

Physical Education

Thank you to all students who have attended PE clubs this term and worked really hard to learn new skills and tactics, which has resulted in great performances in matches, competitions and tournaments. Here are a snippet of some of your successes.

HOLLAND SPORTS TOUR

We had the pleasure of taking 90 students to Holland on sports tour in the Easter break. We had great time training and playing new opponents in hockey, netball and football. We also enjoyed activities such as tobogganing, laser quest and visiting local restaurants.



A special congratulations goes to the Y8/9 A team won the end of tour tournament in a tense final against Sir John Lawes school by 1 goal!

Congratulations to Sophie G, Elyn F, Phoebe H, Lauren R, Lucia H, Audrey C, Isabella H & Madeleine B on a fantastic season.





ATHLETICS

Congratulations to the County Athletics teams who made it to the finals and competed against the top 8 schools in the County. They showed real determination and perseverance on what was a warm day and the U16's finished in 7th and the U14's finished in 2nd. A massive well done to you all for an amazing season and all your hard work and dedication!



We also sadly say goodbye to some of our Year 10's (Neve, Millie, Bryony & Charlie) who have competed in the County League for the final time this year. Thank you for your commitment to the team and for being such amazing role models to our younger students coming through.

Congratulations also to those of you who competed in the District Athletics League this season and even though it was a bit of an unpredictable season due to the weather we still put in lots of brilliant performances resulting in Year 7 coming 2nd and Year 9 coming away as League winners. Fingers crossed for better weather next year!

TENNIS

A great turn out to tennis club this year, resulting in clear improvement in skills and match play, and some good tournaments at club. Well done to all students who participated in tennis fixtures! Some great tennis was played!

We had some brilliant results in the Nicola Mabbitt Tennis League with the U14 and U15 coming 2nd.



A huge congratulations to the U13 team who came 1st and went through to represent North Hertfordshire in the final and after an extremely hot day of competing came a very respectable 4th place.

We also had lots of fantastic results in the District League with all Year groups becoming District Champions!

Well done to everyone for a brilliant tennis season.

Wimbledon Trip

Miss Jacobs and eight of our school tennis team enjoyed an amazing day of tennis on court one at Wimbledon.



They even managed to get a sneak peak at Djokovic warming up before his match!



ROUNDERS

Year 7 & 8's has had a highly successful term of Rounders.

They played superbly in their tournament and are the new District Champions! Amazing result!

Well done to everyone that took part and also to students that played in previous games throughout this term.



CRICKET

U13's and U15's played in Chance to Compete cricket tournaments. Both teams played exceptionally well with the U15's winning the tournament and going onto represent Hertfordshire at the Regional finals. The team put out a really strong performance and showed real grit and determination throughout the day and finished a fantastic 2nd place. What an exceptional achievement and a brilliant season. Thank you also to Mrs Powell for coaching and helping the team this season.



SPORTS LEADERS

Well done to the Year 12 Sports Leaders who organised and ran a Jungle and Multi sports themed for 200 primary school children. Thanks also to the Year 10 leaders who helped to run the activities. It was a huge success and the leaders were a real credit to the school. Thank you for all your hard work over the last 3 years!



TRANSITION CLUB

We ran Transition Club again this summer where our upcoming year 6 students were invited to come and experience high quality football and netball coaching. A number of our year 10 & year 12 leaders have been involved in this programme, supporting the lead coaches. Well done to Sadie R-H, CHARLIE.T, ELSIE B, MOLLY B, MYA B, ANNA S. Thank you to Miss Gooderham and Miss Froud for working with Mr Jennings to deliver this programme.

GYM AND DANCE DISPLAY

The Gym & Dance Display was a great success this term with approximately 200 students performing. Many of the pieces were choreographed and groups coached by students themselves. Well done to all involved. Thank you to the young leaders who contributed; Freya B, Esme S, Lily B, Freya W, Isabelle W, Emily H, Emily T, Bryony H, Helin Y, Evie W, Emily H. Thanks to Bethany D-G and Tilly Mai S for running the lighting.



SPORTS AWARDS

Last week we came together to celebrate the commitment, progress and achievements of the students in sport & physical activity this year. It was so lovely to see all that you had achieved in what has been an extremely busy year of sport. Your commitment and dedication to sport at HGS this year has been overwhelming and we thank you all for hard work and for being such amazing ambassadors for our school.



Y7 SPORTS COLOURS		
Tabitha C	Audrey B	Sienna B
Anya G	Rebecca H	Daisy B
Ella J	Ottoline M	Elena K
Elizabeth M	Emily M	Freya K
Anya O	Molly R	Hatty N
Bethany R	Amelie R	Harlyne W
Pippa W	Viva T	Elsa B
Lizzie M	Hetty W	Mila B
Issie P	Gowri K	Poppy H
Olivia Q	Poppy F	Daisy S
Amrit R	Ciara M	Jasmine B
Ruby R	Ayla A-C	Alba C-W
Nylah S	Lexie B	Chloe M
Niamh T	Holly C-K	Gaia M
Lily F	Charlotte D	Lili A
Elena G	Charlotte G	Frankie G
Hannah J-R	Ellice H	Navya S
Abbie L	Alice R	Annabelle S
Elizabeth P	Jophiel T	Iris A
Renee W	Fara A	Astrid C
	Chloe B	Nancy C
	Evelyn C-C	Marianne G
	Florence F	Aariya D
	Elsie J	Raifa R-M
	Melody L	Jessica T
	Charlotte M	Chloe P-B

Y8 SPORTS COLOURS			
askia B	Suraya E	Eve M	Melody C-P
lorence B	Abigail H	Eva M	Joanna H
eronika M	Ava M	Beth C	Orlagh L
licol D-M	Harriet N	Elizabeth C	Shriya M
lilly K	Isla R	Amelie K	Isabella R
lice P	Molly R	Ellie-Rose M	Seha A
sabella P	Evie W	Maria R	Sophie B
illie S	Amelie C	Grace S	Neve C
ucy W	Delilah E	Haysan S	Elsie M
lda A	Lexie F	Lola S-T	Alina Struzik M
imily E	Scarlett H	Helena S	Esmee D
lyn F	Tilly B	Ailie B	Lanie I
lora G	Rosalie B	Milly H	Scarlett H
imma H	Lily C	Zoe H	Sophie J
ily L	Amelie F	Myreen I	Nandi I
imma P	Lucia M	Milly C	Delilah E
leanor S	Catherine M	Eden N	Lexie F
ila S	Holly S	Izzy S	Violet S
tebecca W	Darcie E	Bella B	Dyal R
lmy W	Phoebe J		
illie W	Isla M-B	Imogen C	
Ellie F	Matilde N	Summer L	
	Megan U	Jessica P	
	Melisa Y	Amy R	
	Bonnie D		

Y9 SPORTS COLOURS

Millie B
Ines C-G
Daya N
Hannah P
Lauren R
Grace W
Ksenija A
Elana B
Lisara D-S
Sarah H
Lily K
Teya S
Emelia W
Alice W
Tilda B
Grace B
Poppy C
Lily D
Lucia H
Ivy K
Heather M-H
Lauren P
Isla S
Lottie W
Amelia D
Madeleine B
Alice K

Alexia B
Tabitha H
Ella K
Amity L
Anna M
Isla N
Lowri T
Izzy W
Audrey C
Esmee E
Bella G
Annabel H
Claudia P-B
Amber R
Olivia S
Jess J
Clemie P
Deeys P
Daisy W
Poppy H
Bethel I
Lucy P
Milena Z
Emily A
Allegra B
Sargun B
Emily B
Natasha C
Isabella H
Phoebe H
Halle M
Seren U

Aksheka B
Sachi B
Ivy B
Kitty H
Izzy K
Ariana L
Lottie N
Mathilde R
Annie T
Charlotte W
Ava E
Emily G
Haviya T
Athena W
Abi A
Poppy G
Matilda G
Jemima H
Sophie J
Addie T
Helena W
Hannah B
Izzy D
Eve B
Abbie C
Sophie G
Daisy M
Rosie R
Susie C
Eva H-B

Y10 SPORTS COLOURS

Ilona A
Millie C
Alethea D
Imogen M
Neve S
Brooke T
Eva W
Isabelle A
Agnes F
Emily H
Jessie I-W
Jessica M
Keya M
Emily T
Libby T
Elsa V
Emily W

Yvie A
Olivia B
Izzy E
Maisie G
Islam H
Sophie P
Ellie P
Georgie S
Ester G
Alex W
Bryony H
Emily H
Abigail H
Serena L
Jessica P
Bea T-W

Lilly H
Lily K
Phoebe N
Eva P
Isobel R
Anna S
Maddie W
Florence W
Esme H
Ella P
Ellie R
Rosie S
Charlie T
Zurie L
Emily W
Tilly W

Y11/SENIOR SPORTS COLOURS

Molly B
Mirelle R
Alice L
Florence H
Isabel D
Florence F
Sarena S
Erin P
Leni W
Evie W
Helin Y

Amelia B-R
Isobel C
Rosie C
Eva H
Myrtilia M
Kate R
Alexandra R

Amelie S
Elodie D-C
Freya B
Lily B
Jess F
Chloe M
Milly W

HGS Values in Sport Awards



	Kindness	Respect	Aspiration	Positivity	Perseverance
Y7/8	Emma H	Amelie F	Nancy C	Olivia Q	Daisy B
Y9/10/Senior	Clemmie P	Madeleine B	Isabella H	Addie T	Neve S



Performers of the Year

	Football	Netball	Hockey	Swimmer	Trampolining	Dance	Gymnastics	Rounders/Cricket	Athletics	Tennis	Cheerleading
Y7/8	Abi H	Elyn F	Lucia M	Charlotte D	Ellie-Rose M	Lily L	Elizabeth C	Ava M	Haysan S	Tabitha C	Helena S
Y9/10/Senior	Aletha D	Sophie G	Lottie N	Leni W	Freya W	Lowri T	Maddie W	Rosie R	Phoebe H	Brooke T	Emily G



Team of the Year

Y7-9 Trampoline Team



Bonnie D (Year 8)
Florence F (Year 7)

Isabella H (Year 9)
Daisy M (Year 9)



Team of the Year

U16 County Athletics Team

Neve S
Millie C
Bryony H
Charlie T
Isabella H
Phoebe H
Ivy K

Natasha C
Lottie N
Abi A
Lucia H
Hannah P
Daisy W



Y7/8 Sports Personality of the Year

Bethany Reynard



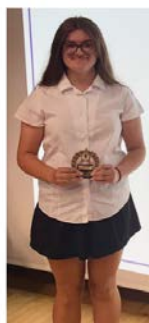
Y9/10/Senior Sports Personality of the Year

Hannah Powell



Level 1 Sports Leader of the Year

Anna Seale



Level 2 Sports Leader of the Year

Molly Baker



Young Leader of the Year

Freya Willoughby



SPORTS DAY

A huge congratulations to everyone who took part in sports week, the competition was particularly fierce this year!

Winners Y7 = 7J

Winners Inter = 8T

Winners Senior = 10A

Overall House Trophy = Bronte



DUKE OF EDINBURGH AWARD

Over 2 weekends in June 100 Year 10s completed their DofE Bronze expedition. They walked approx. 25km over the weekend, although some walked much further due to getting lost! They then spent a night under canvas having cooked their meal on camping stoves.



INDIVIDUAL ACHIEVEMENTS

Gladys E- Fencing

British Youth Championships

Gladys represented South East England, and came 35th in the country and is ranked 43rd in the UK U14's



Alice P - Artistic Swimming

Swim England National Championships

Alice's team won the gold medal for her age group category.

A great achievement due to the many hours of training every week and commitment!



Gracie M – Football

Gracie's team came 2nd in the Hertfordshire U12s securing promotion.

She scored 17 goals across the season make Gracie top goal scorer.



Sarena S - Athletics

SEAA Championships & Miles of Miles

Sarena finished 4th in the U18 Miles of Miles competition and 7th in the SEAA Championships U18 1500m.



Dance

Jaime S (Y12), Tilly G (Y11), Mimi T (Y9), Amity L (Y9), Zara P (Y9) and Isabella (year 8)

Will be representing Team England at the Dance World Cup in Dublin.

Good Luck

Isabella H- Trampolining

Trampolining Inter-Regional Finals

Isabella represented Team East and won her category against all of the other regions in the UK.

Congratulations



Lauren P, Halle M, Kitty H, Sophie J - Football

Hertfordshire FA County Cup

They won the Hertfordshire County Cup 1-0 with Hitchin Belles U14 Blues and also won the Hertfordshire FA Senior League Cup.

Well done all those who played.



Haysan S – Athletics

Hertfordshire Schools Championships

Haysan came second in the 1500m

Miles of Miles

Won her age category - congratulations.

SEAA Championship

Haysan qualified for the 1500m finals with a time of 4.59



Charlotte D - Open Water Swimming

East Region Open water 2k

Charlotte did an amazing swim coming 2nd in her age group in the region and qualified for the Nationals.



We are sadly saying goodbye to Ms Ladd who has been covering Mrs Gales whilst she has been on Maternity leave. Thank you for everything you had done for the department and the students. Good luck in your new job!

I would also like to take this opportunity to congratulate Miss Gooderham who has been completing her PGCE teaching training with us this year. She has done an incredible job and has brought so much to the department, not least her amazing football skills. We look forward to her returning in Sept!

We will also be welcoming Mrs Gales back after October half term and are excited to have her back with the dream team once more.

Have a fantastic summer and well-deserved rest! Well done for all you have achieved this year. We look forward to seeing you at clubs again next year.

Look out for the new extra-curricular timetable on Google Classroom in September.