



PE Dept Newsletter

April 2024

Running

Another lovely month of running! As we've said before, exercise is a commitment not a habit; big shout out to all those students who rock up every week to run regardless... it is being there and making the effort that counts. We are delighted to have two new members from year 7 - Ella-Rose Pewsey and Beau O'Connell. Now the weather is improving, it can be good to run outside - we've got some regular members who go trail running (off road, hills, and mud!). Personally, I like to run on pavement but really enjoy seeing the seasons change and running outside is brilliant for your mental health and mindfulness. Why not give it a go? We'd love to welcome any new members so feel free to come along on a Friday after school for a run, walk, chat or any combination!



Yrs 7 – 8 Rounders

The Rounders season for Year 7 & 8 has got off to a fantastic start! The number of students at training has been amazing and it has been great to see staff getting involved too. We have enjoyed lots of game play where students have been able to show off their excellent batting and fielding skills. We are looking forward to upcoming fixtures against Alcester Grammar and Chipping Campden.



Yrs 9 – 11 Rounders

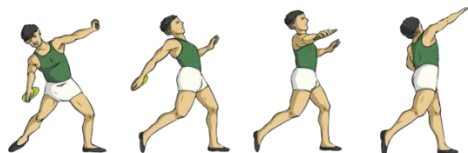
Year 11 have played their final fixture for Shipston with a great win against Chipping Campden. Prior to that they had completed in the South Warwickshire tournament finishing runners up to Alcester Grammar. The Yr 11 have shown great commitment and dedication to a range of sports during their time at Shipston and have made a difference in all. They will be missed and I have no doubt they will continue to excel in their focus areas of sport.

Thank you girls, all the best in the future. Years 9 – 10 have many fixtures to look forward to including their own South Warwickshire tournaments.

#shipstonpecan



#shipstonpecan



Athletics

The summer term can only mean one thing... Athletics, although, we have not really had summer weather, hopefully, we will begin to see a change in this. Athletics training has been taking place each Wednesday after school, the focus has been on throwing events, which has given students the opportunity to develop in the discus, javelin and shot. Students are working towards the following athletics events:

Monday 13th May – South Warwickshire Trials
 Monday 3rd June – Yrs 8 + 9 Girls Super 6
 Tuesday 4th June – Yrs 8 + 9 Boys Super 6
 Monday 10th June – Yrs 7 Boys + Girls Super 6
 Thursday 27th June – Yrs 7 – 9 District Championships

Literacy...

Book of the month

Crossing The Line by Tia Fisher.

It is about a boy who keeps getting into trouble but his running helps him focus and make a fresh start.

Shortlisted for the Yoto Carnegie Medal 2024.

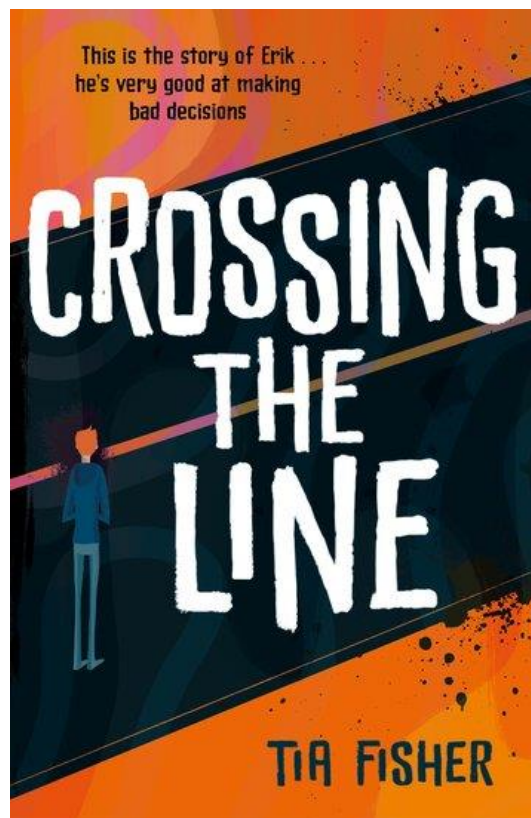
A powerful novel exploring how teenagers can be swept up into county lines.

Erik's life has been falling apart since his dad died. Homework and being good at school stop feeling important when you're the new man of the house. When Erik's bad behaviour attracts the wrong crowd, he's sucked into a terrifying new world of drug dealing, trap houses and violence.

Making money feels good but Erik soon learns that a small favour can become a huge debt.

And when his sisters' lives are threatened, Erik will have to cross one more line to save them.

Written in stunning verse, this is a poignant story about seeking safety and asking for help in times of crisis.



GCSE Revision

Fri 2 nd Feb	C1 – Physical training	Fri 10 th May	C2 – Sport psychology
Fri 8 th Mar	C1 – Applied anatomy and physiology	Fri 17 th May	C2 – Socio-cultural influences
Fri 12 th Apr	C1 – Movement analysis	Tues 21 st May	C1 – Exam preparation
Fri 26 th Apr	C2 – Health, fitness and well-being	Frid 24 th May	C2 – Exam preparation

Exam – C1 – Fitness and Body Systems – Wednesday 22nd May pm

Exam – C2 – Health and Performance – Monday 3rd June pm

REVISION

April – Shipston students enjoying success in sport in local clubs ...



Shipston
Excelsior



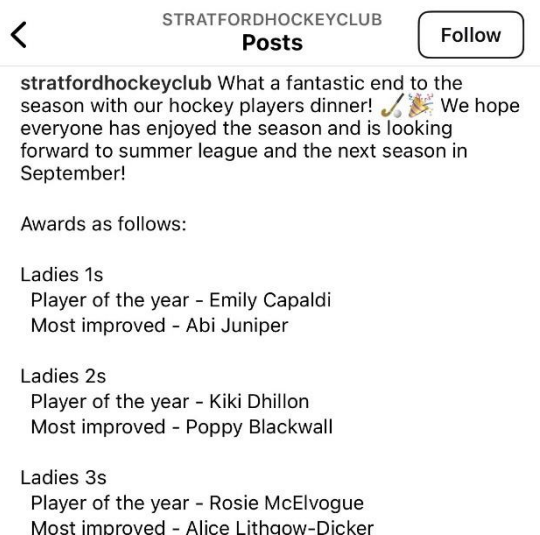
Shipston Cricket Club



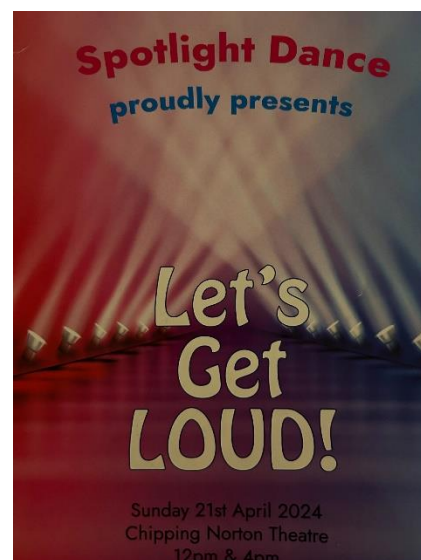
Shipston Rugby Club



Shipston Rugby Club



Stratford
Hockey
Club



Spotlight
Dance



Stratford Thunderbirds
@stratfordtbirds

Well done to Stratford Thunderbirds u14C team who beat Droitwich u14 21-7. Player of the match was Izzy. 🌟



Stratford Thunderbirds



SEFC Pan-Disability
@SefcPan

Friendlies in the @sandwellinclge today, our hero Josh scoring his first ever goal 🙌🙌 this is why we do it, watching his teammates trying their hardest to set him up on goal when they could of scored themselves #everyonecounts #sen #inclusion #pandisability @BirminghamFA



SEFC Pan-Disability



Stratford Town Girls FC



Stratford Thunderbirds
@stratfordtbirds

A close contest for the Senior Regional squad last week against an unbeaten BAI side, sadly ending 53-58 but really well played girls! POM - Lauren 🚀🚀



Congratulations to all students involved in sports/activities outside of school. It is excellent to hear about your success with your local clubs.



Shipston Rugby Club