



## PE Newsletter 21st-25th November

It's been a very busy week down in PE! Well done to all the students who have represented the school at a number of fixtures and trips, it has been great to see some new faces!

### Year 7

#### Year 7 Boccia/ Curling



1 - On Wednesday this week a group of year 7's attended the Boccia and curling festival. All the students had a great time and learnt two new games that not many of them had done before. It was good to see some new faces representing the school too. Well done to all involved!

## YEAR 8

### Year 8 Table Tennis



2 - **Zack Stacey** and **Harry Lewis** attended the table tennis tournament over at Thurston this week. It was great to see them both representing the school, well done boys.

## Year 9

### Year 9 Football



3 - The Year 9 boys are through to the semi-finals of the West Suffolk Cup after beating Mildenhall 3-1 in the quarter finals. It was an excellent all round team performance that saw the boys on the front foot from the first whistle. A change to their normal formation saw the forward players finding space and creating chances early in the first half. The best of these fell to **Harry Thorpe** who put his shot over the bar when through 1-1 with the keeper. We didn't have to wait to long for the opening goal and it came from a corner when a scramble in the box ended up with **Jack Bearman** poking the ball home. The boys were soon 2-0 up when **Archie Pickett** latched onto Harry's free kick to round the keeper and finish into an empty net. The best goal of the game came just before half time with **Seth Peachment** sliding a pass through for **Jack** to calmly finish. Half time 3-0. The boys dominated the second period and played some excellent football but were unable to add to the score line. Mildenhall snatched an equaliser in the final minute when a speculative long shot found the back of the net. A

*special mention for the back three of **Reuben Francksen, Nick Wright and Finlay Craddock** who dealt well with the Mildenhall attack all game. The boys will now face Samuel Ward in the Semi-final after Christmas*

## Year 9 Netball County Finals



*4 - On Saturday the year 9 netball team attended the county finals at Ipswich School after qualifying for the event in October. Through just qualifying we were named the best state school team in Suffolk as all the other qualifying schools were private schools.*

*The girls faced Ipswich High, Ipswich School, Framlingham College, Woodbridge School, Culford School and Great Finborough. Although the girls didn't win any of their games, the score line shows how very close they were on four out of the 6 occasions after losing those four games by one!*

***Faye Parker** had a great tournament at goal shooter, her composure and accuracy really boosted the teams performance.*

***Eve Caldwell** yet again put in a great shift in defence, intercepting a number of crucial passes and attacks from her opposition. However, this year's player of the Tournament was **Jasmine Randell**, who was outstanding throughout. She dominated her role as centre, communicating well with her team mates as well as making a number of excellent passes in our attacking third.*

*The girls did themselves proud and showed a huge amount of resilience after they came from behind to nearly clinch the win during many of the games. A number of coaches and umpires commented on how great these students were, both in their playing and their attitude. Well done girls!*

## Year 9 Girls Basketball



5 - On Wednesday the Year 9 basketball team travelled to Thurston for the local tournament. They played brilliantly in the first game beating Thurston B 28-8 with some great shooting from **Molly Cleaverley**. Next up was the Thurston A team with the girls not getting a break between matches. We started the game slowly but played better in the second half. Both teams defended well so it was a low scoring 6-6 draw. Finally the girls played Stowupland and again let them score 4 points early on. However, led by some great shooting from **Faye Parker**, the team went on to dominate the game going on a 16-0 scoring run to finish the game 16-4.

Well done to everyone who played, your attitude and effort in all three games was excellent. The team finished 1st overall on points difference after being undefeated all evening.

## YEAR 10

### U15 Boys Rugby



<https://sway.office.com/O4kz9pO3e3wzIDGo#content=iIUyZVigI8W2qh>

6 - On the Tuesday this week the u15 boys went to the Western Area Rugby tournament amongst 7 other schools. The team made up of y10 and y9 boys and led by Isaac made a strong start against Stowupland. Great runs by **Brandon Welham** and **Oliver Owen** and fantastic tackles from **Charlie Aldis**, **Will Matagi** and **Robbie Flack** meant the team were feeling good and had a great start to the afternoon.

The second match was against last year's Suffolk winners and was a tough match with some big and strong opposition. The boys held their own and put in some great tackles to keep the score down. The afternoon continued to be a great lesson and good training for the Suffolk tournament in January. Tries from **Lewis Attwell**, **Connor Yeo**, **Brandon**, **Robbie**, **Will**, **Isaac Styles** and **Keenan Goymer** meant the boys did very well and the team is looking great for the future. Great effort from all!  
Well done boys.



## Year 11

### Year 11 Basketball



7 - Due to some other schools pulling out we only had one game against Thurston in the local tournament on Thursday night. The boys had been working hard and this was shown in their first competitive game of the season. It was a dominating performance with Stowmarket controlling the game throughout. Top scorer was **Adrian Andreev** with 14 points with **Luke Selby** finishing with 12 points. Other scorers from the game were **Aidan Thomas** and **Archie Underwood** with 4 and **Will Matagi**, **Charlie Aldis**, **Will Thorndyke** and **Jamie Jolly** with 2. Well done lads it was great to see your hard work rewarded with a comfortable 44-8 win over Thurston.

### U16 Table Tennis





On Wednesday **Evie McKane**, **Ozzie Gunton** and **Adrian Andreev** went to Thurston for the West Suffolk Table Tennis tournament. The three students did extremely well against a number of students who obvious play outside of school to a higher level.

## Twickenham Trip



8 - On Saturday Mr Wise took a specially chosen group of 13 students for a once in a lifetime trip to Twickenham Stadium. We arrived at the stadium early and the students soaked up the party atmosphere around the ground and visited the club shop. The real experience then started for the students as they headed in through the players' entrance and went to the changing rooms. The students then got themselves ready and walked out through the tunnel into the stadium and onto the pitch, what a feeling this was! They then had the incredible opportunity of playing in the 'Curtain Raiser' where they played two games of touch rugby against another school on the pitch in front of the growing crowd and the players warming up. The students were fantastic with most of them now being able to say that they have scored a try a Twickenham! Once the game was finished the students headed back down the tunnel into the changing rooms with the biggest smiles on their faces. We then headed to our seats right at the front by the try line for the blockbuster game of England vs New Zealand. The stadium was buzzing with the students belting out the national anthem and sweet chariot whilst watching the iconic Haka. The students were then treated to an absolute thriller of a game of rugby. England were trailing 25-6 with 8 minutes to go and looked to be heading for a heavy defeat before an enthralling 8 minutes of rugby saw three England tries tying the game to the delight of our students. The energy of the day continued all the way back to Stowmarket with three hours of karaoke on the bus all the way back! Well done to everyone who took part but especially to our Year 11 leader Evie McKane who was fantastic all day helping the students and refereeing their games. The students were absolutely brilliant and loved the experience, a number of them said it was the best day of their lives which sums it all up!











## Fixtures and extra clubs next week:

### Monday 28th November:

- Year 8 Boys futsal @ SHS (3:10pm-5:00pm) *D.Wise/L.Andrews*

### Tuesday 29th November:

- Year 7A Netball @ King Edwards (3:10pm- 5:00pm) *G.Whitfield*
- Year 8A Netball @ King Edwards (3:10pm- 5:00pm) *G.Whitfield*
- Year 10 Girls Futsal @ SHS (3:10pm-5:15pm) *J.Howland*
- Year 10/11 Badminton @ Thurston (3:10pm- 5:45pm) *D.Wise*

**Wednesday 30th November:**

- Year 11 Girls football @ SHS (2:30pm-4:00pm) J.Howland

## Mr Wise's Marathon Challenge



# Sponsored Run

Friday 2<sup>nd</sup> December

During P3&4

- Choose between completing 1 mile or 5km
- Around Chiltern Fields
- £1 entry but you are welcome to try and raise more
- Reply slip and money must be returned by Friday 25<sup>th</sup> Nov to take part
- You can wear non uniform or fancy dress
- Speak to Mr Wise or a member of the PE Dept if you have any questions
- It would be great to see lots of you taking part!

