

Physical Education

Thank you to everyone who has attended 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 is a snippet of some of your successes.

SPORTS LEADERS:

Well done to our Level 2 Sports Leaders who have taught sessions at Whitehill Junior School. The feedback has been very positive, especially when you had to lead and keep pupils happy in the wind and rain.

TRAMPOLINING:

There were lots of success and great performances at the East Region Schools' Trampolining competition, held earlier this term at HBS. 3 teams and a number of individuals qualified for the next round of the competition.



Year 7-9 Novices put in some great performances in their first competition for the school.

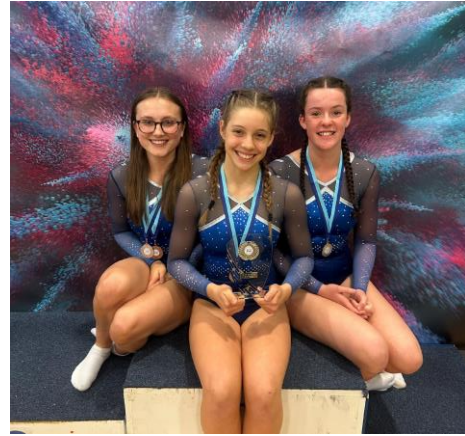


Year 7-9 Advanced were team champions. Bonnie was crowned individual champion and Daisy also qualified in 4th.



The Year 10-14 teams all won medals and trophies.

The Elite team finished 2nd overall and the Advanced team are now champions. Mirelle was also individual champion and Eve, Lily and Harriet qualified in top 5 positions.



NETBALL

It has been wonderful to see so many of you attending netball training regularly this term. You have been a pleasure to coach. Please find the details below of how we have performed at friendly tournaments and in league matches over the Autumn. Next term, there will be medal tournaments to look forward to as well as the continuation of the league.

FRIENDLY NETBALL TOURNAMENTS

Y7 Navy - 5th
 Y8 Navy - 1st
 Y9 Navy - 3rd
 Y10 Navy - 1st

Y7 Yellow - 10th
 Y8 Yellow - Joint 5th
 Y9 Yellow - Joint 7th
 Y10 Yellow - 10th

Well done to all who played in the friendly netball tournaments at The Priory School this term. Thank you to Evie H and Maddie P in year 12 for attending to umpire and score. This provided lots of extra students with the opportunity to compete.





SENIOR NETBALL TOURNAMENT



Y7-Y10 NETBALL LEAGUE

The netball teams have been performing very well in the league which will continue in the Spring term. Well done to all who have represented so far.

<p>Year 7 Y7 vs St Chris 9-0 W</p>	<p>Year 8 Y8 vs Fernhill 14-5 W Y8 vs Priory 29-6 W Y8 vs SFC 14-5 W Y8 vs KTS 19-1 W</p>
<p>Year 9 Y9 vs St Chris 15-3 W Y9 vs Priory 17-2 W Y9 vs KTS 4-3 W Y9 vs Fernhill 14-3 W</p>	<p>Year 10 Y10 vs Priory 5-7 L Y10 vs KTS 8-5 W Y10 vs SFC 7-3 W</p>

Well done to all of the students who were selected as Player of the Match at either a league game or friendly tournament this term;

Year 7 - Chloe T, Lucia M

Year 8 - Phoebe H, Ella K, Sophie G, Audrey K

Year 9 - Ellie R, Lilly H, Alexandra W, Bea T-W

Year 10 - Molly B, Nia K, Tilly M

DISTRICT CROSS COUNTRY

Congratulations to all those who took part in the District Cross Country Competition, we came away with an incredible set of results;

Y7 - 1st

Y8 - 1st

Y9 - 2nd

Y10 - 1st

Senior - 1st



We also had individual medallists which included Haysan S (1st - Y7), Evie W (3rd - Y7), Neve S (2nd - Y9), Sarena S (1st - Y10), , Juliet A (2nd - Y11). Well done all!



BADMINTON

U14 & U16 teams came 2nd in their respective tournaments. Well done to all students! There were some fantastic performances.



HOCKEY Y7 DISTRICT TOURNAMENT

A huge congratulations to the Year 7 Hockey team who have been completely undefeated so far this season and finished 1st in their District tournament-well done!!



HOCKEY Y8 DISTRICT TOURNAMENT

A huge congratulations to the Year 8 Hockey team who have also been undefeated so far this season and also finished 1st in their District tournament-well done!!



FOOTBALL

Congratulations to the Year 7 & 8 Football teams who recently took part in the Utility cup. Everyone played really well and the standard was extremely high with the Year 8's narrowly losing 1-0 in the semi-final. Well done to all.



FRIENDLY FOOTBALL TOURNAMENTS

Students have been participating in friendly football tournaments at The Priory School this Autumn. We are looking forward to giving students the opportunity to play in medal football and futsal tournaments next term. Well done to all who have played. Thank you to Mr Jennings for coming in to run training sessions this term also.

Y7-Y10 FOOTBALL LEAGUE

Year 7 Vs KTS 2-0 W Vs TPS 2-0 W Vs Highfield 1-0 L	Year 8 Vs Highfield 3-1 W Vs KTS 4-0 L Vs Highfield 3-1 W
Year 9 Vs TPS 5-1 W Vs KTS 1-1 D	Year 10 Vs SFC 10-0 W Vs KTS 5-0 W Vs Highfield 0-0 D

The football teams have been performing very well in the league which will continue in the Spring term. Well done to all involved!

CHEERLEADING

Well done to all that auditioned for the first ever HGS cheerleading team. We are pleased to announce we have 2 teams that will be performing in the Gym & Dance display in the summer term. Well done to Young Leaders Mirelle and Harriett for their work in coaching the skills involved and coming up with exciting choreography.



Congratulations to all who made it on to team Midnight:

Isabella H, Jemima H, Matilda G, Lily K, Emilia W, Poppy C, Bethany D-G, Tilly S, Rosie C, Ines C-G, Mirelle R, Millie B, Libby T & Amber R.

Congratulations to all who made it on to team Royals:

Poppy H, Charlotte S, Lillie H, Alice W, Hannah P, Fareeda S, Violet P, Allegra B, Alana B, Emily G, Amber R, Phoebe H, Ivy B, Sarah H, Mae G, Abbie C, Lola P & Amber R.

DANCE COMPANY

Congratulations to all who auditioned. The standard was very high. Miss Connolly is pleased to announce the names below will make up the company for 24-25 and will be involved in performances at prestigious venues in the terms ahead:

Tabitha H, Amity L, Georgie S, Libby T, Erin P, Kyrah D, Lauren M, Matilda K, Lottie M, Lucy B, Daisy M, Freya W, Elodie LC, Freya B, Lily B, Jess F, Bibi W.

ADVANCED GYM

Congratulations to all who auditioned. The standard was exceptional. We are pleased to announce the students below made the team and will be performing in the Gym and Dance display in 2025. Thank you to Miss O'Leary who has returned to coach this club this term.

Bonnie D, Bella K, Ellie-Rose M, Grace S, Violet S, Elizabeth C, Matilde N, Amelie G, Daisy M, Annabel H, Matilda G, Jemima H, Libby T, Emily T, Maddie W, Esme H, Emily H, Lauren M, Flo C, Layah M, Amelie S, Jessica F, Lily B, Rose B & Sophie B.

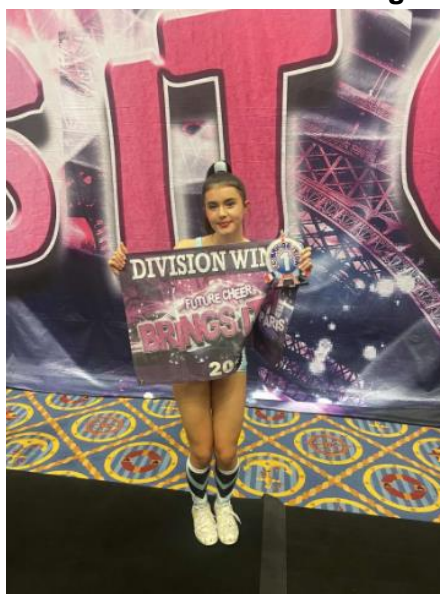
INDIVIDUAL ACHIEVEMENTS

Lyla T-W - England Hockey Talent Academy



Lyla was one of the youngest selected to attend assessment sessions for the England Hockey Talent Academy. She has also been selected to play for the Hertfordshire County Squad. Well done Lyla.

Mirelle R - Future Cheer - Bring it On



Mirelle travelled to Disneyland Paris to compete at the Future Cheer competition. Her team

finished in 1st place and went on to win the summit bid to compete in America in 2025. Congratulations Mirelle!

Saghana T - Badminton



Saghana attended an award ceremony in Slough and was nominated for sports excellence and impact award. 2 years above her age group She has also been selected to represent England for the u19 World Junior in China. Amazing achievement Saghana.

Ellie-Rose M - Luton Acro County Competition



Ellie-Rose came 1st in the Grade-4 Pair Acro Routine. This was Ellie-Rose's last time competing as a pair as she will be moving on to a Trio. Congratulations Ellie-Rose!

Elizabeth C - Luton Acro County Competition



Elizabeth won 1st place in the Trio Routine. Congratulations Elizabeth!

Amy W - County Gymnastics Competition



Amy came 2nd of Beam, 1st on Vault and 4th Overall. Well Done Amy!

Jilystia C - Inter Regional Championships Taekwondo



Jilystia represented the England South Region winning gold in both the individual and mixed combo pairs. She then went on to win the overall Regional trophy beating Scotland, Wales and Northern Ireland. Well done Jilystia

Miss Froud - Masters

Congratulations to Miss Froud who has achieved distinction in her masters. Some of you may have helped by being involved in her study in the summer term - thank you.

Closing Message

A new timetable for extracurricular PE will be shared with you via Google Classroom for the Spring term when you return. Details of revision sessions for Y11 GCSE PE and Dance students will also become available. The team looks forward to seeing you at lunch and after school. We hope you have a lovely Christmas break and we look forward to welcoming Mrs Gales back in the new year.

Miss Shaw & the PE Department