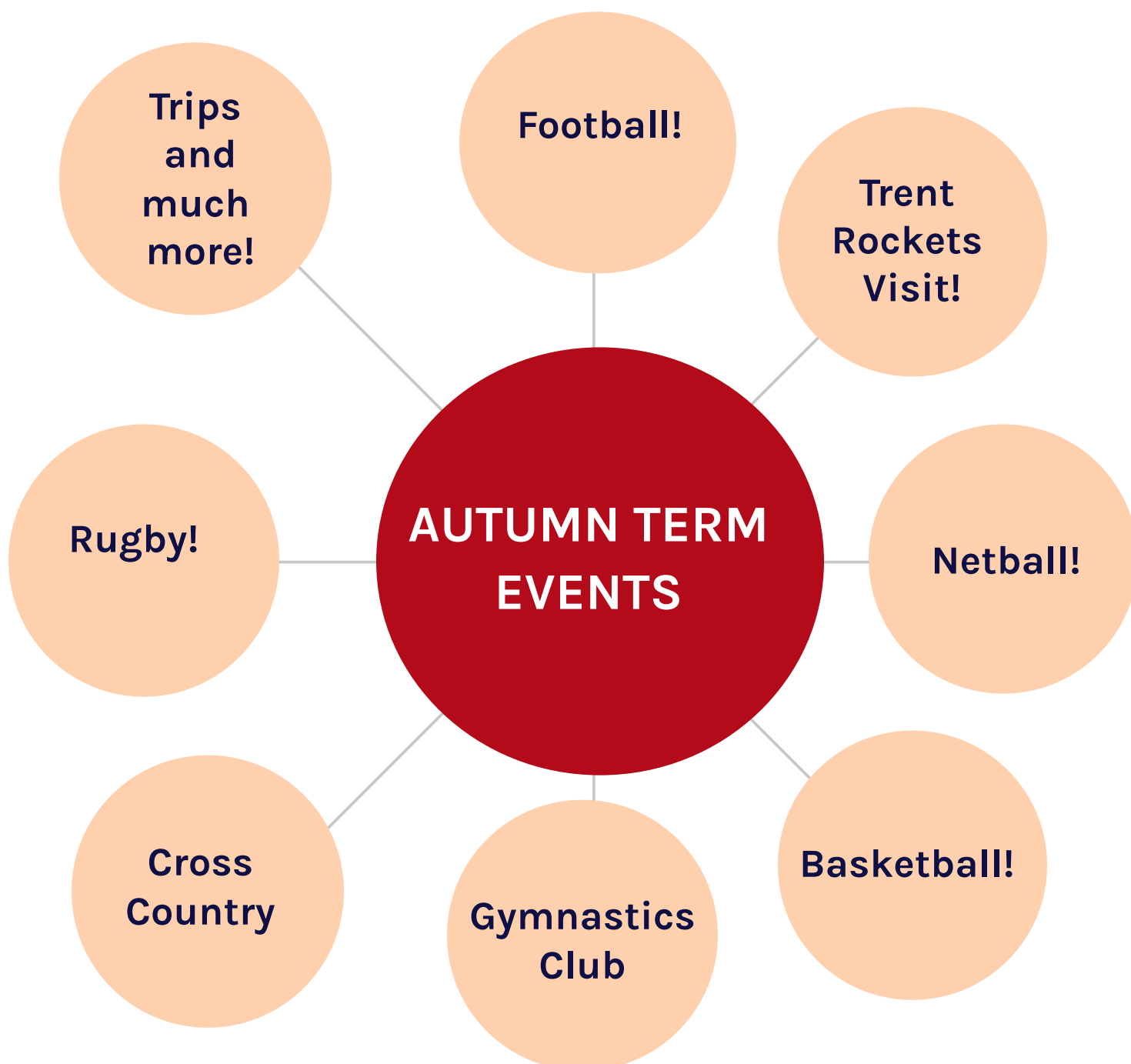


RUSHCLIFFE PE NEWS - Autumn Term 2022!



RUSHCLIFFE PE - Message from Mr Paling

Merry Christmas everyone! I am delighted to share our second edition of our Rushcliffe Spencer Academy PE Newsletter.

We have continued to build on the huge success from last year. Extra-curricular clubs continue to be extremely well attended and the variety of clubs has also increased with the introduction of gymnastics, basketball, inclusion and lunchtime activities. The positivity around the clubs is infectious and is undoubtably feeding into our successes at fixtures. Again we continue to progress through the local and national competitions.

The PE curriculum remains broad and balanced and provides our students with the knowledge to effectively participate in physical activity and understand the physical health, wellbeing and social benefits of a healthy active lifestyle.

Our student voice has meant that we have tailored and further improved the curriculum and sports that we offer. We continue to improve the knowledge and skills to be successful physically, mentally and socially whilst providing leadership opportunities throughout all of our lessons. Key Stage 4 have been introduced to Kin Ball and some Mauri Sports this year which have been well received.

RUSHCLIFFE PE - Message from Mr Paling

Rugby continues to develop with the installation of our new rugby posts which provides us with our very first school pitch. This is a fantastic development and allows us to now play home fixtures. The Year 8 Rugby team are the perfect example of our progress having recently won the South Nottinghamshire Cup.

Sixth form leadership has also been impressive and their input at clubs has been outstanding. This improves the provision that we offer at our extra curricular clubs whilst given our sports leaders the opportunity to apply their leadership skills.

Students have demonstrated the 'Rushcliffe Way', and pushed themselves during the school cross country competition. Most of which improved their scores from race one to race two. The top performers went on to represent the school at the Rushcliffe School's Cross Country Championship and performed amazingly well and should be proud of their achievements.

Please have a wonderful Christmas with you loved ones and we look forward to the new year and the opportunities that it brings.

Kindest regards
Mr Paling

PE NEWS - Yr7 Girls Football



Ms Vials' summary:

Football Club has been extremely popular with our Year 7 Girls this term with high numbers consistently attending training every Tuesday! The sessions have been lead by coaches from the Notts County Community Trust.

The students have also had the opportunity to represent the school at 3 different fixtures this year. The first fixture was in the South Nottinghamshire Cup against East Leake. The girls were resilient throughout and put in a great performance for their first ever Rushcliffe fixture. The game ended in defeat but the girls should be proud to have completed their first Rushcliffe football match. The next 2 fixtures came in the County Cup. The first match of this competition was against South Notts Academy and the team put in a dominant performance and came away with a 5-1 win! The next round was against Newark Academy and after a very close game, Newark won on penalties!

Team lineup:

Congratulations to the following students who represented our school this term:

Esme Wilkes (Captain)
Nell Tobin
Annabel Wibawa
Emily Veselis
Maeve McEvoy-Lusty
Lily Kennerley-Fawcett
Ruby Wood
Lois Latham
Livia Nelson
Amber Forster
Ava Samra
Alex Ivanova

Y8 Girls' Football



Ms Keates' Summary:

Building on the success from last year, the girls started year 8 with a gold medal at a Nottinghamshire schools football tournament held at Gresham. The event was held to promote the women's game following the Lionesses success in the summer and was an inspirational event to be a part of! The girls battled hard and ended the tournament without losing a game!

The Girls then beat Toothill 8-1 in the first round of the County Cup. It was a great team effort with all girls working hard for each other! In the next round, they won comfortably at home with a result of 15-1! The girls will continue their season after Christmas!

Team lineup:

Congratulations to the following students who represented our school this term:

Imogen Loveridge
Tehya Patel
Heidi Chambers
Lucy Sharpe
Phoebe Carnaffin
Aleeza Asghar
Gracie Holmes
Maia Richards
Eva Richards
Robyn Summerson Betts
Lily Charvet

PE NEWS - Year 9/10 Girls Football



Ms Cordwell's Summary:

The Y9 girls are through to the Quarter-finals of the Pat Smith Shield, with a great 6-1 win over South Notts Academy.

The Y9 girls are also through to the quarter-finals of the South Notts Cup, with a fantastic win over George Spencer Academy.

The Y10 girls are through to the quarter-finals of the South Notts Cup, beating Bramcote 5-2.



Team lineup:

Congratulations to the following students who represented our school this term:

Isla Brown
Erin Foody
Edith Morrison
Olivia Salisbury
Annie Hussain
Grace Kennerley-Fawcett
Lucy Maddock
Amy Marshall
Harriet Woolley
Millie Learoyd
Jasmine Archer



PE NEWS - Year 10/11 Girls Football



Ms Vials' summary:

The Year 10/11 team started the season strongly with a convincing win away at Carlton Academy in the South Notts Cup. The next round of this competition will take place in the new year!

The team have also competed in the County Cup this term. The first game of the competition was played at home against South Notts Academy. The girls put in another strong performance and came away with a 5-0 win. The next round was played vs West Bridgford School. After going 1-0 down early in the first half, the team showed resilience to come back and were leading 2-1 at half time. West Bridgford put the pressure on early in the second half and scored an equaliser. However, the team continued to put in a strong performance and the game finished 4-2 to Rushcliffe with goals from Lauren Dames, Aether Blake and Lucy Maddock! The semi-final of this competition will be played in January!

Team lineup:

Congratulations to the following students who represented our school this term:

Kate Warden (C)
Bella Hill
Demi Cheema
Annie Hussain
Daisy Burnip
Charlotte Harrison
Chloe Salisbury
Lauren Dames
Lily Black
Ruby Elphick
Aether Blake
Amy Marshall
Lucy Maddock
Isla Brown
Amelia MacDonald



PE NEWS - Sixth Form Netball



Ms Cresdee's Overview:

The Sixth Form Netball Team have had a huge amount of success at the following events this year!

- 3/11/22 – In the Nottinghamshire County tournament the girls won every match to be crowned County champions 2022/2023, they beat both Nottingham High and Nottingham Girls High alongside some other very successful sporting schools to secure their place in the regional finals in January!
- 10/11/22 – The team played the 2nd round of the National Netball Cup, a knockout competition, against Trent College and won 33-25. It was a 'heroic' win over some tough opposition. After the 1st quarter they were 8 all and the hall was full of emotive, home supporters for the opposition. This didn't phase them and they came back fighting increasing their lead in every subsequent quarter. The supporters quickly quietened under the might of Rushcliffe ability and drive!

I feel that the girls deserve honorary 'caps' for the scalping of several prestigious sporting schools! Incredible! I wish them all the success for future.

Team lineup:

Congratulations to the following students who represented our sixth form team this year!

Megan Burnip
Amelia Cameron
Alice Brumwell
Millie Wileman
Sasha Terrill
Issy Bates
Rosie Lane
Molly Nicholls
April Denton
Flo Bone



PE NEWS - Year 9 and 11 Netball



Ms Cresdee's Overview:

Year 9 Team:

Our Year 9 Netball team have competed in both the Central Venue League and County competitions this term! The girls played some impressive netball and came away with a number of wins in both competitions. The Year 9's have shown commitment to attending weekly training sessions and this paid off with some brilliant performances in the competitions! In the county competition, the team progressed to the semi-final. Unfortunately, the team just missed out on a place in a final but did themselves proud with some excellent netball!

Year 11 Team - National Cup:

The Year 11 Netball Team played in the National Cup this term. The highlight of this tournament was their win against the prestigious Rugby school, taking them into round 3 of the tournament! As always, they put in some outstanding performances! Unfortunately, they were knocked out in Round 3 of the tournament but they did themselves proud in a high quality competition. The team then competed in the Central Venue League competition where they won the tournament! Another fantastic term of Netball for our Year 11's!



PE NEWS - Year 7 Netball



Game vs East Leake – Ms Taylor:

After a couple of illnesses, Emilia and Grace stepped up with very short notice so that both teams could attend the fixture. Both teams started off struggling against East Leakes strong defence and lost their first games. Team 1 losing 2-1 and team 2 losing 2-0. But after a quick team talk they bounced back and smashed it. Roshni scored a total of 5 goals for her team, whilst Evie and Elsie scored a goal each to seal the win for their team. Team 1 ended up winning their second game 4-1, whilst team 2 scored 2-0. Due to their amazing efforts we left East Leake with a draw in our first year 7 netball fixture of the year. Well done to everyone.

Team Lineups:

Team 1:

Michaela Cvetkova (C), Iris Lloyd (WA), Suman Jhass (WD) J'anai Bravo (GD) Grace Logue (GA), Pak Ching Chan (GK), Roshni Bouri (GS).

Team 2:

Emilia Middleton (C), Lilly Tyler-McGrath (WA), Aanya Samani (WD), Elsie Monk (GA), Daisy Liversidge (GD), Charlotte Bowerbank (GK), Evie Webb (GS).

PE NEWS - Basketball Club



Season overview:

Mr Ghent, Mr Leung and Ms Randall have been running weekly basketball sessions this year, including some basketball fixtures against other schools! The club has been popular amongst students with high numbers attending the club on Tuesdays and Thursdays!

On Wednesday 2nd November, a group of year 8 and 9 girl basketballers were taken to a basketball festival at Beckett school, taking part in coaching sessions and playing against 4 other schools. After a hard fought evening, the girls finished joint top (winning all their games but one) with standout performances from Cheryl Wai and Lucy Sharpe.

The students are looking forward to continuing the club and fixtures in the new year!



PE NEWS - Year 8 Rugby



Mr Paling's summary:

South Notts Champions 2022. The Year 8 Rugby team have made unbelievable progress this year. They have won all of their central venue fixtures against some very good opposition. The team have developed their understanding of the game and their individual positions in the side. This has given them the platform to play some outstanding rugby. The team will be playing the North Notts Champions in the new Year for the 'County Championship'. Year 12 student Joseph Stafford has put in some excellent work with the team through his 'Sports Leaders Enrichment', which has made a big difference to the forward play of the team.

Well done everyone! The hard work has certain paid off.

Mr Paling

Team lineup:

Prop: Logan Daniel's
Prop: Albie Stacey
Hooker: Hugo Bone
2nd Row: Ted Adam's
Chapman
2nd Row: Eddie Gaunt
No.8: Jack King (c)
Scrum Half: Josh Morley
Fly half: Jonny Nicholson
Inside Centre: Abass Esu
Outside Centre: Charlie Maloney
Wing: Toby Wyzsynski
Wing: William Sharpe
Full back: Matt Pearce

Finishers:

Jai Singh (forward)
Jake Brookes (back)
Ethan Sutton (back)
Aiden Holland (back)
William Wilding (forward / back)

PE NEWS - Year 9 Rugby



Mr Paling's report:

The Year 9 Rugby team had their first game against current County Champion West Bridgford School. A valiant display saw the team defeated by 4 tries. The game was good experience for all of the players, some of whom hadn't ever played 15 aside rugby. The next games in the competition will resume in the new year.

Well done to all involved.

Mr Paling



PE NEWS - Year 8 Boys' Football



Mr Paling's report:

Well done Year 8. Training continues to see high numbers and it is brilliant to see so many of you enjoying your football.

Rushcliffe A Team continue to impress having progressed in both the South Notts Cup and the Notts Cup. Competition for places remains high.

Results:

South Notts Cup = Won 5.1 against Toothill B

South Notts Cup = next game = Suthers home

County Cup = Won 8.2 against Arnold Hill



Congratulations to the following students who represented our school this term:

1. Jack King
2. Jacob Taylor
3. Jenson Campbell
4. Matthew Pearce
5. Ben Strang
6. Monty Rose
7. Rudi Gaunt
8. Yusuf Zahoor
9. Ben Kirkman
10. Oliver Moss
11. Sam Bailey
12. Ian Nupoh
13. Tariro Darikwa
14. Jeevan Bahti
15. William Bowerman
16. Daniel Abasspour

PE NEWS - Year 8 Boys' Football



Mr Paling's report:

Rushcliffe B Team were knocked out of the South Notts Cup against a strong Toot Hill A. The boys played a counter attacking game and raced into a 2.0 lead. Toot Hill battled back to make it level before scoring two exceptional late goals to win the game.

Team Lineup:

- I. Jenson Campbell
- II. Ethan Sutton
- III. Abas Esu
- IV. Henry Tapp
- V. Ted Adams Chapman
- VI. Lewis Carr
- VII. Kaleb Pearson
- VIII. Bily Garlick
- IX. William Wilding
- X. Kai Whaley
- XI. Daniel Abasspour
- XII. Jacob Middleton Viggers
- XIII. Noah Lazarous
- XIV. Thomas Baker
- XV. Daniel Pomperoy



PE NEWS - Key Stage 3 Cross Country - Winter Games



In November, Year 7, 8 and 9 competed in part one of our annual Winter Games. Every student competed in 2 lessons of country and contributed to the interform competition. The student's completed 3 laps of the athletics field and their running time was recorded. After the two lessons, the average time for each form group was calculated to create a leaderboard. The PE department were extremely impressed with the effort of students and the support they showed towards each other during a challenging event! Well done to all students who competed! The top 3 overall performers for both the boys' and the girls' categories are shown below, congratulations to these students for their excellent performances!

Top 3 Boys:

1st Alexander Moothia (9B)

2nd Malachi Grant (9A)

3rd Munashe Mashove (9D)

Top 3 Girls:

1st Summer Spivey (9D)

2nd Evie Dickens (8C)

3rd Lucy Sharpe (8D)

PE NEWS - Cross Country Event: Rushcliffe Country Park



On Tuesday 6th December a number of our Year 7, 8, 9 and 10 students competed at a cross country event at Rushcliffe Country Park. Our students competed against runners from other schools and the top 12 in each category qualified to represent Rushcliffe Area in February! All students performed brilliantly and once again supported each other throughout a difficult event! All who competed should be proud of themselves!

Congratulations to the following students who have been selected to represent Rushcliffe at the county finals:

- Felix Cook (Yr7)
- Lewis Carr (Yr8)
- Amber Forster (Yr7)
- Emilia Middleton (Yr7)
- Georgia Lees (Yr7)
- Maeve McEvoy-Lusty (Yr7)
- Lucy Sharpe (Yr8)
- Edith Morrison (Yr9)
- Kirsten Lees (Yr10)
- Orlaith McEvoy-Lusty (Y10)

PE NEWS - Trent Rockets Visit:



In November, we had a visit from Trent Rockets to deliver workshops to students. Trent Rockets' players Sarah Glenn and Samit Patel were in attendance for a series of activities. Firstly, the players were involved in a media session with our A Level media students. The players then completed a Q&A session with some of our GCSE PE students and discussed their journey through the cricket development pathway. There was then an opportunity for some of our own cricket players to meet the Rockets Players for a further Q&A session around careers in cricket. The Rockets media team were covering the event and information has been shared on the Hundred website for those who want to read more about it! This was a unique opportunity for students to meet some players and be inspired by their success! Thank you to all who were involved in the day. A special thanks to Ms Awan for her help with organising the event!



PE NEWS - Multi Sports Club and Clip and Climb



A number of students have been regularly attending our multi sports club this year and have experienced a range of activities. The students have engaged really well in the activities and this club will be continuing next term!

At the end of term, the group went on a trip to Clip and Climb! The students were pushed out of their comfort zone and challenged themselves to climb various different climbing walls. It was a fantastic afternoon which the staff and students thoroughly enjoyed!

Well done to the following students...**Xavi Crosslands, Mohammed Mejjo, Georgia Bell, Molly Byrne, Holly Rockley, Isabella Reece, Rubie Moore, Isabelle Jebb, Krissy Moore, Leah Dare, Abi Noble, Matthew Gibson, Seth Horn, Ben Hulland, Orestis Karelis, Eve Lale, Grace Chambers, Paulina Czarnecka, Eliza Welch and Ellie Buttery.**