

**Sports Education  
activities this term**

- Basketball
- Bench Ball
- Dodgeball
- Gymnastics

**NEWS**

Congratulations to the following teams for leading their respective Sport Education leagues.

7s—Wollaston United

8s— Telletubbies 2.0

9s— Savages

**Clubs from October Half term to Christmas.**

**Monday** Table tennis and Badminton (from November 14th)

**Tuesdays** Boys Basketball

**Wednesday** Futsal for year 7 boys and girls.

Outdoor training for years 8 and 9

Trampoline Year 8 and 9 only.

**Thursday** Girls Basketball

All Boys and Girls Rugby

Fitness is every night - pay online £1 and sign up for a slot outside the PE office.

*Don't forget to wrap up warm after half term. We allow plain long sleeved tops under PE shirts, plain black fleeces and tracksuits*



# The Physical Times

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## Sharing Wollaston School Success

### **Bethan Solomon — Bats and Bowls her way to success!**



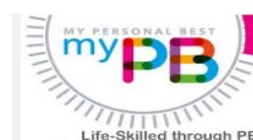
Congratulations this term to Bethan Solomon who cleaned up at the annual Northants Recreational Cricket awards evening. Winning the inaugural Girls County Age Group Player of the Year Bethan had a very impressive season for Northants. Not only did she collect the Batsman and Bowler of the year trophies for her age group (U15) Bethan took away the leading Girls Player

Award and with good reason. Bethan made 615 runs and took 31 wickets in 2016, a remarkable achievement at any level and one in which she should be very proud of.



### **Katie Turland...Taekwondo Star!**

On the 13th of November Katie was chosen to compete in Zagreb at the 22nd Croatian Taekwondo open. This was a great opportunity as it was a G1 event meaning it was the highest classed international. This year Katie has won the English, Welsh and various other regional competitions, coming 3rd in the British National Championships which was held at the Olympic Park London. Katie also competed in the Berlin Open earlier this year. Next year she is competing at the Dutch open in Eindhoven and various other international events, working towards hopefully being selected for the GB cadet squad for the cadet world championships. Good Luck Katie.





## Wollaston School visits Wembley



GCSE and A level PE students visited Wembley this term for the International Friendly between England and Spain. The PE department took 42 talented students to see the showcase friendly which was played in front of a full house at Wembley. England were unlucky not to come away with a win as goals from Adam Lallana and Jamie Vardy had given them a two-goal lead, only for Spain to score two late goals to secure a 2-2 draw. Despite the late disappointment the students were a credit to their School and had a thoroughly enjoyable time.

## Boys Football News

The Year 7 football team have started to string some excellent performances together and currently sit in mid-table position as we enter the Winter break. The boys have been putting in some brilliant performances and they are showing excellent promise for the future .

The Year 8 Football team rounded off their run of fixtures with some mixed results during this term. Captained by Centre-Back Keelan Hone, the boys were defeated narrowly by Bishop Stopford in the County Cup and by Weavers in the league (with the last kick of the game in near darkness). Nevertheless their impressive form has resulted in them topping the table in the District and they can look forward to another Cup Final in the New Year.



The Year 9 Football team also progressed nicely during this term and have performed admirably in both the League and the Cup. Narrowly losing out to NSB in the County Cup, they face a fight to stay in the Top two in the league as we enter 2017.

The Year 10 team finished their fixtures in October with a 3-1 reverse at the hands of Huxlow.

## Year 7 Girls Football—District Champions

The Year 7 girls became district football champions this term. The girls train every Wednesday and this showed in their effort and teamwork. Jodie (Captain) saved lots of shots and top goal scorer was Eloise Crooker. The successful team was Tilly Reeves , Lily Rea, Jodi Flemming (Captain), Stephanie Kwaramba, Millie George, Eloise Crocker and Jessica Griffin

Well done girls!

## Amy Greenall—Triathlon Success



Amy Greenall (Year 8) was invited by Wellingborough & District Athletic Club through her swimming club, Wellingborough Amateur Swimming club, to take part in Go Tri. This is a new concept to introduce newcomers to the Triathlon experience at a more low key and smaller event. It was held at Bannantyne Health Club in Wellingborough.

Amy swam 8 lengths of a 20m pool then ran 0.9km around the outskirts of Bannantynes and finished off with 0.3km cycle. This was 3 laps around. They were all given medals. Amy's time for all this was 12 mins 40 seconds! Amy came first in her age group! Her best event was the

running which she has really enjoyed since starting athletics at Wollaston School.

## Year 10 Rugby Success



Year 10 rugby has already seen success this year winning the county 7's tournament, but not content with that the boys are going for more by attempting to win the County Vase Cup in the 15 -a -side format of the game.

After being given the game against Corby Business Academy the first stepping stone for the boys would be Chenderit school just outside Banbury in the semi-final. We turned up expecting a close competitive game and in patches that is what we faced but all in all Wollaston's experience, power and strong runners were too much for the depleted Chenderit school to cope with, the game ending 42-5 on the final whistle to Wollaston.

Special mention has to go to one or two individuals who stepped into the side wanting to prove they have the metal to represent this formidable team as it grows in reputation. Louis Boot had a fantastic game coming into the second row and showing what great fitness and strength he has transferred from his swimming. Josh Murphy powered down the wing at times and made some crushing tackles to match. However, it wasn't a newbie who took the accolade of man of the match in this impressive win but Will Farrar from Year 9 who stepped up and showed how intelligence, speed and strength all combined produces a superb performance.

That's both year 10 and year 11 in their retrospective finals in the County Vase Competitions with year 9 still to play their semi-final in the new year.



## Netball News

Year 10 results have been positive with a couple of losses at the start but clearly gaining strength throughout the season. Staff from other school's have complimented us on what a lovely, friendly team they are, well done girls!

The Year 9 team is a big team with lots of participation so we rotate for the games to ensure that everyone gets the opportunity to play; a massive task in itself.

### Year 10

Wollaston 2- 10 Manor Sports College  
Wollaston 2-8 Ferrers  
Wollaston 5-2 Sir Christopher Hatton  
Wollaston 5-3 Wrenn  
Wollaston 16-8 Weavers  
Wollaston 5-2 Huxlow

### Year 9

Wollaston 3-5 Manor  
Wollaston 10-9 Ferrers  
Wollaston 6-9 Wrenn  
Wollaston 26-0 Weavers  
Wollaston 8-2 Huxlow





# The Physical Times

## Dodgeball Champions

On Tuesday the 6th of December Year 8 made their way to Weavers Academy to take part in the district dodgeball competition. We entered 2 teams as we know the sport is popular from our sport education lessons. The teams entered were split evenly on ability despite being labelled team A and B. There were 8 teams involved in the competition and from the start it seemed as though gaining top spot would be a hard task with great skill being shown by many competitors from different schools.

However, Wollaston, were outstanding from the start and with the fixtures drawn up at random and each team due to play everyone Wollaston A and Wollaston B would not face each other until the final match. This just so happened to be a final decider after both teams went undefeated dispatching Huxlow, Ferrer's and Weavers in the process. What a finale, both teams giving everything for the final victory but it would be Wollaston B that would take the accolade after some great defensive work being put on display.

## Introducing ..... 'Health Kick'

Wollaston School are proud to introduce 'Health Kick', our new initiative in school where we endeavour to raise awareness of healthy active lifestyle choices and give some inspiration for students and parents to take into their homes. Our 3 main aims are:

- Encourage students to make informed decisions to improve their social, physical and emotional wellbeing.
- Students gain a better understanding on health and wellbeing issues that affect young people.
- Regular exposure to recommendations and lifestyle changes for parents and students

Visit the school website to see our very own Mr Bradbury sharing the nutritional value of some common fruits available locally. Look out for January's instalment!

**Well done to everyone who has taken part in any extra-curricular clubs and fixtures so far this year. Your effort and commitment has been incredible and we are very proud of the way our students represent the School.**

