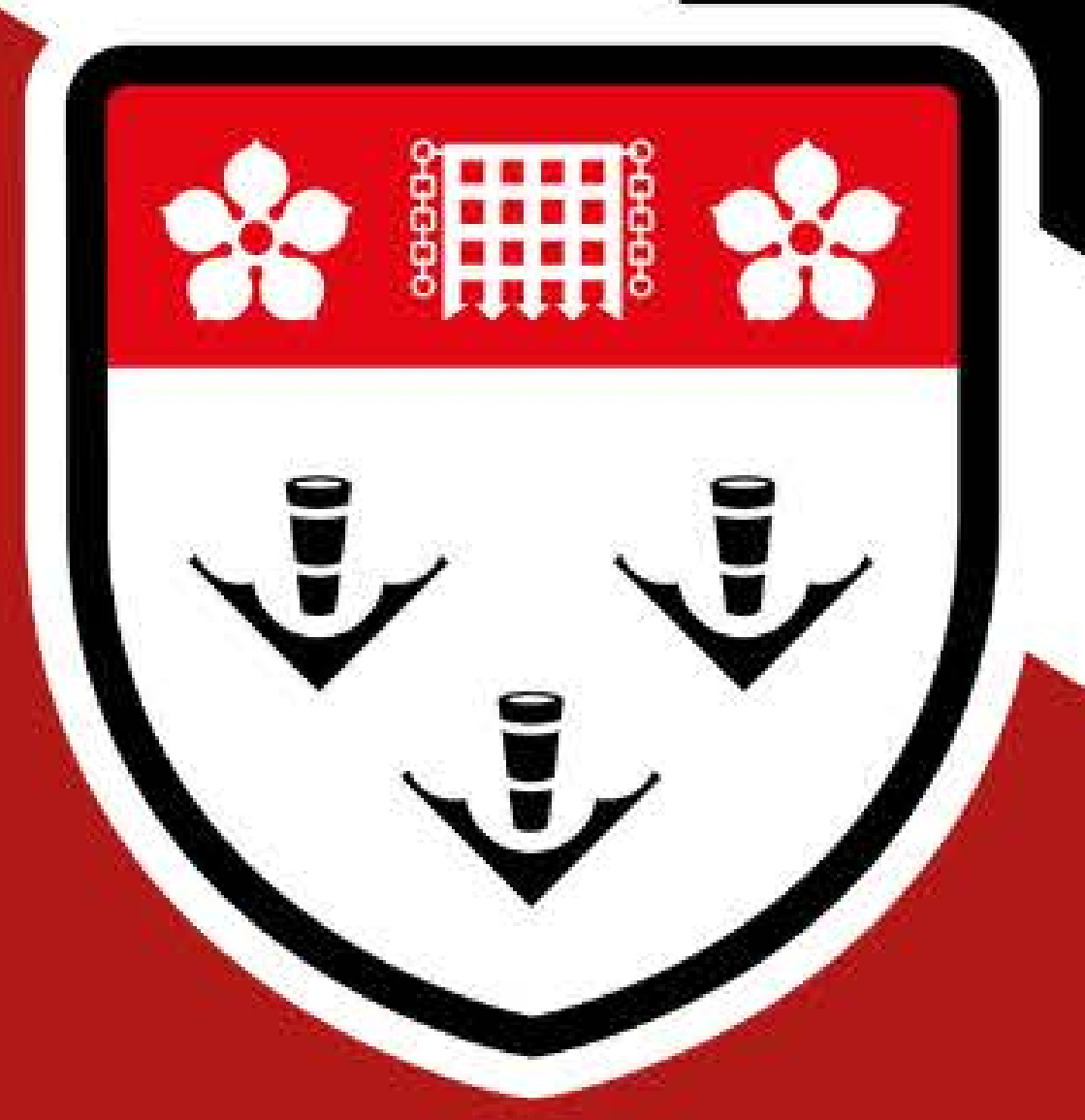


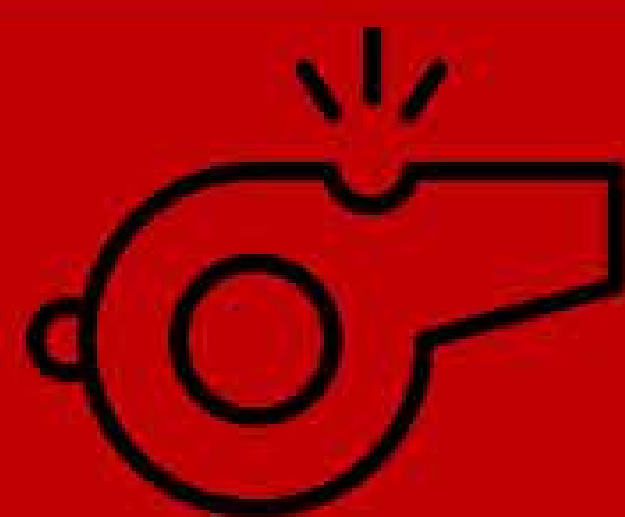


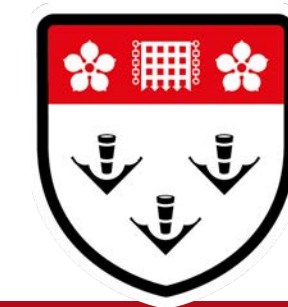
RUSHCLIFFE PE NEWSLETTER

VOLUME 4: AUTUMN 2023

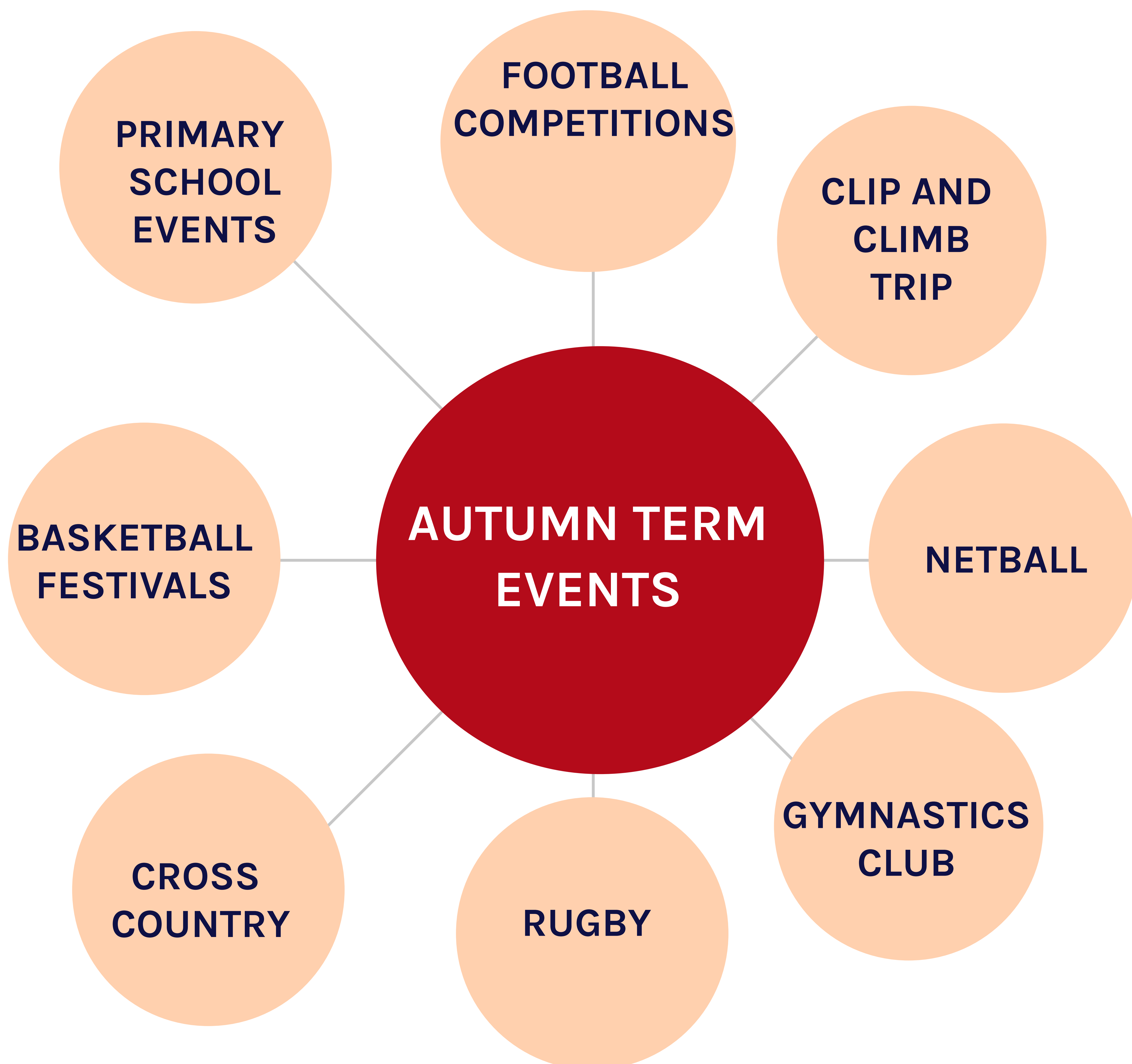
INTENT

The curriculum in PE provides students with the knowledge to effectively participate in physical activity and understand the **physical health**, **social** and **wellbeing** benefits of a healthy active lifestyle with having **life-long involvement** in physical activities.





RUSHCLIFFE PE NEWS - Summer Term 2023!



RUSHCLIFFE PE

- Message from Mr Paling

Mr Paling's Introduction:

As we approach the festive season, we wanted to take a moment to express our heartfelt gratitude for the incredible enthusiasm and dedication you've shown towards Physical Education this term. Your active participation in a multitude of sports clubs has been nothing short of outstanding.

The commitment and energy you've brought to every PE session have not only made our classes vibrant and exciting but have also created a positive and supportive community within Rushcliffe Spencer Academy. It's truly inspiring to witness the passion you have for maintaining an active and healthy lifestyle.

A special shout-out to all the students who have tirelessly attended the various sports clubs—we commend your efforts and commendable spirit. Your involvement has not only enhanced your own well-being but has also contributed to the overall vibrancy of our school's PE culture.

As we bid farewell to this term and usher in the holiday season, we want to extend our warmest wishes to each and every one of you. May your holidays be filled with joy, laughter, and moments of well-deserved relaxation. Thank you for making this term a memorable one for the PE team. Merry Christmas from Mr. Paling and the entire PE Team! We look forward to more exciting sports and activities in the upcoming year.

Mr Paling and the PE Department

PE NEWS - SIXTH FORM NETBALL SUCCESS



Ms Vials' Overview:

On Thursday 16th November our Sixth Form Netball Team competed in the county stage of the National Schools Netball competition. The standard of netball was incredibly high at the competition. We played against Toot Hill, Billborough, West Bridgford School, Nottingham High School and Notts Girls High. We lost the opening two matches but the girls remained positive and demonstrated resilience until the end! The team performed exceptionally in the final 3 matches, winning all 3 with some impressive score lines! As we awaited the final results we knew we were in with a chance of qualifying for the regionals! When the results were announced it was revealed that the team had done finished as runners up, putting us through to the regional competition in February! The team will be competing in this prestigious competition in Oundle on Saturday 3rd February! Well done to all of the girls, we look forward to the regionals!

Team lineup:

Congratulations to the following students who represented our sixth form team:

Megan Severn
Zoe Vincent
Esmay McLeod
Lexi Pritchard
Lily Cawood
Alice Bates
Alice Sharpe
Ruby Elphick
Daisy Burnip

PE NEWS - Year 9 Netball success



Ms Vials' Overview:

Our Year 9 Netball team have competed in two different competitions this year, the National Schools County Competition and Central Venue League. The Year 9 team are incredibly talented and went into the competitions with high expectations. The Central Venue League was the first competition and the girls won every game, putting them through to the finals in November. At the finals, the team played against some of the top school teams in Nottinghamshire. The performances in every game were outstanding and the girls won every game, making them champions of the Central Venue League for the third time in 3 years!

The county competition was next and once again the team faced some of the best teams in the county. The girls won 4 out of 5 games and finished as runners up of the competition. The team have qualified for the regional stage of the competition and will compete in Oundle on Saturday 3rd February.

Team lineup:

Congratulations to the following students who represented Rushcliffe in the Year 9 Netball team:

Imogen Loveridge
Lucy Sharpe
Maddie Stafford
Phoebe Carnaffin
Darcey Smith-Harris
Elsa Roff
Avneet Sandhu
Annabelle White
Claudia Haywood
Lilia Marjoram
Lily Charvet

PE NEWS - Year 9 Football: National Cup



Mr Paling's summary:

The Year 9 boys' football team played in their first National Cup competition this year after a successful season last year. After making it through round 1, the team faced Christ the King in Round 2.

A first half goal from Rudi Gaunt put the boys in the lead going in to halftime. Ben Kirkman added a second before a late consolation penalty from the home side. An excellent game with standout performances from Tariro Darikwa, Jenson Campbell and Ben Kirkman. The team should also be congratulated for their exemplary attitude and respect towards the young officials who took charge of the game. Tariro was a role model to the others demonstrating a high level of maturity and control during and after the game.

The team faced Chilwell in round 3. The team lost to a physically strong team who managed to dominate the second half. A late comeback wasn't enough to draw the game level. Ben Strang was the stand out performer having switched in to a central defensive position.

Team lineup:

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

Jack King
Matthew Pearce
Will Bowerman
Jenson Campbell
Monty Rose
Rudi Gaunt
Ben Strang
Yusuf Zahoor
Ben Kirkman
Daniel Abaspour
Tariro Darwika
Jeevan Bhatti
Sam Bailey
Ian Nupoh
Daniel Cowper



PE NEWS - Year 9 Football: South Notts Cup and County Cup



Mr Paling's summary:

The Year 9 boys' football teams also played in the South Notts Cup this term. See a summary of results below:

RSA TEAM 1: 8.1 Toot Hill

The A Team got off to a dominant start in the South Notts Cup with a one-sided game. The team played some fluid attacking football with a man of the match performance from Daniel Abasspour.

RSA TEAM 2: 1.8 Toot Hill

The B Team lost to a strong Toot Hill A Team despite taking an early lead. A determined performance and a stand out performance from Charlie Maloney, who was making his first appearance for the school football team.

RSA 0-1 Southwell Academy (County Cup)

Southwell Academy took the victory with a second half goal in a tightly contested game. The match was scrappy and lacked the quality that we normally have. The conditions were challenging and the game was physically which the team struggled to adjust to. Daniel Cowper was fantastic in defence and kept the game close till the final whistle.

Team lineup:

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

Fletcher Atkin (GK)

Abas Esu

Kaleb Pearson

Charlie Maloney

Ted Adams Chapman

Billy Garlick

Jacob Middleton Viggers

William Wilding

Kai Whaley

Noah Lazarus

Lewis Carr

Luke Beale (GK)

Oliver Atkinson

Nathan Neimczyk

Ethan Sutton



PE NEWS - Year 9 rugby coming soon!!



Message from Mr Paling:

I am delighted to announce that the Year 9 Rugby will start in January with the team moving to the 15 a-side format. I look forward to seeing the team back together with the addition of those who would like to get involve. All Year 9's are welcome as we look to build on the success of last year.

Have a lovely Christmas and bring on the rugby season!

PE NEWS - Year 8 Girls Football Team



Ms Vials' summary:

Our Year 8 Girls' Football team competed in the County Cup competition this term. The first game was against OA Portland where the girls' put in a dominant performance, winning the game 5-2 putting them through to round 2.

The 2nd round was against Tuxford Academy and the game was extremely close. Both teams had opportunities to score but the score was still 0-0 with just a few minutes to play. The girls kept pushing for a goal and Amber Forster scored the winner with just 2 minutes to play! We go through to the Quarter Finals vs Arnold Hill after Christmas!

The team received a bye for round 1 of the South Notts Cup and will play round 2 vs South Notts Academy after Christmas.

Well done to the following students who represented Rushcliffe Girls' Football Team this term: Livia Nelson, Amber Forster, Esme Wilkes, Nell Tobin, Annabel Wibawa, Ruby Wood, Lois Latham, Maeve McEvoy- Lusty, Mia Taylor, Lily Kennerley-Fawcett, Evie Elphick and Abigail Powell - Perry.



PE NEWS - Gymnastics Club!



Mr Taylor's summary:

The year 7/8 Gymnastics club has been running for 2 years now and it is great to see how the students have progressed in their skills and friendships. We have worked on a variety of different things ranging from; conditioning, beam work, springboard work, and paired and group balances. We have also been very lucky and been able to use some of the floor space in the Gymnastics centre and watched elite athletes training and preparing for their competitions.

This term we have focused on improving our flexibility, creating group balances and using props in our routines. The students are tracking their flexibility every couple of weeks so they can see how much they are improving.

We have also been lucky to have our year 12 sports leader, Grace Hunter, supporting the club and helping to create balances and lead the warm ups. Grace is a very talented Gymnast herself and has developed exceptional leadership skills.

Here are just a few photos of what we have got up to this year!

Well done to all involved.



PE NEWS -
Gymnastics
Club: More
photos!



PE NEWS - Year 7 Basketball Festival



Ms Taylors' summary:

Some of our year 7 girls took part in a Basketball fixture at The Becket School against 3 other schools. Although it was a non-competitive event aimed at participation, the girls represented the school well and developed great teamwork. They took part in some drills before the games and it was lovely to see their skills develop through the session and be applied successfully into their matches. Well done girls!

Well done to the following students who participated in the festival:

Eva-Grace McDermott
Amelie Cather
Sophia Gates
Aoife Ferrari
Sasha Bailey
Eleanor Kays

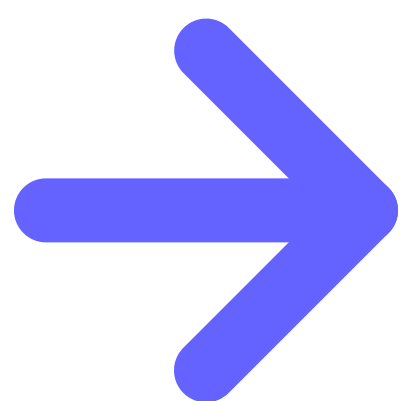


PE NEWS - Key Stage 3 Cross Country



In November, our Year 7, 8 and 9 students completed the annual cross country competition in lessons. The PE department were impressed with the attitude and effort of students and we saw so many students improving their running time across the two lessons. We have identified the top 20 boys and top 20 girls for each year group and these names can be found on the following pages (and our display board in the PE corridor)! Unfortunately, the annual Rushcliffe Partnership Cross Country Event was postponed due to bad weather in December but this will be rearranged for January and we look forward to attending! Well done to all students who took part in the Cross Country this year!

The Top 20 Year 7 boys!



	Name	Form	Time
1	Harry Kirkman	7B	06:18
2	William King	7G	06:23
3	Jacob Peake	7D	06:28
	Samuel White	7F	06:28
5	Ted Riceman	7F	06:41
	James Walster	7I	06:41
7	Ruben Peake	7F	06:43
8	Isaac Wilkins	7A	06:45
	Kanen Spivey	7I	06:45
10	Isaac Fenn	7K	06:51
11	Asquith, Finn	7H	06:53
	Ethan Johnson	7J	06:53
13	Ethan Johnson	7C	06:57
	Aiden Shatmani	7C	06:57
	Gillie Stenhouse	7D	06:57
	Finn Dunn	7E	06:57
17	Jack Buggy	7F	06:59
18	Ignacy Marczak	7D	07:00
	Mikey Hollis	7E	07:00
	Aariyan Kandola	7H	07:00



PE NEWS - Key Stage 3 Cross Country

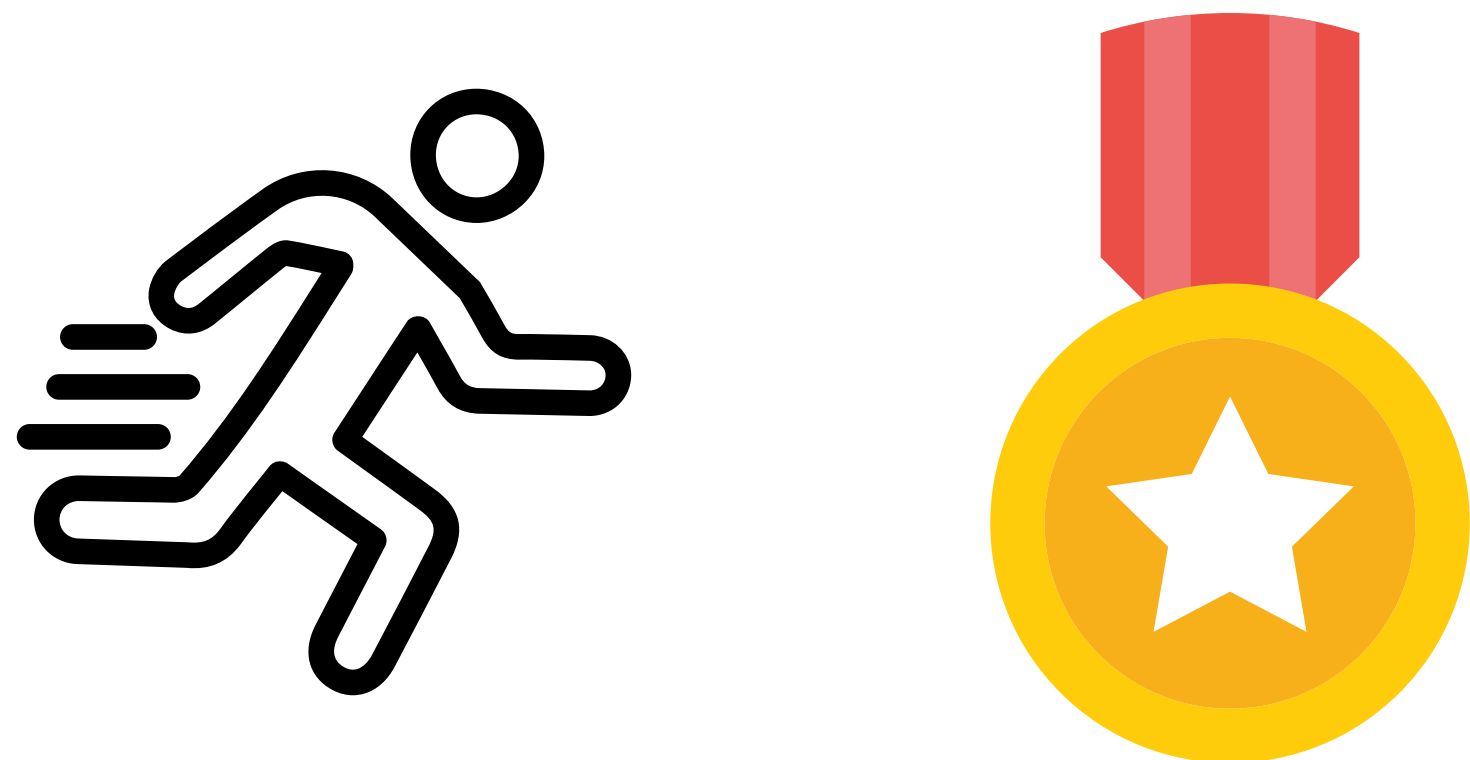


The Top 20 Year 7 Girls

	Form
Taskeen Subhan	7J
Elizabeth Carr	7D
Aoife Ferrari	7I
Ashley Cheng	7F
Harlie Walker	7F
Gabriella Houghton	7D
Tayvia Stone	7G
Iliana Vargas Brock	7D
Katherine Riley	7J
Molly Copley	7J
Millie Sadler	7E
Florence Cumberpatch	7E
Peggy Pitts	7D
Jessica Griffiths	7D
Sophie Meeke	7I
Anaiah Hussain	7C
Sara Tufano	7B
Freya Chillman	7B
Constance Williams	7I
Olivia McArtney-Smith	7D

The Top 20 Year 8 Girls

e	Form	
Maeve McEvoy-Lusty	8A	
Emilia Middleton	8J	
Amber Forster	8I	
Laura Hennessey	8F	
Bibi Wisner	8B	
Ava Watson	8K	
Georgia Lees	8B	
Ava Manners	8B	
Esme Wilkes	8E	
Ella Gauvain	8F	
Megan Hill	8J	
Ruby Wood	8A	
Daisy Liversidge	8K	
Amelie Gauvain	8C	
Isobel Jackson	8K	
Orla Hutchinson	8B	
Jessica Holmes	8D	
Nina Kikuchi	8D	
Milly Robinson	8C	
Holly Broder	8K	



PE NEWS - Key Stage 3 Cross Country



The Top 20 Year 8 Boys

Name	Form	
Dylan Gray	8B	
Felix Cook	8I	
Finley Robinson	8A	
Harrison Johnson	8B	
Marley Thompson	8J	
Charlie Shaw	8K	
Isaac Stacey	8B	
Cass Hampson	8J	
Reuben Scurr	8K	
Thomas Howle	8K	
Elijah Grant	8F	
Leo Tungate	8B	
Elijah Godwin	8F	
Edward Hamilton	8B	
Oscar Southgate	8A	
Ben Norris	8D	
Lucas Morley	8K	
Alex Reis	8K	
Huey Garlick	8I	
Billy High	8I	

The Top 20 Year 9 Boys

Name	Form	
Matthew Pierce	9H	
Lewis Carr	9B	
George Mousley	9G	
Laurie Pointer-Gleadhill	9I	
Ben Kirkman	9F	
Mohamad Mejjo	9D	
Jack King	9G	
Seb Riggott	9G	
Oliver Short	9H	
Nathan Niemczyk	9I	
Thomas O'Flaherty	9H	
Thomas Baker	9J	
Archie Kemp	9G	
Dexi Davidson	9B	
Charlie Maloney	9B	
James Newman	9B	
William Sharpe	9B	
Hugo Bone	9G	
Jonathan Nicholson	9B	
Daniel Cowper	9G	



PE NEWS - Key Stage 3 Cross Country



The Top 20 Year 9 Girls

	Name	Form	Time
1	Evie Dickens	9C	06:47
2	Lucy Sharpe	9D	06:50
3	Imogen Loveridge	9J	07:18
4	Jessica Lee	9C	07:28
	Hayley Lam	9D	07:28
6	Madeleine Stafford	9H	07:30
7	Alice Feakes	9A	07:39
8	Milaan Munatsi	9D	07:55
9	Heidi Chambers	9C	08:03
	Rosa Willing	9E	08:03
11	Phoebe Carnaffin	9H	08:04
12	Deba Janfeshan	9E	08:05
	Emma Odam	9C	08:05
14	Annabelle White	9F	08:11
15	Otilie Jones	9E	08:15
	Emma Pitylak	9B	08:15
17	Louise Roome	9A	08:23
	Claudia Haywood	9F	08:23
	Ella-May Baverstock	9B	08:23
20	Charlotte Lane	9J	08:29



PE NEWS - Table Tennis success



Article by Huey, Edward, Connor and Hayden:

Back in October our Year 8's competed in a Nottinghamshire Schools Table Tennis Tournament at Carlton Le Willows School. The first game against Carlton le Willows finished with a draw of 3-3. The second against Toothill they lost 5-1 but won the last against Selston with a comfortable 6-0. Overall they came second in their group but unfortunately this wasn't enough to get them to the final.



PE NEWS - Wheelchair Basketball Event



Mr Paling's summary:

On Monday 4th December, Dan Richardson from Express Coaching delivered an outstanding taster day offering wheelchair basketball to a all Key Stage groups. The day focused on inclusive sports and students were given the opportunity to learn wheelchair skill and then applying them in to games. The students and staff thoroughly enjoyed the sessions.

It was a fantastic day all round and we look forward to next year. A big thank you to Dan Express Coaching from all the staff and students at Rushcliffe Spencer Academy.



PE NEWS - Clip and Climb Trip



Ms Vials' summary:

On Friday 15th December our Multi Sports Club attended a trip to Clip and Climb. The students have shown commitment to attending Multi Sports Club this term and enjoyed a Christmas Celebration at Clip and Climb! The students challenged themselves on a variety of different walls and supported each other with the more difficult walls! It was great to see the students supporting each other and pushing themselves out of their comfort zone!

Thank you to Mr Haywood and Ms Marassi for their support with the club and the trip this year!



PE NEWS - Year 10 Sports Leadership Event:

Our Year 10 Sports Leaders hosted a Primary School Trampolining event on Tuesday 12th December. We welcomed staff and students from Edwalton Primary, Lady Bay Primary and Pierrepont Gamston Primary School for this event. Each school brought Year 6 pupils and the aim of the event was to give students access to our PE facilities prior to their transition in September.

Our Year 10 Sports Leaders planned and delivered a 90 minute trampolining workshop. The students demonstrated maturity throughout and were excellent role models to the younger students! Our leaders have been working on their leadership skills and this event provided an opportunity to showcase their progress! They represented themselves and Rushcliffe exceptionally and we are proud of them all! We also received some positive feedback from the primary schools and have set up some additional events for 2024.

**Well done to the following students who lead activities at this event:
Amy Grant, Mila Vargas-Brock, Mia Powell, Lily Hawthorne, Poppy Churchward, Mia Clark, Colin Brown and Oliver Lawrenson.**



PE NEWS - Year 12 Charity Football Tournament



Mr Paling's summary:

We are delighted to share the success of the Year 12 Charity Football event, skillfully organised and led by our dedicated Sports Leaders on Wednesday, December 13th. The event was a testament to the leadership and coordination skills of our Year 12 students, ensuring a seamless and enjoyable experience for everyone involved.

From meticulous planning to flawless execution, the Sports Leaders demonstrated their commitment and enthusiasm throughout the event. Their dedication contributed significantly to the overall success of the day, fostering a sense of camaraderie among the participants.

The competition reached its pinnacle in an exciting final showdown between Whale and Mirpur, with Whale emerging victorious. Congratulations to the entire Whale team for their outstanding performance and well-fought victory.



PE NEWS - Year 12 Charity Football Tournament (continued)



Mr Paling's summary continued:

Special recognition goes to Aiden Hetherington and Nico Pappas, who not only displayed exceptional sportsmanship but were also awarded the coveted Most Valuable Player (MVP) titles. Additionally, Nico Pappas showcased his prowess as the competition's top goal scorer, netting an impressive total of 5 goals.

A heartfelt congratulations to all participants for their sportsmanship and teamwork, making the Year 12 Charity Football event a memorable occasion for everyone involved.

Well done to our Sports Leaders for organising this successful event.

Mr Paling

