



PE Newsletter 11th-20th March

Year 7

U12 Boys Rugby



1 - The year 7s had the Suffolk school rugby tournament this week over at Ipswich school. With a large and all ready to go having been undefeated in West Suffolk, the boys got off to a strong start. The quality of the rugby was great and they listened and took on the plan of a rucking game. They drew against Farlingaye in their first game with **Roman** having a strong run and not being stopped. Their next game against Hartismere was particularly tight but with some fantastic passing at scrum half **William**, the team worked brilliantly together to get a win with **Caleb** and **Roman** scoring great tries. The boys had another 4 games in the afternoon, and really gave it their all. Tries from **Bailey, Roman and Ben Jones**, support from **Ben Rudland** and **Jack** and some fantastic tackling from **Cody, Caleb and Frasier**, meant they only lost 2 games for the whole afternoon and then only by 1 try. Great effort all round!

U12 Girls Rugby



2 - The girls had their third Suffolk rugby tournament this week, this time at Ipswich Rugby Club. With some new additions to the line up, the girls were excited to get started. They played four games in total and received some extra coaching sessions from Ipswich Rugby club. Some great runs from **Olivia, Kerri** and **Sapphire** allowed the girls to gain momentum in the games. **Isla** and **Matilda** supported brilliantly in the rucks and **Mylee** and **Mercedes** made some great tackles out on the wings. Tries from **Mylea, Sapphire** and **Kerri** gave the oppositions some work to do.

Special mention to **Summer** who played for the first time and was brilliant, learning so many skills in the process and a great asset to the team. Well done girls! A great afternoon.

Year 8

U13 girls football



3 - The semi-finals of the Western Area Cup was this week. Thanks to some last minute year 7 replacements the game was able to go ahead. St Benedicts started off strong and certainly put pressure on our defence, but nothing that **Mia** and **Leonora** couldn't handle. **Robyn** was completely out of position in goal but still managed a couple of great saves. **Ava** worked round 4 of their players and had an almighty strike that hit the post and at half time it was 0-0. In the second half St Benedicts continues with their strong attack and managed to score 2. **Ava** got a free kick outside the box that was deflected but their goal keeper but **Mylea** got on the end of it, to get our only goal of the game. An unlucky loss, but great effort from all.

U13 Boys Handball



4 - The year 8 boys handball team took part in the West Suffolk finals on Monday at Thurston College. Overall, the boys played brilliantly and managed to beat Thurston, but then unfortunately lost to King Edward VI. The boys should be proud of how they represented the school.

Year 9

U14 Boys Rugby



5 - The year 9 rugby team attended a West Suffolk tournament over the road at Stowmarket Rugby Club on Wednesday this week.

They played 4 games, winning 3 and losing 1. **Vinnie Haddock** was player of the tournament, scoring a total of 6 tries over the 4 games. A special mention must go to **Rui Gayle** who stepped up and played an age group above. Another mention to **Jacob Minchin** who was excellent on the wing, having only played rugby once before.

Well done to all involved, a great afternoon of rugby!



Year 10

U15 Girls Handball



6 - On Monday, the u15 girls participated in the West Suffolk Handball final where they played King Edwards and Thurston.

*The girls dominated in both games, coming out with huge victories against both sides. 20-1 win vs Thurston and a 15-4 game vs King Edwards. Some exception play was shown by **Eve Caldwell**, who again was the top scorer, while **Danielle Taylor** provided these opportunities for her in her pivot role.*

The girls were crowned West Suffolk Champions and will continue to train and work hard in preparation for their Regional Finals in April.

Upcoming Fixtures

Monday 25th March:

- U13 girls handball @TCC (3:10pm-5:30pm) *F.Harvey*

Wednesday 27th March:

- U15 boys rugby @ Ipswich School (1:00-4:30pm) *G.Whitfield*

NEW SECTION- Mr Wise's Manager of the Month!



7 - Well done to Miss Howland who is Team PE's manager of the month for February. Her notable team successes include the U15 girls making it to the regional handball finals and the U15 girls netball team winning their recent state school tournament. Whilst the sporting success is a reflection of the students' performance it would not be possible without the hard work and guidance of the PE staff so well done Miss Howland!

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stowmarket_high_PE

