

Curriculum lessons and our Big Questions for this term are:

Year 7 – Netball: What makes an effective sports performer?

Year 8 – Volleyball: Should we be flexible in approach to formations?

Year 9 – Rugby: What is most important Speed, Stamina, Strength or Skill?

Co-curricular opportunities this term:

- Rugby
- Football
- Netball
- Volleyball
- Badminton
- Cheerleading
- Dance
- Basketball

PE fixture news:

We have had a busy half term with clubs and fixtures, with more to come before the break. The focus is on girls' football and rugby.

Well done to our Year 7 girls' football team for competing in their first competitive fixture against Avon Valley, narrowly losing 2 – 0. Player of the match awarded by the opposition went to Charlotte (7A)!

Another debut for our Year 7s, but in Rugby this time, again against Avon Valley. This was a coaching game led by Mr Williams. The boys played extremely well and learned a lot from the experience, developing their skills and phase play.

Good luck to the rest of the pupils in the upcoming fixtures before half term!

Please follow our twitter page with all news regarding fixtures, results and PE department news. @HoultonPEdept

Our PE department are always looking out for the following qualities in pupils, to be in consideration for winning our Pupil of the Term award:

- Going above and beyond to help out in PE/ Dance lessons
- Demonstrating exceptional effort and enthusiasm consistently across the term
- Taking an active part in our co-curricular clubs and teams
- A positive attitude and a willingness to learn
- Polite, punctual, reliable and organised

The pupil who wins this award will receive an R2 and a piece of sporting equipment!

Well done to Connie, 8A, who won our award at the end of Christmas for her positive attitude, enthusiasm in lessons, commitment to co-curricular clubs, and willingness to learn. Our next Pupil of the Term Award will be awarded at Easter.

Big Question answers from pupils from their knowledge checkers:

Year 7: Eleni B

Flexibility is the ability to bend easily without injuring or breaking something. A gymnast would need this component of fitness to be able to perform tricks such as jumps or tumbles without hurting themselves.

Another component of fitness is endurance, which is the process of running or doing a certain workout for a long period of time and without getting out of breath or tired. A marathon runner would need endurance and good cardiovascular training to be able to run for such a long period of time.

One final component of fitness is agility, which is a mixture of flexibility and speed used in sports such as football and tennis. This can have a great impact on the kind of performances given by players. Players with low agility levels won't be able to move around the court as fast or as swiftly compared to players with high levels of agility.

Year 8: Daisy H

Rules and regulations: Three regulations in football are: a senior match consists of two 45-minute halves and must have a 15-minute break in the middle; to continue a match, a team must have a minimum of seven players on the field and a team can start with a maximum of 11 players of whom one is designated as the goalkeeper.

Secondly, there are three rules in rugby: no shoulder pads or helmets are allowed, everyone runs with the ball and tackles equally, and there is no blocking to assist your runner.

Furthermore, rules and regulations are so important in sports because they are used to ensure that everyone plays correctly and fairly. They are also used to make sure that all players are safe when playing the game.

Finally, rules and regulations are so important in sports and are in place because without them, all the players wouldn't know the correct way to play the game and what was safe or not. For example, certain tackles in football are not allowed as they are more likely to cause an injury to the players and possibly leave them with a severe injury for a long period of time.

Year 9 – Rhea (9A)

Intrinsic motivation is when you encourage yourself to achieve or do something because you want to do it for yourself to feel better, not necessarily to gain anything except enjoyment.

One example of this type of motivation is going to a job you enjoy, as you don't just do it for the money.

Extrinsic motivation is when you are encouraged to do something because you get something in return for doing it, like a reward. An example of this is a job that somebody may not enjoy but does because they are motivated by the incentive, which is money.

The most important type of motivation to keep people exercising regularly during their lives is intrinsic motivation. This is because you should do something that you enjoy so it doesn't feel like you are being forced to do it and is actually fun, whereas extrinsic motivation will leave you with a result but may not make you feel happy.

For example, someone may use extrinsic motivation to work out every day for an hour but hate it, which will lead to them feeling drained. However, with intrinsic motivation, someone may play sports and enjoy it as exercise releases endorphins. This means intrinsic motivation actually encourages you more, as it will lead you to feeling happy and not miserable. Some people might disagree with me because they may think that although people might not like working out, the result will leave them feeling happier, meaning extrinsic motivation is more important. However, would you rather do something you don't enjoy as a result? Or would you rather do something you enjoy with the same result?

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