



PE Dept Newsletter

January 2024



Sportshall Athletics

Yr 7/8 have been involved in Sportshall Athletics which is an annual competition within the South Warwickshire area, held at Alcester Grammar. Students competed in events such as speed bounce, shot put and standing broad jump, as well as events on the track. All teams relished the challenge and gave their best in every event.

Well done to all involved, results to follow in due course.

Running

January and we are back running! Not that we stopped over Christmas - Isabelle Roberts ran on Christmas Day(!) and we have members taking part in park runs (George Kirkman) and competitions (Georgia Sharpe) plus others taking part in the school cross country team recently (Bea Parmenter)... but running club stays strictly 'just for fun' when we run on Fridays. Miss Graham has joined us too as a regular runner enjoying ending the week with a run. And running has been proved to be the best anti stress exercise for young people experiencing stress and anxiety (after trampolining!) so why not join us on a Friday? New members always welcome!



Football

Our Football Club, open to Year 7 to Year 11 students, continues to thrive every Monday after school, despite the chilly winter weather. Notably, our Year 7 team recently made their debut in a 5-a-side tournament, securing the 8th position out of 12 teams in Warwickshire. As we head into warmer months, we are gearing up for extended Monday sessions, providing a platform for skill development and teamwork for students of all ages. The club not only focuses on victories but also aims to instil essential life skills through the joy of playing football together.

#shipstonpecan

Football – Girls

At the end of the month, Yr 7 and 9 competed in the Central and South Warwickshire tournament at Kenilworth School. We are fortunate to have a number of girls involved in football outside of school in clubs such as Stratford Town and Kidderminster Harriers, so, this was an opportunity for them to display their skills. Both age groups faced new opposition, schools from central Warwickshire who play more football within school, but the girls were not phased and faced each match with enthusiasm and determination.

The girls worked relentlessly in defence against some sustained periods of attack, they never fail to impress with their courage to continue. Well done.



Hockey

January has been a little quieter for Hockey, due to fixtures for other sports. Earlier in the month the girls participated in a South Warwickshire evening at Stratford. As always, the evening was friendly, but competitive. The girls played very well and supported each other well as a team, having played together for many years, the team know how each other play, and this is evident in games.

Looking forward to a busy month of hockey in February, and only weeks away until the Netherlands Hockey tour!

Congratulations...

... to Evie Allcott (Yr 10) who played her first game for Shipston Ladies Hockey Club. This is a fantastic achievement and the start of her next chapter in this sport.



Congratulations...

... to Joshua Bolderston (Yr 10) who has been selected for the county – U15 Warwickshire in Hockey. This is a superb achievement, as places in the squad are fiercely fought for, it is testament to Josh's commitment and hard work in the sport.



Well done to both Evie and Josh, looking forward to seeing how they progress in their respective teams.



Cross Country

The Warwickshire Cross Country Championships took place on Saturday 20th January at Princethorpe College. With 35 schools in the county, Shipston were third place in terms of the number of runners competing. All runners performed brilliantly, in challenging conditions and on an equally challenging course.

Minor Girls: 13 – Bea Parmenter, 23 – Jessica Clark

Junior Girls: 14 – Ava Sheppard, 27 – Georgia Sharpe, 32 – May Chance

Inter Girls: 11 – Samantha Bennett, 12 – Phoebe Williams

Minor Boys: 19 – Billy Sheppard, 20 – Matthew Clarke, 27 – Jackson Payne

Junior Boys: 10 – Samuel Plumb, 11 – Aiden Knight, 28 – Charlie Millership

Inter Boys: 19 – Henry Edmonds, 25 – Alvin Kiprono

Overall Shipston finished in the county:

Minor boys: 6th

Junior boys: 3rd

Junior boys: 7th

Congratulations to you all, well done.

Basketball

January has seen the girls busy in action in South Warwickshire Basketball tournaments. Yrs 9 – 11 travelled to Alcester Grammar and faced tough opposition. The girls were playing half court press which was new for many of them, however, they quickly adapted. During the evening they grew in confidence, and when in possession of the ball, dribbled and challenged the opposition's basket.

Yrs 7 – 8 travelled to Stratford Grammar, for some of the team, it was their first experience of this sport, however, they were not deterred. It was great to see the girls competing in a different sport. Well done!



Extra-curricular attendance...

Well done to the following students, they attended the most extra-curricular activities during the Autumn 2 half term (number of sessions attended):

KS3

Yr 7

James Barnes (12)
Matthew Clarke (12)
Nicole Hilton (12)
Bea Parmenter (12)
Freya Watkins (12)

Yr 8

Oliver Bolderston (11)
Isobel Jones (18)

Yr 9

George Kirkman (16)
Imogen Simms (19)

KS4

Yr 10

Edward Humphry (14)
Evie Allcott (13)

Yr 11

Oliver Ayres-Young (7)
Lauren Savidge (6)



CONGRATULATIONS

Literacy...

Book of the month

The Extraordinary Life of Serena Williams by Shelina Janmohamed.

Serena Williams began playing tennis when she was just a child and is now an Olympic champion who has won more Grand Slam titles than anyone else.

From sport to fashion to activism to motherhood, Serena has become an inspiration to every young person who dared to dream big. This book is about her extraordinary life.

Copies available in mobile library.



Upcoming fixtures...

Tues 6th Feb – Yr 7 SW Hockey Tournament
Wed 7th Feb – Yr 10 Boys + Girls Hockey
Thurs 8th Feb – Yrs 7/8 SW Hockey Evening

Tues 20th Feb – Yrs 9 – 11 SW Volleyball Tournament
Tues 20th Feb – Yr 9 Football (League)
Wed 21st Feb – Yrs 7 + 8 Girls Hockey
Wed 21st Feb – Yr 8 Football (League)
Wed 21st Feb – Yrs 8 + 9 Netball (League)
Thurs 22nd Feb – Yr 7 Boys + Girls Hockey
Thurs 22nd Feb – Yr 10 Football (League)

Tues 27th Feb – Yr 11 Boys Hockey v Stratford
Tues 27th Feb – Yr 9 Football (League)
Tues 27th Feb – Yr 7 SW Netball Tournament
Wed 28th Feb – Yr 8 Football (League)
Wed 28th Feb – Yrs 9 + 11 Netball
Thurs 29th Feb – Yrs 9 – 11 SW Hockey Evening
Thurs 29th Feb – Yr 11 Football (League)

Upcoming events...

Yr 10 Trip to 'Careers in Sport LIVE' at Edgbaston Stadium, Birmingham – Friday 23rd February



Netherlands Hockey Tour – Friday 22nd – Monday 25th March



GCSE Revision

Fri 2 nd Feb	C1 – Physical training	Frid 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

