



PE Newsletter 15th - 25th January

Year 7

Year 7 Indoor Athletics



1 - The year 7's had the Western Area Sportshall athletics competition this week at Great Finborough. With the obstacle course up first, both the boys and girls got off to a strong start and competed well against some fast teams. The girls then had their field events, whilst the boys competed in their track events. The teamwork, encouragement and sportsmanship shown throughout the afternoon was fantastic, with great enthusiasm from all. Some hard races against some strong runners saw a mixture of successes for us. Well done everyone!

Inclusive Event



2 - On Wednesday 17th January, a small group went to Stowupland High to take part in an alternative sports event. They competed in Kurling, boccia and balloon bounce against 3 other schools. Whilst learning new skills in new sports, they had fun competing for the school for the first time. Well done everyone.

Year 8

Year 8 Indoor Athletics



3 - The year 8's competed against six other schools in the indoor athletics competition on Thursday evening. We are really proud of Alamea, Ava, Evie R, Gracie, Izzy S, Lacey L, Maisie, and Neeve for competing in a range of track and field events. The girls earned a well-deserved fourth place overall. With an amazing 6 meters 11 inches, Gracie deserves special recognition as she topped the standing triple jump leaderboard. Well done to the girls in year 8!

The year 8 boys also took part in an indoor athletics tournament on Thursday against KEGS, Finborough, Thurston, Sybil Andrews and Stowupland. The boys worked hard and managed to finish 4th overall.

Year 9

Year 9 Boys Football

On a bitterly cold afternoon, Stowmarket welcomed Ormiston for the 2nd round county cup match. Stowmarket started very brightly and could have been three up within 5 minutes with 3 one on ones that despite excellent finishing were kept out from some great saves from the opposing keeper. With chances not taken and with the game very even, Ormiston took the lead midway through the half and then scored 3 quick fire goals afterwards leaving Stowmarket a mountain to climb at half time. Second half and Stowmarket rallied and played well. Jasper managed to grab a consolation goal at the end. Certainly a game that did not reflect the result but despite fine efforts, knockout football can be cruel and Stowmarket bow out of this years county cup.

Year 10 & 11

U16 Badminton County Finals



4 - On Friday four year 10/11 girls attended the County Badminton Finals.

They faced East Bergholt, St Felix, Debenham, Newmarket and Felixstowe. The girls did extremely well throughout the day and ended up coming fourth in the county. Only one game off getting the bronze medal!

*Well done to **Megan Treverrow, Jasmine Randell, Jess Staines and Eve Caldwell.***

U16 Handball

The Year 11 boys played a friendly handball match against St Benedicts to help prepare for their GCSE PE practical exam. The boys started the game well and took an early lead. However they lost their structure slightly later on in the game leading to some easy goals for Benes. The match finished 25-19 to St Benes but was a useful learning experience for the students.

Other Success:

Jess Staines- Tennis Success!



Jess is currently ranked number 48 in the UK for u16 tennis! She is number one in Suffolk for u16 girls. Jess got to two finals over Christmas at a regional event at Ipswich sports club. She won the u18 girls doubles and finished runner up in the ladies singles beating a girl who is ranked under 600 for 18u girls internationally, and had won an international tournament! A great achievement - well done!

Follow us on Instagram for all updates!

Upcoming Fixtures

Tuesday 30th Jan:

- Year 9 Boys Futsal County Finals @ Suffolk New College (2:00-5:15pm) *D.Wise*
- Year 7/8 Girls/ Boys Handball Trials @ SHS (3:10-4:10pm) *F.Harvey/ C.Andrews*

Wednesday 31st Jan:

- Year 10/11 Boys Rugby@ Ipswich School (1:00-4:00pm) *G.Whitfield*

Thursday 1st Feb:

- Year 9/10 Girls/ Boys Handball Trials @ SHS (3:10-4:10) *J.Howland*
- Year 9 Girls Futsal County Finals @ Suffolk New College (2:00-5:15pm) *G.Whitfield.*
- Year 8 Girls Football @ St Benedicts (3:10-5:00pm)

Sports Tour 2025



5 - The PE department are delighted to be announcing that they are planning a second trip to Malaga in Easter of 2025. This trip is open to the current year 8 and 9 students only. A letter has been sent to year 8/9 parents emails. Students will need to return the slip at the bottom of the letter to express their interest.

stowmarket_high_PE

