



**PE Newsletter** 5th-9th December

## Year 7

### Year 7 Netball



1 - The year 7's battled the freezing, dark conditions this week in 2 games against Thurston. Captained by **Lucy**, the girls won the toss and started off well with a quick point from **Alamea**. Some fantastic defence from **Isabelle** and **Neeve** helped to keep the ball out of Thurston's end for most of the game. However, Thurston took their chances and ended up 2-1 up at half time. With a quick half time break to stop the cold getting to them, and a few changes, the girls got straight back into the game and managed to keep most of the possession. Some strong play from **Maddy** and **Kara** allowed the ball to be kept away from Thurston's post. Lovely mid court interceptions from **Nadin, Evie and Bella** meant the girls were able to finish with a goal and ended up with a draw. The score certainly didn't really represent the game but nevertheless, a great effort by all. Their second game matched their first and they took the possession and lead early on. The cold was starting to affect all the players, as they struggled to feel their hands! The game finished with a fabulous and well-deserved win. Well done girls!

## YEAR 8

### Year 8 Football





On a bitterly cold afternoon, Stowmarket welcomed Kesgrave in a last 16 county cup tie. The match was a very tight affair with Kesgrave just edging it, but it could have gone either way!

Both teams started very well, and the match was very well contested. Both teams had chances to take the lead, but it was Kesgrave who took the lead with a nice, converted finish into the bottom corner. With Stowmarket pressing for an equaliser, Stowmarket scored right on half time with **Jack Goldsmith** hitting a low shot which was fumbled by their keeper and into net. Unfortunately, from the kick off, Kesgrave went right up the other end and scored to make it 2-1 at half time.

2nd half and with subs and tactical changes, Year 7 **Lewis Randall** was introduced and was causing a threat. A half with not many chances but with Stowmarket pushing and pushing for an equaliser and **Lewis** having a goal ruled out for offside, it was Kesgrave who made it 3-1 on the counterattack 10 minutes before the end. Stowmarket did not give up and showed great resilience and motivation and got back into the game with 3 minutes to go some great passing from **Osca King** and **Alfie Hammond** who played to **Harry Patterson** to cross to **Lewis** at the back post, converting in a great header. With Stowmarket then throwing the kitchen sink at Kesgrave to force penalties, Kesgrave scored another late goal on the counterattack once more to seal the game.

A fantastic effort by the lads and on another day, it could have easily been Stowmarket who were progressing into the quarters!





<https://sway.office.com/6QHogGbi5SkjBVlx#content=6EL8b6ixEJHqI3>

*2 - It's goal time!*

## Year 8 Netball

The girls played Thurston this week at home. Time to practice before the game, ensured they were ready for a win! The girls got off to a strong start and by half time were leading by 4-0. The girls showed great improvement from their last game and managed to keep the ball away from Thurstons end most of the game. Unfortunately, the game was cut short, so after just 5 minutes into the second half the girls had to finish, but even in that time, had managed to keep the opposition from scoring and finished with a comfortable 6-0 win. Led well by **Danielle Taylor** and great effort all round, well done girls.

## Year 9

### Year 9 Netball



3 - On Monday the Year 9 netball team travelled to County Upper to play in their final league game before Christmas. The team were missing their co-captains **Jasmine Randell & Eve Caldwell** and their goal shooter **Faye Parker**, which had a huge impact on the team. These absences saw **Erin Hurst Cotton & Bella Thomas** join the team. Thank you to both of these girls that filled in on the day and did a great job.

The girls struggled against a strong county side which unfortunately saw them lose 11-5. Some good lessons were learned through this game and the girls look to re-build after Christmas where they play their remaining league games which were postponed due to weather.

Player of the match was **Martha Hardcastle** who did a fantastic job as centre in Jasmine's absence. Her composure on the ball and her excellent work rate really stood out to both sides.

## YEAR 10

### Year 10 Netball



4 - The year 10 netball team also travelled to County Upper this week. This week saw **Ashleigh Baker** join the team and make a fantastic debut. The girls started brilliantly and went ahead early on after they dominated the first third. Some great link up play between **Lily Craft, Harriet Croft** and **Georgia Lodge** in the attacking third led to them gain a considerable lead. The team were

really happy to see the return of **Gracie Lucas** after she had been out of sport for a long time following an injury. Her first match back saw her win player of the match after her interceptions and defending made it really difficult for the opposition to score. The final score ended 11-2.

This week the year 10's also took the long trip to Mildenhall to play netball. They started off strong with some fantastic interceptions from **Chloe** and **Maeryhn**, resulting in being 5-1 up at the first quarter. The good combination between **Milly** and **Harriet** in the D continued throughout the game, and at half time they were leading by 12-2. **Grace** and **Lily** made it hard for Mildenhall to get some clean passes keeping the ball from Mildenhall's end throughout. With the great mid court support from **Amy** and **Ashleigh** the girls remained strong throughout and came away with a 20-5 win. Fantastic play all round and great sportsmanship despite the strong lead. A credit to the school and themselves. Well done ladies!

## Year 11

### U16 Girls Basketball



5 - On Thursday we took the U16 girls' basketball team to Thurston for the partnership tournament. The girls played two games against Thurston and Stowupland. First game was a low scoring close game with Stowmarket coming out on top winning the match 8-0. Next up we played Stowupland in which our girls dominated throughout winning the match 36-2. It was an excellent team performance with nearly every member of the team managing to score. Well done to everyone who took part!

## Fixtures next week:

### Monday 12th December:

- Year 11 Netball vs County @ SHS (3:10pm-4:30pm) J.Howland

### Wednesday 14th December:

- Year 7 boys football vs Holbrook @ SHS (2:30-4:15pm) T.West