

## 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. We have lots of success to celebrate.

### 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:

Zonal round (Hinckley) - all teams finished as Zonal champions and qualified for the National finals.



Mirelle, Lily and Daisy all achieved top 5 finishes to qualify for finals as individuals. Bonnie was Zonal champion.



National Finals (Derby):

Y10-14 Elite team (Eve, Chloe, Izzy) finished 3rd.

Y7-9 Advanced team (Bonnie, Daisy, Sarah) finished 2nd.

Y10-14 Advanced team (Mirelle, Lily, Rowan) crowned National Champions!

Mirelle also finished 3rd individually.



Well done to all involved.

## SPORTS HALL ATHLETICS

Well done to those Year 7 and 8s who participated in the Indoor Athletics competition.

Year 7s won and were invited to compete in the county competition where they came 6th.



## CROSS COUNTRY

In the Schools County Cross Country Championships, Haysan S, and Harriet N (Y7), Hannah P and Lauren P (Y8), Neve S (Y9), Sarena S, Hannah C, Indiya Q, Emily H(10), Juliet A and Anouska B (Y11) all produced very creditable performances.

The outstanding performances of the day were:

Haysan S (Y7) who finished 9th in the Pre Junior Girls.

Sarena S (Y10) and Juliet Astill (Y11) who finished 7th and 9th in the Intermediate Girls.



## National Primary and Y7 Cross Country Finals



Due to her incredible performance at the County Finals Haysan S had the opportunity to represent the Hertfordshire School team, competing alongside some of the top runners in the country.

It was a great experience for her to compete at such a high level, and she truly gave it her all.

## English Schools Championships

Due to her outstanding performance at the Schools County final Sarena S was selected to represent the Hertfordshire School team. Competing at the national level Sarena gained valuable experience racing against the best young athletes in the country.



## 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 medal tournaments and in league matches.

## LEAGUE REPORT

Well done to all students who represented HGS in the league at TPS over Autumn and Spring term.

### Year 7 - 1st place

Chloe T 7B	Elyn F 7B
Saskia B 7A	Orly B 7B
Eleanor S 7B	Milly Chillery 7C
Lucia M 7F	Ines T 7T
Nihal L 7T	Phoebe J 7F
Renee P 7J	Esmee D 7J
Orlagh L 7T	Molly R 7C
Lucy W 7A	Tilly G 7T
Martha E 7J	Millie H 7P
Millie W 7B	Myreen I 7P
Elodie A 7T	

### Year 8 - 1st place

Sophie G 8T	Lauren R 8A	Isabelle W 8C
Poppy G 8R	Ella K 8C	Ivy K 8B
Audrey C 8C	Halle M 8T	Ava SW 8A
Lucia H 8B	Abigail A 8R	
Sargun B 8J	Sophie J 8R	
Rosie R 8T	Amelia D 8B	
Erin D 8B	Daya N 8A	
Izzy K 8P	Ava E 8P	
Isabella H 8J	Emilia H 8J	
Phoebe H 8J	Isla N 8C	

### Year 9 - 1st place

Alexandra W 9F  
Lily H 9P            Nafeesa M 9C  
Millie C 9A        Maisie G 9C  
Ellie R 9T         Emily H 9B  
Neve S 9A         Yvie A 9C  
Bea T-W 9J        Annie G-R 9F  
Agnes F 9B        Mya B 9A  
Serena L 9J        Imogen M 9A  
Jasleen A 9F      Rosie S 9T

### **Y7 District Tournament**

Well done to our Y7 Netballers who won 4 out of 6 of their matches in the pool round & made it through to the semi-finals, finishing in 3rd place overall.



Lucy W, Eleanor S, Phoebe J, Orly B, Chloe T, Millie C, Millie W, Lucia M

### **Y10 District Tournament**

Well done to our Y10 Netballers who won and drew all of their first round matches and getting through to the final to finish 2nd overall.

Everyone played exceptionally well!



Tilly M, Florence B, Feyi A, Edythe O, Lucia D-C, Molly B, Nia K, Alice L, Evie C

### **Netball Trip to the Copper Box**

On Friday 28th March, Miss Shaw, Miss Jacobs and Mrs Edwards took 24 students to the Copper Box Arena in London to watch a super league netball game as the end of season finale! We hope you had a great time.



## **FOOTBALL**

### **Football League Results**

Well done to all students who represented HGS in the league at TPS over Autumn and Spring term. Here are the final results:

Year 7 - 2nd

Year 8 - 4th

Year 9 - 2nd

Year 10 - 1st

A massive well done to the Year 7's who worked incredibly hard and after an extremely close final that even went to extra time they came away as District champions!



Congratulations to the Year 8 and 9 teams in their performances at the district tournament and for all your hard work and dedication.



Well done to the Year 10s as they came away with silver in the District tournament. Well done on a great season!



## FUTSAL

Congratulations to the Year 8 and 10 Futsal teams who after a fantastic District tournament narrowly missed out on a place in the County finals.



A massive well done to the three teams who won the District Futsal tournament and made it through to the County finals in April.



## SWIMMING

Well done to all swimmers this year. Juniors (Year 7/8) came 3rd and Inters (Year 9/10) came 1st, and with our one senior swimmer we came 5th overall!



Congratulations to those students who were selected to represent North Herts in the District Swim Gala this term. Lily managed to win a medal as part of the 4x50m freestyle relay and Millie won gold in the individual 50m freestyle!

## HOCKEY INDOOR Y7 DISTRICT TOURNAMENT

Well done to the Year 7 who came away as champions at the indoor hockey district tournament. You have had a phenomenal season and have remained completely undefeated, what an incredible achievement!



### **INDOOR HOCKEY Y9 DISTRICT TOURNAMENT**

Congratulations to our Year 9 hockey team who after a very close match came away with silver in their indoor hockey tournament. Congratulations on a great season!



### **SENIOR DISTRICT HOCKEY TOURNAMENT**

The senior (Y9-13) hockey team displayed great team work and hockey skills to win the District Tournament. Well done.



## INDOOR ATHLETICS

Congratulations to the Year 10/11 athletics team who were invited to compete at the Lee Valley Athletics Stadium against the best schools in the County and after some incredible performances came away as winners! A fantastic achievement and good luck for the outdoor season ahead.



## DANCE COMPANY

Congratulations to Rowan, Matilda, Lucy, Bibi, Lily, Eodie, Jess, Tabitha, Amity, Georgie, Erin, Lottie, Lauren, Freya, Libby and Daisy for a superb performance at the Alban Arena for the County Dance Festival.

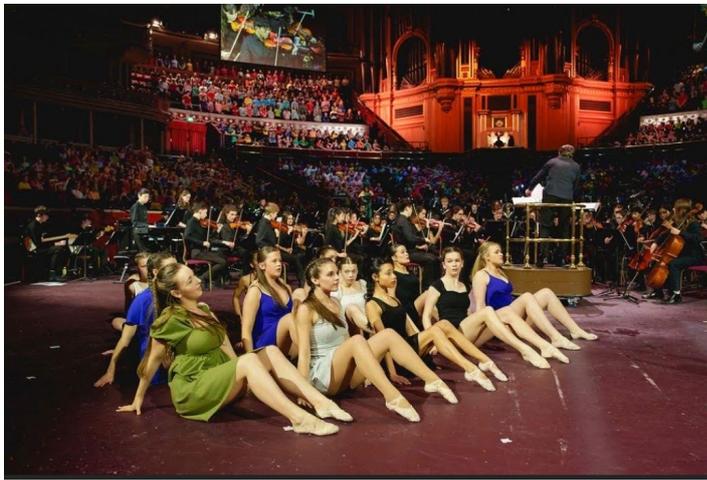


## Hertfordshire Music Gala



On Sunday 23rd March the HGS dance company performed at the Royal Albert Hall in London as part of the Hertfordshire Music Gala 2025.

Congratulations to Tabitha, Lottie, Matilda, Lauren, Bibi, Elodie, Lucy, Georgie, Libby, Amity, Erin, Jess, Lily, Daisy, Freya and Rowan for an outstanding performance.



### **LOWER SCHOOL GYMNASTICS COMPETITION**

It was an absolute delight to see Year 7 and 8 competing in the annual gymnastics competition. The overall house winners were **Jewel**. Well done.



**Year 7 prize winners:**

Individual - 2nd Bonnie 7J, 1st Amy 7B

Pairs - Violet & Bella 7J

4s - Florence, Elizabeth, Esmeé & Eva 7J

Group - 7F

**Year 8 prize winners:**

Green 8J

Blue 8F

Purple 8J

Red 8C







## HOUSE LEAGUE RESULTS:

Well done to all who participated in House League games on a Friday lunch, representing your form in both netball and hockey. Well done to the Health and Sport Prefects for organising the teams.

NETBALL FINAL RESULTS		NETBALL FINAL RESULTS	
Year 7		Year 8	
1ST	BRONTE	1ST	ROSA
2ND	TERESA	2ND	PANKHURST
3RD	CURIE	3RD	JEWEL
4TH	FRANK	4TH	AUSTEN
5TH	ROSA	5TH	TERESA
6TH	PANKHURST	6TH	BRONTE
7TH	AUSTEN	7TH	CURIE
8TH	JEWEL	8TH	FRANK





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HOCKEY FINAL RESULTS		HOCKEY FINAL RESULTS	
<i>Year 7</i>		<i>Year 8</i>	
1 <sup>ST</sup>	FRANK	1 <sup>ST</sup>	AUSTEN
2 <sup>ND</sup>	CURIE	2 <sup>ND</sup>	JEWEL
3 <sup>RD</sup>	ROSA	3 <sup>RD</sup>	TERESA
4 <sup>TH</sup>	PANKHURST	4 <sup>TH</sup>	PANKHURST
5 <sup>TH</sup>	TERESA	5 <sup>TH</sup>	CURIE
6 <sup>TH</sup>	BRONTE	6 <sup>TH</sup>	ROSA
7 <sup>TH</sup>	JEWEL	7 <sup>TH</sup>	BRONTE
8 <sup>TH</sup>	AUSTEN	8 <sup>TH</sup>	FRANK

CONGRATULATIONS ALL! CONGRATULATIONS ALL!

House League continues next term with rounders and tennis. We look forward to seeing you.

## INDIVIDUAL ACHIEVEMENTS

### Alethea D - Schools National Cup - Football



Congratulations to Alethea who played in the Herts Schools U14 National Cup Semi Final against Surrey SFA. Her team won the match 2-0 and are now the first Hertfordshire girls team to ever make the final.

### Neve S, Sarena S, Hannah C - UK Inter County Cross Country Championships



Congratulations to Neve, Sarena and Hannah who all represented Hertfordshire in the U15 girls category at the Inter Counties Cross Country Championships in Nottingham, racing against some of the top athletes in their age group.

#### **Kes O - Dance**



Kes came 1st in her tap solo securing a space to compete at Nationals. Well done.

#### **Holly S - Hockey**

Holly's team finished in 4th place in the Hertfordshire Junior Hockey Tournament. Well done.

#### **Closing Message**

A new timetable for extracurricular PE will be shared with you via Google Classroom for the summer term when you return. The team looks forward to seeing you at lunch and after school.

We look forward to the summer term PE events such as Sports Week & the Gym & Dance Display. I will write to parents/carers in the near future of those involved in gymnastics and dance clubs regarding the dates of the display and invite you to purchase tickets.

I would like to thank every member of the PE team for their hard work with each sports team featured that they have been involved in. It has been an extremely busy term for us as a department and the commitment from each member of staff has been unmatched. Please make a special effort to them personally for their contribution when you see them as they really have gone above and beyond.

We hope you have a lovely break.

*Miss Shaw & the PE Department*