

**Sports Education
activities this term**

- Fitness/Team Relays
- Cricket
- Rounders



**After school clubs
following the summer half
term**

Monday

Tennis - all years

Tuesdays

Cricket Boys year 7 –10

Rounders Girls year 7-10

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 5

Summer 2017

Dream Team Racing



Jenson Woodruff has been driving since he was 4 years old and racing since he was 8 years old. In order to race he undertook a practical and written exam to obtain his MSA racing licence.

Jenson drives for Dream Team Racing based in Birmingham with his best mate Zac where there is a healthy competition but a mutual respect for each other on the race track.

He is currently racing Junior X30 Karts with IAME 125cc 2 stroke water cooled engine. He races in the 13-17 years age group. Jenson competed in Little Rissington club championships finishing second last year and more recently finishing second at Shennington race track.

Jenson and all drivers must follow a strict code of conduct to maintain their race licence and have nerves of steel driving at speeds of 70 mph an inch from the ground!

SPORTS DAY—JULY 7TH 2017

All pupils will be competing in trials for Sports Day after half term. Students will select one track event in the trials and the top 12 times will be selected for the Sports Day finals. Students will also select their best field event and their distance or heights will be taken from their PE lessons. This will then gain them house points for taking part and more if they make the top 12 for the day!

The morning will be Tutor group team building events where everyone can earn more house points.





The Leadership Academy received First Aid training by the ambulance service and received a First Aid Certificate. The course covered assessing a casualty, dealing with unresponsive and breathing, unconscious unresponsive and not breathing (including the use of an automated external defibrillator/AED) The leaders looked at what happens when choking, bleeding, shock and burns occur. It also included information on dealing with an emergency, where/how to get help and accident recording and reporting.

Years 5 & 6 Kwick Cricket

The Northants Cricket Association came to School to train the Leaders on how to umpire and score Kwick Cricket games. Some of the Leaders helped run the District cricket tournament at Wollaston cricket club on Wednesday 24th May. There were 16 local Primary Schools. The Leaders worked with coaches from the Northants Cricket Association and Ed Reeves from the Wellingborough and Northants Schools Sports partnership.

The leaders will be running a primary school Kwick Cricket tournament at Wollaston Cricket Club on Wednesday 28th June for all the local primary school. This will involve teams from Irchester, Bozeat, Yardley Hastings, Cogenhoe, Little Houghton, Grendon and Denton.



The Leadership Academy will continue on Wednesday afternoons this half term

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	- Athletics Leading or Goal Ball	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 School Sport days that Leaders will be invited to by letter.



Netball News

Years 7 & 8

Both the year 7 & 8 Netball team have been playing fixtures against schools in the district. All players have played with integrity, passion, and won most of their games. Well done!



Abbie chambers, Eloise Crocker, Shelby Bamford, Sophie Parker, Tillie Reeves, Abbie Chambers, Jess Moody and Hannah Rust.



Georgia Murphy, Holly Parbery-Smith, Megan Thompson, Evie Pitcher, Olivia Downes, Penny Stevens, Charlotte Briggs, Jess Evans, and Katie O'Neil.

Year 9

The Year 9 Netball team came top of the district league this year, which automatically put them in the District finals, held at Manor School on 25th May. It was a scorching afternoon but this only spurred our girls on, not just winning, but smash Manor School 16-3! Manor barely got a chance to get the ball past centre third without Summer West intercepting, and on the rare occasion that they did, Sophie Hooper was a brick wall as GK. 'Fly like a butterfly, sting like a bee' is certainly appropriate for describing Emily Sierra-Pendergrast as C, strong as an Ox, light as a feather! And we can't not mention Alana Wright's magic hands as GA, always in the 'Wright' place at the 'Wright' time.

It was a pleasure being with these lovely girls, well done year 9!

Team: Sophie Hooper, Katie Turland, Summer West, Emily Sierra-Pendergrast, Ellen Smith, Layla Beale, Alana Wright and Izzy Young.



Year 11



Year 11 Netball district final against Huxlow @ Manor on Thursday 25th May. The girls won 22-4! Their commitment during their time in school has seen them win the District Finals 3 times!

They all played with such passion even with a pending English Literature exam the next morning.

The PE department are very proud of them and I hope they continue with their sporting achievements into Sixth Form.

Lily Gavin (Captain), Ella Gurr, Emily Davis, Ellie Hillyard, Hannah Smith Jace Wright & Harriet Tuggle. Alice Cronin and Kennedy Newell who played every game to get the team to the final, but couldn't be there.

Diet of Champions !



GCSE PE Year 11 students had been revising topics ready for their exam on 19th May. Last week's topic was 'Diet'. Students brought in a range of breakfast items which were categorised into the 7 components of a balanced diet. We had porridge with fruit and a range of seeds/nuts, which we named the Breakfast/Brunch of champions!

Let's make sure you have this sort of breakfast the morning of your exams to fuel your brains!

Good Luck year 11's!!

archery GB
Big Weekend
Come and try Archery!
Perfect activity for the whole family
All equipment provided
No experience required

Join in and bring your friends and family

Name: **Wellingborough Open Archery Club**
Date: **Sunday 18 June 2017**
Location: **Old Grammarians Sywell Road, Wellingborough**
Times: **2 - 5 pm**
Contact: **John Marshall** Phone:
E-mail: **chairman@woac.co.uk**
Website: **www.woac.co.uk**
Notes:

www.archerygb.org/bigweekend
f Archery GB @archerygb

In partnership with

Football News

The Year 8 Football team were in action for the final time this season as they took on Weavers School in the final of the District Cup. Having fought a very close game in the league it was destined to be a similar type of match this time as both sides saw plenty of the ball. Both teams defended very well and ultimately cancelled each other out but it was Weavers who got the all important goal early in the first half. Wollaston kept their shape and their discipline and were very close to an equaliser on several occasions but the Weaver's defence stood firm and shutout all of our attacks to keep hold of their 1-0 lead to lift the trophy. Full credit to all the players involved who were excellent, not only on the day, but throughout the season. Hopefully it will be 3rd time lucky next year!



Sam Tipler, Jack Parsons, Nathan Folkes, Keelan Hone, Alfie Gee, Tom Woods, Luca Needham, Louie Murphy, Ben Hodson, Ben Hutchinson, Ethan Day, Spencer Smith, Owen Brooks, Ryan Jones, Woody McDonnell, and Sam Johnson.