

**Sports Education activities this term**

- Basketball
- Football
- Fitness
- Volleyball

**NEWS**

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

7s—Dab Squad

8s— Supreme Team

9s— Popadoms

**Clubs from February to Easter**

**Monday**

Table Tennis/Badminton

**Tuesday**

Football—Boys

Netball— Girls

**Wednesday**

Badminton All years

**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 bottoms (no logos allowed).*



# The Physical Times

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**Youth Sport Trust**

## Youth Sport Trust Young Health Champions



This term, eight Year 9 students headed to the Youth Sport Trust's 'Healthy Minds' conference. It was held at Northamptonshire County Cricket ground and involved a number of practical and cognitive workshops. All of the students who attended now have the opportunity to achieve the Young Health Champion Award in the near future. These students have also been looking into ways in which all students at Wollaston can improve their overall health and several initiatives are on their way so watch this space!

Congratulations to all who attended ;Morgan Backshall, Charlie Gant, Sam Coleman, Sean Nice, Summer West, Millie Patterson, Izzy Young and Bethany Crocker.



The students were also fortunate enough to have an inspirational speech from former NZ Paralympic Gold Medallist Tim Prendergast. Tim lost his sight when he was just 8 Years old but showed courage and commitment in achieving his goal.



How could you improve your health and wellbeing?

Need some advice?

Look out for 'Health Kick' coming soon.....



## Year 7 & 8 Indoor Athletics



In Physical Education lessons years 7 & 8 have been competing in a series of indoor athletics events. Consisting of sprint, distances and relay races as well as standing long jump, triple jump, foam javelin, shot and vertical jumping. The 8 best performers were chosen to represent Wollaston School in the District Indoor Athletics event at Manor School, Raunds, before Christmas. The students competed against 7 other local schools with the girls finishing a close 4th and the boys finishing 1st. The boys will now compete in the County finals on the 21st February in Kettering.

## KS3 Leadership Academy



Thirty eight year 7 & 8 students were selected by their PE teachers as good leaders and were invited to work with Mr Roberts (Wollaston School) and Mr Ed Reeves (School Sports Partnership) to be part of the Wollaston Leadership Academy. These leaders have undertaken training in organisation, planning, leading, safe guarding and multi skills.

On Tuesday January 31st and Wednesday 1st February they ran two Multi Skills festivals for over 160 year 1 & 2 primary pupils at the Pemberton Centre and Redwell Leisure Centre.

*Please pass on my thanks to the young leaders from Wollaston. They did a fantastic job - it was particularly nice to see ex pupils from Great Doddington, what fantastic young people they are growing in to.'*

*Jo Chapman, Great Doddington Primary School*

## Basketball Success

The Year 9 boys travelled to The Ferrers School last week and not only won the District Basketball tournament, but did not lose a game throughout the competition. They played some great basketball with the whole team giving outstanding performances. Other teachers commented on the students ability to read the game situation and manage it accordingly. Well done to the following boys; Will Farrar, Gene Kennedy, Cam Hunt, Joe Baylis, Geordie Hylands, Sam Coleman, Kai Williams, Rob Allen, and Regan Aylesbury .



The year 7 Girls and Boys basketball teams played in the School games this term and both achieved third place. The games were all very tight and the boys only lost out on second place by one basket. Each team developed as the tournament went on and showed that once they had overcome their nerves they have potential to be very good teams.

(Boys) Declan Bevington, Sam Baylis, Ciaran Kennedy, Joe Thompson, Ronnie Webb, Sam Gurr, Blessing Gomani, Ollie Sturman Combes, Owen Coia, and Cameron Roberts.

(Girls); Bethany Lawrence, Molly Gee, Anias Attlebury, Hannah Woods, Lea Ray, Lilly Ann rea Finch, Emma Smith, Niamh Standen and Elouise Crocker.

## House System

In the week before half term the PE Department staged their termly House competitions in the Key Stage 3 Sport Education lessons. The competition was held across a number of sports and some excellent performances were seen throughout the week. Congratulations to the following as this was the final standing across all Years!

1- Churchill 2- Drake 3- Austen 4- Nightingale

## Rowers storm School Games

In January, 13 students from across all years competed in the Sainsbury's School Games Rowing Championships, held at Sir Christopher Hatton Academy. Although we didn't qualify for the regional finals, there was still some exceptional performances; notably from Taylor Johnson (Y10) and Andy Curtis (Y10) who won their individual races.



Well done to all who took part and represented Wollaston School in such a positive and enthusiastic manner.



## Football News



With the cold weather and dark nights drawing to a close, the Football season will be back with a bang during the second half of the spring Term. Year 8 have a district final to look forward to, whilst the Year 7s are still in the County Cup. Years 8 and 9 also have fixtures coming up where they will be testing themselves against some local Independent Schools. Good luck and be sure to check back here next month to see how the boys got on!

The PE department have some exciting trips which are currently being discussed. Please see either Mr Bevan or Mr Abbott for further details.

## Netball News

Alongside the Football, Netball will be back in the new term and we have plenty to look forward to. The Year 9 and Year 11 teams have made it through the group stages and will contest the District Finals in the new term. Good luck to those girls who will be competing and huge congratulations to everyone who has either represented a Netball team or has simply just attended training. Your commitment and dedication has not gone un-noticed!



## Saints v Tigers!

Pupils from the Wollaston School rugby club had the opportunity to go and see Northampton Saints v Leicester Tigers on Saturday 28th January.



Mr Roberts, Mr Bodicoat, Mr Sheldrick and Sixth Form Coach Charlie Grimshaw took 7 boys and 7 girls to watch their heroes play rugby at Welford road.



## Trampoline Club

Now that all three trampolines are working we have been able to run a successful trampoline club for Year 7 this half term. Over 50 students attended weekly; learning basic trampolining techniques. It has been a fantastic opportunity for some of our Key Stage 4 pupils to show off their leadership skills by coaching the Year 7's under the watchful eye of Mrs Griffiths. We have been offering this club since the start of the academic year and all year groups have had an opportunity to join.



## Half and Full Colours

Congratulations to the following students who have achieved either their half, or full colours here at Wollaston School. Half Colours are awarded to any student who has taken part in at least two extra-curricular activities throughout Key Stage 3 (Years 7-9). Full Colours are awarded to any student who has continued with these into Years 10 and 11, or has represented the County/Region in a particular activity.



### Half colours – Boys

Marcus Addis- Dance, Trampolineing

Jay Baseley- Midlands Rugby

Louis Boot- County Swimming

Jacob Burge- Football, Basketball

Edwin Cheng- Dance, Trampolineing

Simon Cook- X-country, Football, Athletics

Marcus Davis- Football, Cricket

James Dawson- Cricket, Football

Cole Dilley- Dance, Trampolineing

Sam Thompson- Football, Athletics

Cameron Watt- Rugby, Athletics

James Willis- Swimming, Football

Charles Farman- Dance, Trampolineing

Steven Frost- Football, Basketball, Athletics

George Green- Football, Cricket

Tom Halliday- Rugby, Cricket

Adam Humphries- County Badminton

Dylan Jeynes-Moore- Rugby, Athletics

### Full Colours—Boys

Matt Brion- Trampolineing, Dance

Aiden Brookes-Officiating Football, Cricket

Laurie Carter-Cricket, Football

George Crisp- Rugby, Cricket

Ellys Finch-Rugby, Athletics

Harry Green- Football, Cricket

Dan Hodson-Football, Cricket

Kyron Kennedy-Football, Rugby, Rowing

Josh Loakes-Football, Cricket

Tariq Mani-Saada-Basketball, Athletics

Dominic Meylan-Stevenson- Rugby, Athletics

John Naylor-Rugby, Athletics

Lewis North-Rowe-Cricket, Football

Harvey Punter-Athletics, Football

Alex Rogers-Football, Cricket

Morgan Skett-Rugby, Cricket

William Tipler-Rugby, Cricket

Joshua White-Rugby, Athletics

Morgan Williams-Football, Athletics

### Half Colours - Girls

Lucia Needham- County Swimming

Diaz Ryan- Netball, Rounders, Athletics

Georgia Sibcy- Netball, Rounders

Bethan Solomon- County Cricket

Lucy Stevens- X-country, Rounders, Athletics

Maisie Summers-Newton- National Swimming

Caitlin Taylor- Netball, Rounders

Malinee Thongmata- Netball, Rounders

Anya Titmuss- Netball, Rounders

Molly Walden- Netball, Rounders, Athletics

Jasmine Weir- Netball, Rounders

Alice Cronin-Netball, Rounders

### Full colours - Girls

Emily Davis- Netball, Rounders, Football,  
Basketball, Athletics

Lily Gavin- Netball, Rounders, Basketball

Ella Gurr- Netball, Rounders

Ellie Hillyard- Netball, Rounders, Basketball

