



The Physical Times

What a superb term of sport and physical activity at Wollaston School this Autumn! Students participation and engagement has been excellent. All year groups have been attending in large numbers, to the numerous clubs and fixtures that have been regularly offered throughout the term. This has included Football, Netball, Rugby, Basketball, Badminton, Trampolining, Running and Cross Country, fitness and physical training, Table Tennis and also Leadership academy and Archery Club

As a PE department, we have been delighted with the number of students attending the sport provision on offer. Attendance to clubs is always recorded and on one particular week, just over 260 different students attended a sporting club or fixture.

Part of our celebration of sporting success and participation is going to lead to the end of the Academic year and Sports Awards.

Students will be recognised for not only their exceptional performances in fixtures and games. They will be recognised also for their continued and sustained attendance and commitment to their school sporting activities and clubs.

Sports Awards

Full and Half Colours

The Sports awards will also include “Half Sporting colours” and “ Full Sporting Colours”. Students in year 7, 8 and 9 will be eligible to receive Half Sports colours; if they demonstrate a high level of performance and sustained commitment to the sports and activities at Wollaston School. Students that participate in activities outside of the school and are involved in clubs outside, will be very welcome to share their success and performances to achieve and be recognised within the Half or Full Colours awards. Curriculum PE lesson performance and attainment, will also be considered. This will include the Leadership club and support of the Primary School competitions also throughout the year.

Students Wishing to achieve the “Full Colours” will be recognized as a sportsperson of high performance in their chosen sports and activities. They will compete at a high level and be at County and regional level. Students that show a huge level of commitment and performance over a long and sustained period of time and have achieved the “Half Colours” also ; will be considered for the “Full Colours” award. **NB** *This year will see some of these awards retrospectively awarded; those students who couldn't participate in school sport due to lockdowns and restrictions, but had previously shown a high level of commitment to the schools sport. Mr Bennett Head of PE faculty*



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NETBALL REPORT:

The Girls of Wollaston School have had a fantastic term of Netball, with some representing our school for the first time. Every Wednesday approximately 60 girls have committed and attended extra-curricular club, allowing them to forge strong bonds as a team, whilst making brilliant progress. Our year 9 and 10/11 team's have competed against: Rushden Academy, The Ferrers, Manor, Wrenn and Huxlow. All of the girls have played incredibly well throughout these fixtures, demonstrating brilliant teamwork, resilience and tactical awareness. The final scores have been reflective of this, with many of the fixtures ending in strong wins.

Next term we have numerous other friendlies organised against Wellingborough School and Sharnbrook, including teams from year 7 through to sixth form!

Miss Cattell and Mrs Elmes



Year 10 Football has gone from strength to strength in recent weeks, with a 6-0 and a 5-1 win in the county cup which has led them to a quarter final place awaiting opponents...

Some outstanding play from the back four has been the base of a solid squad which has allowed the midfield to push forward and create more opportunities for those up front and with the holding midfielder who is able to sweep up anything that comes their way and also get on the scoresheet with some 'Beckham-esque' freekicks this squad is full of potential. This squad of players will only improve the more they play together and their sportsmanship and ability to give all for their mates and the school is second to none and they should be proud of their efforts

Year 7 Football Team

The year 7 football team has been a huge success this year. We have had at least 30 pupils at every training session which has meant that the training has been highly competitive and very enjoyable. The boys have made some brilliant progress in their football ability and have started to learn to trust each other and play as a team. We have had some unlucky results in the National and County Cup but have had a strong end to the year beating Northampton School for boys in a friendly where the boys played brilliantly. I have high hopes for this year's football team and hopefully will go on to do some incredible things next year and in their time at Wollaston School.

Mr Crook

Trampolining Club

We are very fortunate to have three new members joining the trampoline afterschool club. Activities such as the trampette and spring



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Year 9 Rugby

The Year 9 rugby team made a superb start to the season and their fixtures with a superb performance over Sharnbrook School. Both teams played a fast and expansive game which created space and lots of attacking opportunities. Some superb physicality, tackling and excellent rucking; meant that Wollaston overcame their opponents and scored regularly in the second half. We have been lucky this year as a large majority of the team have had additional support in their rugby PE lessons from the Regional Development Coach of Northampton Saints. It is also a particular highlight that several boys have now progressed to the Development Player Pathway within the local area and are now performing at this higher and possibly representative level. More fixtures and games will be played after Christmas and we look forwards to this. Mr Bennett

Year 11/Year 12 U17 Football Team.

What a game and what a performance. Wollaston School went to Northampton Boys School and were ready to play as soon as they arrived. Their warmup was purposeful and from the very first kick of the ball it was clear that Wollaston were up for the game. Northampton Boys scored first with a breakaway goal which only caused renewed focus and motivation for the players from Wollaston. Throughout the game the team were able to pressure their opponents and their speed to the ball really troubled them. Eventually after a wayward shot on goal Wollaston eventually broke through and scored. Wollaston now had the game where they wanted it and really passed it well between themselves. This was a game where all the players involved contributed in a very positive way and it led to a 4-1 victory for Wollaston. This was a rare win against a traditionally strong sporting school and one that the players and Mr Jackson



Year 11 Football Team.

The boys were involved in a superb match against Guilsborough school. This was both dramatic and exciting with the Wollaston boys coming from behind twice to eventually win the game. Their most recent fixture however was quite a challenge and their opponents playing some exceptional football at times meant that Wollaston were knocked out of the County Cup. We have been delighted with the players and their organisation and support of the schools football team. There will be more fixtures and playing opportunities after Christmas also. Mr Jackson.



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Cross Country Running

Mr Carey

During this term the PE department have arranged several opportunities for pupils to complete in Cross Country events including:

- Interhouse Competition
- District Schools Cross Country
- English Schools Cross Country Cup

We have had some outstanding achievements and the PE department would like to share our successes with parents, tutees and the staff of Wollaston School to celebrate these pupils.

District Schools Cross Country @ Croyland Park

218 pupils from Wellingborough and East Northants District competed in this year's District Schools Cross Country.

The event took place at Croyland Park and competitors had to deal with some challenging conditions, including steep inclines and inclement weather.



English School Cross Country Cup Round 1 @ Abington Park

Wollaston School entered into Round 1 of the English Schools Cross Country Cup to compete against other Northamptonshire Schools. This was the first Cross Country fixture of the season and included both Junior Boys (Y7 & Y8) and the Junior Girls (Y7 & Y8). The fixture was organised by Northampton Boys School (NSB) and took place at Abington Park on Wednesday 1st November. The top 3 schools qualified for the Regional Finals.

The Junior Boys completed a course that was 2.8km and Junior Girls was 1.8km, both included steep inclines and a varied terrain. The Junior girls were the first race on the programme and set off at midday. Iona Ellwood set the early pace as she took to the front and attacked the first uphill section, followed by the rest of the field. The whole team worked incredibly hard. The overall team score was taken from the top 4 athletes finishing positions with Wollaston scoring 31 points and claiming 3rd place overall to qualify for the Regional Finals. The Junior boys followed shortly after and again dominated from the front with Laike Favier and Oli Carter clear leaders after the first lap. Once again we had a really strong performance from all pupils with the final standings reading; Oli Carter (1st), Laike Favier (3rd), The team score was 31 points and qualified in 2nd only a handful of points behind NSB.



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Year 7 rugby

The team have been training and developing their skills this term and eventually were ready to play a game against Sharnbrook School. They had a development and practice match against Wrenn School and then were ready for the next match. Some of the team had never played a game before and it took a little bit of time for them to settle into the Sharnbrook game. However after 10 minutes the boys really started to play with some excellent tackling, running with the ball and in particular some great off loads. Some outstanding work from Wollaston enabled the team to start to dominate Sharnbrook school and by the end of the match; Wollaston were the slightly superior outfit. What was even more impressive is that Wollaston played all their players without rest and battled all the way to the end. What a great way to finish the term and well done for all year 7 players for attending training and playing so well. Brilliant year 7.

Mr Bennett

Year 9 Football

The year 9 boys football has training with Mr Kirk has been well attended on a Tuesday afterschool. Year 9 played Welland Park in the national cup lost 6-0 away in their first match of the year. They then played in the county cup and after a bye against Weavers school, they beat Northampton Academy in the quarter finals 2-2 (3-1 Penalties) with Yogi Pateman saving twice to put the



Leadership Academy

The Sports leaders have also run a multi skills festival at the Pemberton centre for Ks1 pupils. There were 10 schools from the local area. The students lead warm ups for the primary students. Then ran a series of multi skills activities for the KS1 Pupils. This was a district tournament for the Northants school sport partnership with Ed Reeves in charge.

The Leadership academy ran a Badminton skill tournament for four local primary school. Irchester, Bozeat, Cogenhoe and Little Houghton all attended. The leaders had been trained to run 5 different badminton skills challenges. Each school had 8 students in a team who tried each challenge twice and their best attempts were counted towards the team scores.





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Year 11/Year 10 Rugby Team.

The Year 11 rugby team that had the help of the year 10 lads, played a brilliant game recently against Sharnbrook School. They were first to the breakdowns and won several turnovers. The Wollaston players were ruthless and highly effective in their tackling and Sharnbrook were a little stunned by the constant onslaught of their Wollaston opponents. It was really pleasing to see the way in which the more experienced players took charge of the teams positional and tactical decisions and were this led to a very well drilled and positive performance. It is hard to generate good phase play in rugby. Wollaston for brief spells really put this together and with several phases combined were able to overpower Sharnbrook. A superb performance and we look forwards to the next round of the County Cup. Mr Bennett

Girls Football

The girls football club has had a brilliant turnout with numbers only increasing throughout the first term, even when had multiple fixtures cancelled this didn't knock any motivation and they still arrived every Tuesday. The year 7/8 had some fixtures at the beginning of term which was amazing experience for them as it was the first time, they had ever represented the school in a fixture. When coming backing back from that match the girls came back with more determination than ever. We all came together every week and chose together what we should work on, bringing in things from any of their clubs outside of school with new drills or ideas, some of them even taking them back to their clubs and some of the older years coming with more experience in competitive games helping the younger girls improve further. A standout student throughout has been Freya Lavelle-beech who has been a real role model for all the students and helped whenever it was needed. Well done to all the students for attending training and always trying there best. Thank you, Miss Brown.





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Trampolining Club

We are very fortunate to have three new competition grade trampolines at Wollaston School and students from key stage 3 and 4 have been enjoying the trampoline afterschool club. Students have been learning basic and advanced skills on the trampoline and using other pieces of apparatus such as the trampette and spring boards. It has given the younger students an opportunity to work with the older students and learn new skills from them. They have all improved their own performance and have gained more confidence and are able to coach others in the club.

Invitation Club

We have introduced a new lunchtime club this year which allows pupils to come along and enjoy sporting activities that are not usually taught in lessons. Students have been able to do archery, Bocha, curling, goal ball and sit down volleyball. The students are invited along by teachers so they can meet friends, try new activities and generally improve their communication skills and increase self esteem. The club has been a huge success and student numbers increase week on week. This club will continue in the new year on a Tuesday lunchtime, so if your child would like to come along they are very welcome to just turn up.

Thank you so much for all of your efforts and super commitment to the Sports activities and teams and clubs this
Term.

Merry Christmas from the PE department and we can wait
for the new year to begin!!