

Sports Education
activities this term

- Football
- Fitness/Team Relays
- Cricket
- Rounders



**After school clubs following
the Easter break**

Monday

Tennis - all years

Tuesdays

Cricket Boys Year 7 –10

Rounders Girls year 7-10

Wednesday

Leadership Academy years 7 &
8

Thursday

Athletics - all years

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

*Summer kit is blue polo shirt,
maroon shorts/black tracksuit
bottoms, blue socks and
trainers*

Our focus words are

***Resilience, and Self
Management***



The Physical Times

Volume 4 Issue 1

Summer 2017

County Rugby Champions

Wollaston U16 ran out convincing 47-12 winners over Kettering Buccleuch Academy in the Northamptonshire County Rugby Final. Wollaston opened up with 7 tries in the first half and Kettering Buccleuch fought back in the second half with 2 tries of their own.

Players Lewis North-Row, Ewan Grimshaw, Morgan Johnston Dom Meylan-Stevenson, Ellys Finch, Kyron Kennedy, Tom Wilderspin, George Crisp, Will Tipler, Josh White, Kieran Pritchett, Tariq Mani-Saada, Jay Baseley, Morgan Rooker, John Naylor, Morgan Skett, James Jessop, Ben Plowman and Louis Boot (Coach Mr Bradbury)



English Schools Cross Country Championship

Lucy Stevens, our superstar long distance runner has gone from strength to strength in her running career so far. Lucy regularly competes at County and Regional level. The picture below is Lucy running at recent English cross country championships . On the 18th March 2017, Lucy represented the Northamptonshire County schools team at the English schools cross country championship in Norwich. Lucy raced against the best 400 U17 girls in the country and was 7th home for Northamptonshire . She is now looking forward to the track season where she specialises in 800m & 1500m. We are so proud to call Lucy a Wollaston School student!



KS3 Leadership Academy Primary



Hockey Years 3 & 4

The Leadership Academy led two primary tournaments this half term. They welcomed 7 teams from Grendon, Bozeat, Denton, Yardley and Little Houghton to the Wollaston Astro for a Quicksticks Hockey tournament. The leaders warmed up, coached, organised drills and umpired the hockey games during the tournament. Well done to Denton Primary School for winning the tournament and who remained unbeaten through out.

Netball Years 5 & 6

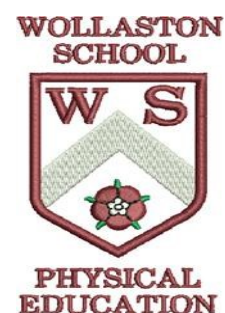
Local primary schools played each other in the annual HighFive netball competition. The tournament was held on the Wollaston netball courts. Leaders from Wollaston helped umpire the games and organised drills for the schools when they were not playing. Well done to Bozeat Primary school Year 5 & 6 pupils who won the tournament.



The Leadership Academy will continue on Wednesday afternoons this half term

Tuesday April 25th	- Primary Tennis tournament (selected leaders only)	4.00pm-5.30pm
Wednesday April 26th	- Umpiring and Referee workshop	3.15pm-5.15pm
Wednesday May 3rd	- First Aid course	3.15pm-4.15pm
Wednesday May 10th	- Northants County Cricket Coach	3.15pm-5.15pm
Wednesday May 17th	- Communications Workshop Ed Reeve	3.15pm-4.15pm
Wednesday May 24th	- District Cricket tournament (selected leaders only)	9.00am-3.00pm
Wednesday June 7th	- Tri Golf workshop	3.15pm - 4.15 pm
Tuesday June 13th	- Irchester Primary sports day (Selected leaders only)	12 noon-2.45pm
Wednesday June 14th	-Tri Golf @ Wollaston (Selected leaders only)	3.30pm-6.00pm
Wednesday June 21st	- Athletic leading	3.15pm-4.15pm
Wednesday June 28th	- Primary year 5 & 6 Cricket Festival Wollaston CC	9.00am-3.00pm

There will also be several local primary sport days that leaders will be invited to.



House System

In the week before 1/2 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 standings across all Years!

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

Football News

Well Done to the Year 8 boys team who have made the district finals. The Year 7 team finished third in the league with 16 points tied with Manor and Sir Christopher Hatton but were third in the table due to an inferior goal difference. Year 7 won their first round of the County Cup with a victory over Thomas Becket Academy, only to go out to Thomas Arnold Academy in the second round.



7-a-side tournaments



Year 9

The Year 9 football team reconvened after their winter break and headed for sunny Manor School for the annual district 7-a-side tournament. The boys went in full of confidence after a couple of strong training sessions and despite an early set-back were quickly into their stride. Led by man of the tournament, Finley McGuckin, the boys went unbeaten in their final 5 matches to lift the trophy and were crowned district champions for 2017. Well done!

Geordie Hylands, Josh Baker, Aaron Brooker, Ben Edwards, Charlie Gant, Reece Line, Regan Aylesbury, Mackenzie Eldershaw, Finley McGuckin, and Sam Coleman.



Year 8

The Year 8 Football team headed to The Ferrers School for the annual district tournament full of optimism after a strong showing in the league. The commitment and dedication of the players over the winter period has been exceptional and they fully enjoyed the 7-a-side format. Despite playing well in all five of their fixtures, the team were unfortunate to only finish in 3rd place overall. Credit to all players who played each game with a fantastic spirit and in the right way.

Sam Tipler, Tom Woods, Keelan Hone, Owen Brooks, Ryan Jones, Ben Hutchinson, Alfie Gee, Spencer Smith, Callum Jenkins, and Nathan Folkes

Girls Active Campaign is at Wollaston!



Last term the Girls Active group met on Friday mornings to discuss the plan of action for supporting and increasing Girls activity levels in School and Community. Many girls applied to be our 'Wollaston Girls Can' leaders as part of the Youth Sport Trust initiative Girls active, and 20 girls from years 9 and 10 were chosen. They have written a survey for the year 7 and 8 girls to gain their feedback on issues ranging from the curriculum provision, kit and extra-curricular provision. Their first meetings have led to a review of a new PE kit, the design of a survey and the collation of ideas for a *Wollaston Girls Can* video. We would like the video to include as many girls as possible in activities outside of school and the idea is to replicate the one seen on TV as produced by Sport England. If your daughter is involved in any activity from jogging to Horse-riding then send us a short video clip of her having fun or working hard! All videos will need to be on CD or USB and handed into the PE department for the attention of Miss Meekcom with her name, form and parent contact details.

RAIR Project

Over the course of this term, 18 Y9 students have had a unique opportunity to be involved with the Youth Sport Trust's RAIR project. The project is designed to raise aspirations and improve resilience amongst young people. The students have had a fantastic time learning from their Athlete Mentor Alistair Patrick-Heseltine, who has led the 3-day course. The students have equipped themselves amazingly well and have shown a level of maturity beyond their tender years. The students now have the opportunity to make a real difference with their own project and Wollaston students will be seeing a lot of this in the weeks ahead.

Alistair was highly rated as a young footballer, playing for Wycombe Wanderers before being spotted by QPR where he starred for the club's Under U17, U19s and reserves. He also spent a spell on loan at Oldham Athletic before a cruciate ligament injury halted his progress and saw him pursue a career in Quantity Surveying instead, playing semi-professional for Northwood at the same time.

Further spells at Helmond Sport in Holland and Bishops Stortford followed before another life-defining moment came in 2006 when playing for Wingate & Finchley. His best friend at the time (and also an ex professional footballer Simon Patterson) died in a car crash in which Alistair was a passenger and also suffered terrible injuries.

Following a couple of months in a coma, and being told he may never walk again, he thought his footballing days were over. But four years later he was contacted by The FA and given details of CP football for Cerebral Palsy or brain injury sufferers. Since then Alistair has played in the CPISRA World Championships for England (scoring on his debut) and in the Paralympics GB team at London 2012; and he has also turned his hand to speaking and mentoring with great effect.

When being appointed as an Athlete Mentor, Alistair said: "I'm eager to make an impact on the lives of everyone the Youth Sport Trust works with. Being able to talk about my experiences and share them with the next generation is so important to me; and this opportunity will allow me to do it effectively. I really couldn't be happier."

Sporting Achievements

Paralympic Silver Medalist football

