



PE Newsletter 1st-4th December

Year 9 Girls Football

On a windy, gloomy Monday afternoon, the Year 9 girls travelled to Ixworth High School for their cup fixture. With fading daylight limiting play, both halves were reduced to 22 minutes, but that didn't stop Stowmarket from putting on an excellent display of football.

From the first whistle, Stowmarket dominated the ball, holding around 90% possession throughout the match. Despite the pressure, it was Ixworth who took the lead late in the first half, capitalising on a rare counterattack to go 1–0 up.

Coming into the second half, Stowmarket responded brilliantly. The girls came out strong, playing confident, composed football across the pitch. Mylee Thompson was electric on the wing, consistently testing the Ixworth left back and driving the team forward. At the back, Faith Powell made several smart defensive decisions, clearing danger whenever needed.

The standout moment of the match came from Ellie Fountain, who produced something truly special to bring Stowmarket level. With a beautiful first touch to beat her defender, she unleashed a stunning 25-yard strike that flew into the top right corner; a goal worthy of any

highlight reel. Minutes later, Ellie nearly repeated the feat, but the Ixworth keeper pulled off an excellent save to deny her.

With the score locked at 1–1, the match went to penalties. Lylah White stepped up to go in goal and made a couple of crucial saves to keep Ixworth out. From the spot, both Lylah and Dulcie Cardy showed composure to bury their penalties, while Ixworth missed four of theirs.

A strong all round performance saw Stowmarket progress to the next round of the cup. Well done to every player involved and congratulations to Ellie Fountain, deserved Player of the Match.



Year 10

Year 10 Boys Football

Year 10 Boys County Cup – First Round Match Report

Stowmarket 3–2 County Upper

The Year 10 Boys produced a dramatic late turnaround to book their place in the next round of the County Cup, edging County Upper 3–2 in a thrilling encounter.

Much like last week's performance against Mildenhall, Stowmarket dominated possession throughout the first half, moving the ball with confidence and controlling the tempo. However, they spurned numerous chances to trouble the County Upper goalkeeper.

Against the run of play, County Upper took the lead shortly before half-time. A long throw into the box caused confusion among the Stowmarket defenders, and the visitors headed the ball home, giving them a 1–0 lead at the break.

Stowmarket responded superbly in the second half, increasing their intensity and finally finding the quality their play deserved. The breakthrough came midway through the half in spectacular fashion—Leyton producing a stunning overhead kick that flew into the net and ignited the team.

The momentum swing didn't last long, though, as County Upper regained the lead with a well-struck effort from the edge of the box that nestled into the bottom corner. Stowmarket, however, showed great resilience. Just minutes later, Lewis brought the sides level again, finishing calmly after the ball fell to him on the edge of the box.

With the game heading towards a nervy finale, Stowmarket pushed for the winner—and it came in the dying moments. A handball in the area gave them a golden opportunity from the spot, and Leyton stepped up with confidence to bury the penalty and seal a 3–2 victory.

The win sends Stowmarket into the next round, where they will face King Edwards as their County Cup journey continues. A battling performance, a dramatic finish, and a result fully deserved.

Year 8 Boys Football - Suffolk FA CUP 2nd round



The Year 8 boys had their re-arranged cup game against Stour Valley u13 in some wet and windy conditions. The game started very positively with the boys playing some lovely football, and the returning Dylan Grocott scoring a brace in the 1st half early on to give us a comfortable 2-0 lead. As the game went on there was some lovely football being played by Jake Fox, Regan Sharpe and Korey Haxell in the middle, as well as Josh Mercer and Callum Durrant on the wings. Unfortunately, just before half time, Stour Valley pulled one back with a nice header from a corner. We went into half time leading 2-1.

The start of the second half was a nervy one, with Stour Valley quickly scoring to level the game at 2-2. There was some great pieces of play and solid defending from Charlie Clarke, Tommy Aldous, Max Mayhew and Dylan Hook to keep the score tied. However, they then

took the lead to make it 3-2. However, the boys did not take this lying down and very quickly, with great work from Riley Allum on the wing played a ball in for Jake Cox to score to level the game at 3-3. We dominated the rest of proceedings, however, with a referee mix up, Stour Valley was able to score a goal late on to make it 4-3. We didn't give up and our dominance meant that Dylan Grocott was able to seal his Hat-trick to tie the game and take it to penalties!

We were very confident with our penalties, with Dylan, Korey, Regan, Josh and Jake F all stepped and scored. The game was tied and going into sudden death, however, our goalkeeper Kason Hawes stepped up for the team and saved the final penalty, meaning we won the game on penalties 5-4!

The scoreline doesn't reflect how well all the team played, comfortably the best game we have played since they joined Stowmarket High. Congratulations to the team from Mr. Swann and Mr. Popham and bring on the next round!

U14 & U16 Trampolining





On Tuesday, a group of students from Years 7 to 11 competed at the Suffolk County Trampolining Finals.

All of the girls performed exceptionally well, confidently completing their routines with minimal faults and showing real composure under pressure.

The Under-14 'A' team achieved an outstanding result, finishing second overall out of 10 schools. The team — made up of Isla Green, Layla Kemp, Natalie Ruegg and Paige Burn — delivered consistently high scores across both of their routines, securing a well-deserved second-place finish.

A special congratulations goes to Paige Burn, who earned an individual medal after achieving the third-highest combined routine score in the entire competition — a fantastic achievement against very strong county-level competitors.

Well done also to, Millie Peck and Danielle Taylor, who stepped up to compete in the Under-16 category having only been on a trampoline for the first time the previous day, when we needed competitors to fill a few final spaces. Both showed impressive speed of learning and performed brilliantly on the day.

Well done to all of our competitors — a superb performance and a great day of trampolining.

Year 11 Badminton

On Thursday this week, the Under-16 badminton teams competed in the West Suffolk Final.

The first girls' team — made up of Freya Underwood, Bea Catchpole, and Izzy and Lucy Beckley — performed extremely well, securing an impressive second-place finish. They were very unlucky not to win the whole competition and qualify for the county finals. Thank you to Izzy and Lucy for stepping up on the day of the tournament to fill the team and to compete in a higher age group.

The second girls' team — consisting of Danielle Taylor, Poppy Healy, Karina B, and Maisie Moss — also played well but came up against some tough opposition, finishing in fourth place overall. Great to see some Karina competing for the school team for the first time!

We are still awaiting the boys' results for both teams. Both boys' teams played very well. Notable performances were shown from each one of them. A huge thanks must go to the six Year 10 boys and Vinnie Goddard who stepped up at break time on the day of the tournament to form a team.





Fixtures next week:

Tuesday 9th December

- Year 11 Girls basketball @ County Upper (3:10-5:30pm) J.Howland
- Year 8 Boys rugby @ SHS (2:30-3:45pm) G.Whitfield

Thursday 11th December

- Year 9 girls rugby @ East Bergholt (2:30-4:30) G.Whitfield