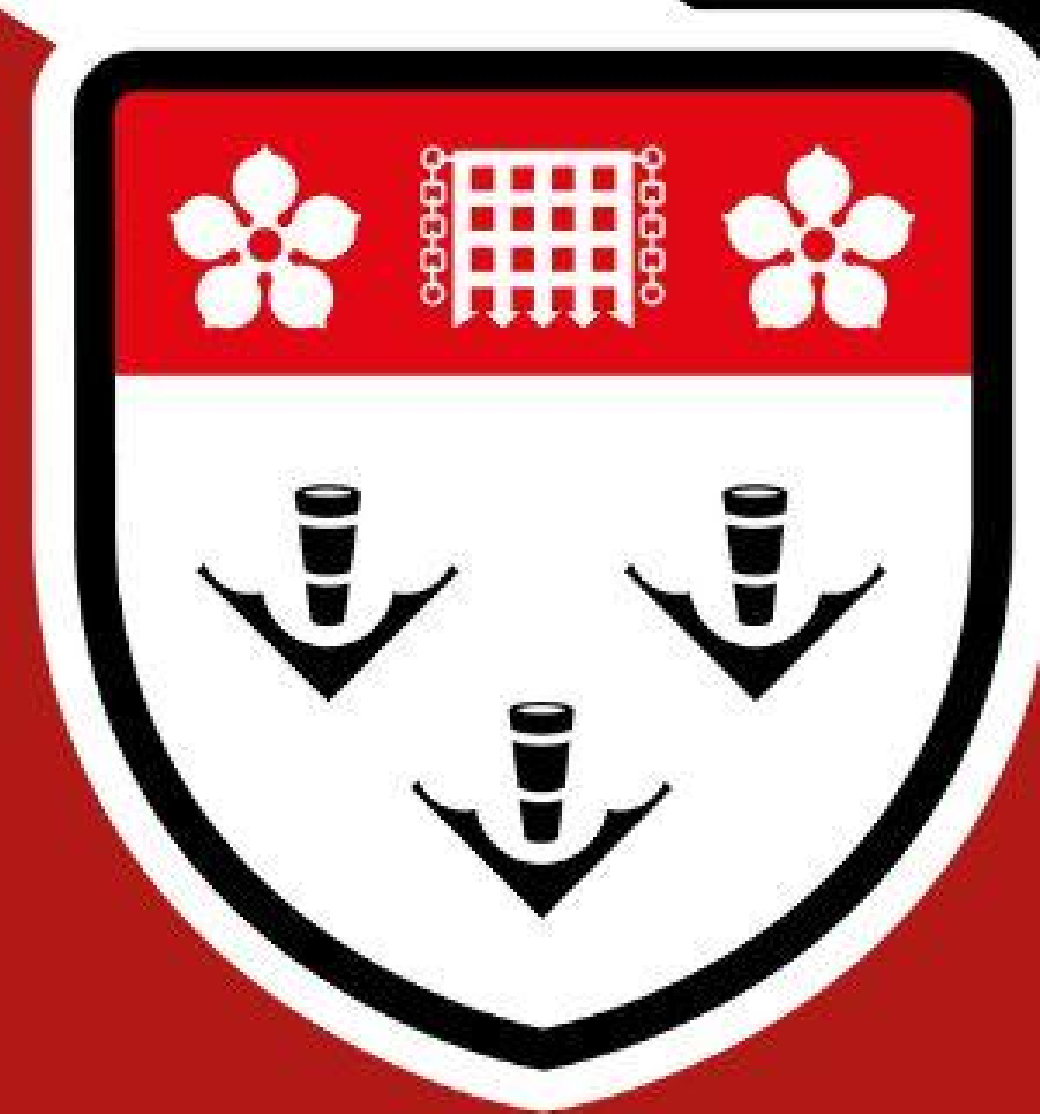


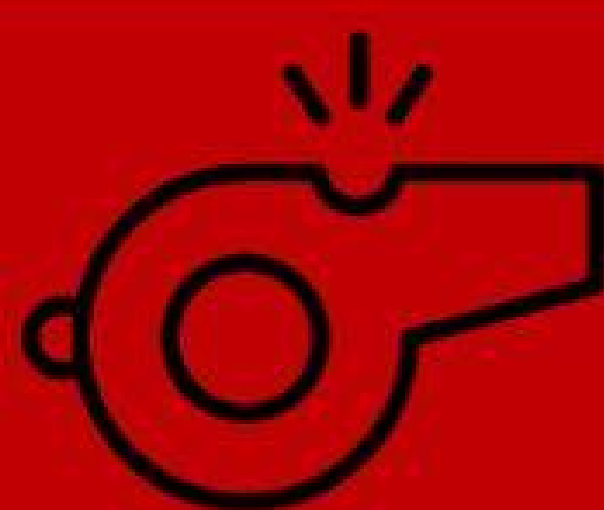


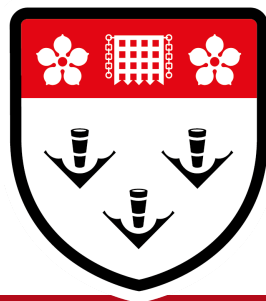
RUSHCLIFFE PE NEWSLETTER

VOLUME 7 : AUTUMN 2024

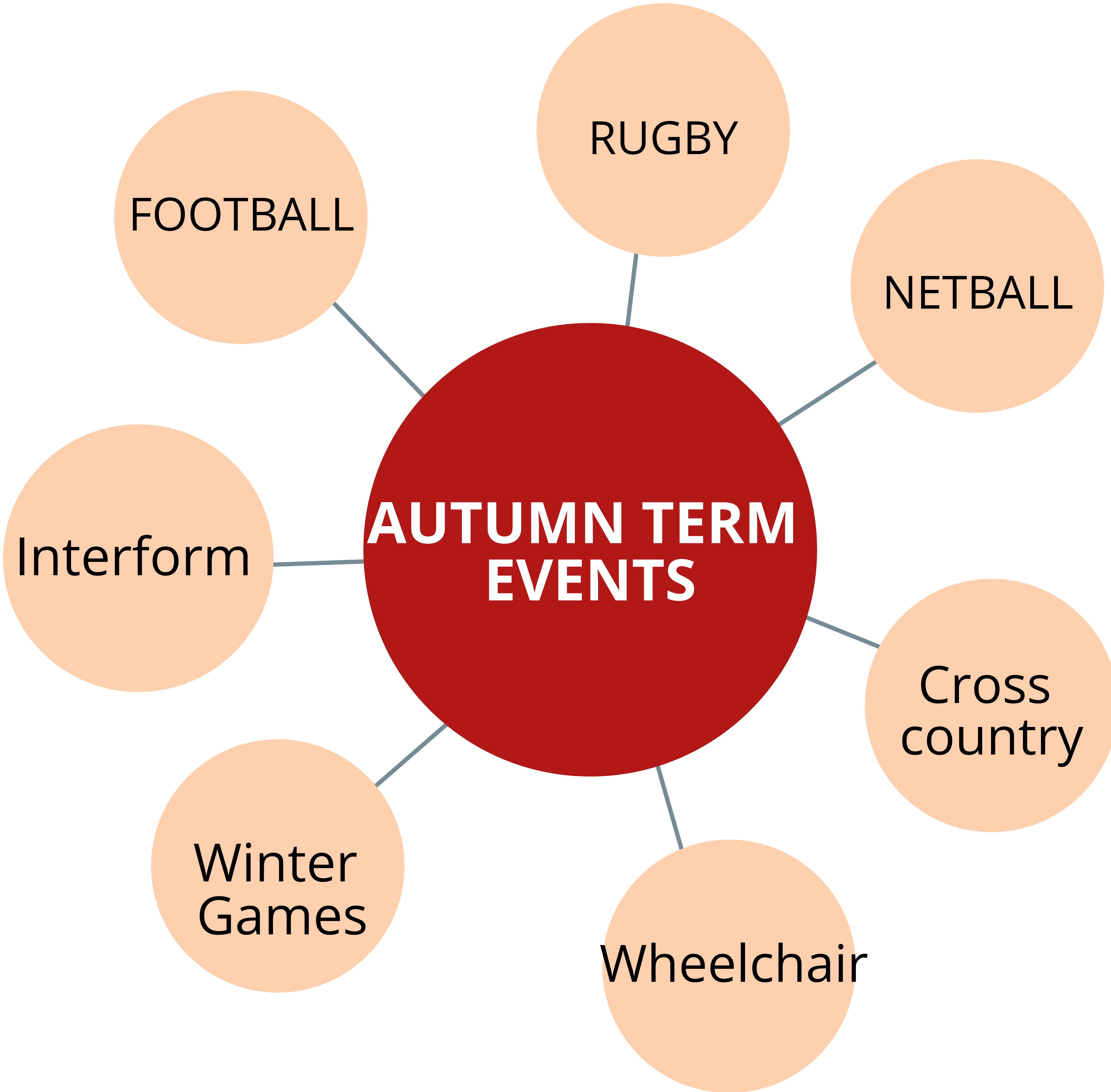
INTENT

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 - Autumn Term 2024



RUSHCLIFFE PE

- Message from Mr Paling

As the Christmas term comes to a close, we reflect on an exciting and memorable term in PE. A major highlight has been the move into the brand-new C Block Sports facility. The spacious sports hall, along with the 3G pitch and smaller 3G area, have been fantastic spaces for our students to access and enjoy the curriculum in new ways.

The winter games has challenged all of our physical, social, and mental skills. It been a great way to keep everyone engaged while developing teamwork, communication, and strategic thinking whilst competing competitively against other tutor groups.

The PE department would also like to express our heartfelt appreciation for the kindness and understanding shown by all students as we adapted to the new spaces and classrooms for examination PE. Your positive attitudes have made the transition smoother and the challenges much easier to face. It's been wonderful to see students not only excel in lessons but also represent the school with such pride whilst conducting themselves in a sporting manner.

As we head into the holiday break, we want to say a big thank you to everyone for their dedication and enthusiasm throughout the term.

You've all been a credit to the school.

Wishing everyone a restful Christmas break filled with fun and relaxation.

We look forward to another exciting term in the new year!

Mr Paling and the PE Department



Year 9: Netball



The Year 9 A team participated in the 2024 Netball Central Venue League at West Bridgford School. They played an intense 10 games throughout the whole tournament.

During the first 2 rounds, the team focused on their team work which allowed them to be successful against every team apart from 2. The team also showed exceptional sportsmanship against another school who were just starting out in Netball. With help from our sixth form coach and umpire Megan, the Rushcliffe team allowed the match to be used as a lesson for the other school. Megan was being a lenient umpire and explaining her decisions, whilst giving the school another chance to get it right. This allowed the team to have a really positive experience from the Netball tournament and the girls and teacher were very thankful for the kindness that the Rushcliffe team showed towards them.

After 2 very successful rounds, the girls were through to the final! They played against some very tough teams where their teamwork and skills were tested. The girls struggled against some tough defence which kept intercepting our ball. However, after some coaching tips, the girls were ready to not be pushed about. They starting using their arms and making sure they were in front of opponents which allowed them to become successful in their final game. This allowed them to gain their 3rd place medal!

Our sixth form students, Megan Severn and Esmay Mcleod, were fantastic coaches and umpires throughout the tournament and offered valuable advice and support to the team throughout. Liv Churchward also made her debut as team captain and proved very valuable to her teammates through her motivation, team analysis and leadership.

I also want to add that we were the most fashionable team in the tournament with our matching red ribbons!

We had another very successful year with Netball and I look forward to the next.
Well done girls!
Miss Taylor

Team lineup:

Team:

Liv Churchward (c),
Suman Jhass,
Georgia Lees,
Emilia Middleton,
Izzy Young,
Roshni Bouri,
Hypatia Chan,
Milly Robinson,
Iris Lloyd,
Michaela Cvetkova

Coaches and umpires:

Megan Severn, Esmay
Mcleod





PE NEWS - Year 7 Boys Football



Mr James summary

'The year 7 boys kicked off their 2024-2025 football campaign AWAY at Hall Park Academy. A very exciting and open start to the game with both teams scoring early and cancelling each other out. The Rushcliffe boys took an early lead from the silky feet of Kushal Kaphe dancing in and out of players in the box before sliding a composed finish into the corner of the net. Moments later, Hall Park Academy immediately responded with a 30 yard power-drive of a free-kick flying into the top corner. The heads of the Rushcliffe boys stayed up and were a continuing attacking threat with Kushal adding another from a darting run in from the back post to make it 2-1. Despite the attacking threat from Rushcliffe, it seemed to be open at the back with the Hall Park striker finding free space and hitting another piledriver into the back of the net from 20 yards leaving it 2-2 at half-time.

The Rushcliffe boys came out significantly more disciplined in the second half to tighten up the backline and it clearly showed with them dominating the ball and Hall Park struggled to gain possession. Soon Rushcliffe took advantage of the dominant possession and Elliot Cook found space outside of the box to shoot at goal, which was parried out by the goalkeeper and Finlay Gray was there to tap home to make it 3-2 to Rushcliffe. The Rushcliffe boys continued to pile on the pressure and Patrick came out dominant in the air from a corner to head home Rushcliffe's forth of the match. Furthermore, in the final 10 minutes, the ball came out to the ever-persistent Elliot who shifted the ball taking his man on and sliding the ball across goal to finish 5-2 to Rushcliffe. A much stronger display in the second half and many positives to take into the next match.

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

- Harry Green
- Elliot Cook
- Patrick Peacock
- Finlay Gray
- Kushal Kaphe
- Deen Asghar
- Jai Burdett
- Archie Henshaw
- Toby Rushto
- , Ben Pick
- Bobby Hickling



PE NEWS - Year 8 Boys Football

Mr Anderson summary

'Rushcliffe Y8 boys are through to the quarter finals in the county cup after beating Arnold Hill 4-0 then Chilwell 3-1. Two dominant displays and the team are showing a real togetherness. Gillie Stenhouse has been instrumental so far with 4 goals in 2 games but the whole team deserve a lot of credit for the way they have carried themselves. Model Rushcliffe students with brilliant effort and attitude.

Kind regards,
Mr Anderson

Results:

Round 1 = Won = Arnold Hill 4.0

Team lineup:

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



PE NEWS - Year 9 Boys Football

Mr Brookes summary

'The Year 9 football team two games into the County Cup after two wins and still to concede a goal in the competition. The next round is against Carlton Le Willows in the Quarter Finals. The boys have been outstanding this year.'

Mr Brookes

Results:

Round 1 = Won = Kimberbly 1.0

Round 2 = Won = Trinity 6.0

Team lineup:

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

Alex Hermon
George Langham
Liam Burke
Elijah Goodwin
Harry Miles
Marley Thomson
Billy High
Ryan Chadburn
Felix Cook
Hughie Garlick
Billy Nehra
Isaac Stacey
Reuben Scurr
Cass Hampson



PE NEWS - Year 7 Boys'

Rugby:

Mr James summary:

The Year 7 boys were raring to go for their first official rugby match representing Rushcliffe Spencer, kicking off the campaign against Park Vale, and they did not disappoint. An emphatic start to the match scoring an early try from the rampant run of Theo Dooley-Rockley, shrugging the opposition off like they weren't even there. The boys continued to make their presence shown with Toby Huggins and George Landsborough putting in tackle after tackle. Shortly after, space was created for Ruben Mather-Finney and he certainly took advantage of that space by darting through the middle of 4 runners and securing the try. Finally, a third was quickly added beating Park Vale by 3 try's to nothing (15-0).

After a successful first game, we proceeded to the big rivals in West Bridgford. A cagey first few minutes with both teams putting in some big tackles. However, soon the Rushcliffe boys gained some composure and looked to take advantage of the space on the flanks. After some strong work in the middle, the boys delivered it out wide to the super quick Ben Sharpe who outpaced the Bridgford team with ease. A very entertaining game which finished with the Rushcliffe boys out on top, beating West Bridgford with two tries to nothing (10-0).

Next stop, the second round!

Mr James



PE NEWS - Year 7 Girls' Football:

The Year 8 girls took part U13s EFL Girls Cup Tournament during this Half Term. They finished runners up, losing in the final 1-0. A fantastic bunch, with lots of energy and teamwork. They are a credit to themselves and Rushcliffe Spencer Academy.

Mrs Cordwell



Inter form Cross Country results 24

All students in KS3 took part in the school cross county competition for 2024. Everybody performed to the highest of their abilities and followed the Rushcliffe Way.

These are the average time for each tutor group. They were all amazing.

Y7	Form	Average time
1 st	7D	8:31
2 nd	7E	8:48
3 rd	7B	8:56
4 th	7H	8:58
5 th	7C	9:13

Y8	Form	Average time
1 st	8C	7:50
2 nd	8F	8:28
3 rd	8D	8:39
4 th	8I	8:46
5 th	8B	8:59

Y9	Form	Average time
1 st	9A	8:00
2 nd	9J	8:04
3 rd	9K	8:08
4 th	9B	8:09
5 th	9I	8:10

From Year 7 these were the top 5 quickest during the cross country

1	Gray, Finlay	7A	06:01
2	Pitylak, Alexander	7K	06:12
3	Peacock, Patrick	7H	06:13
4	Lloyd, Harry	7D	06:14
5	Green, Harry	7G	06:15

Ghazal Aswad, Mira	7H	06:40
Carrington, Rosie	7I	06:41
Wainwright, Emily	7I	06:41
McPhail, Izzy	7H	06:45
Raspin-Fernandez, Daniela	7I	06:45



Inter form cross country continued..

From Year 8, these were the top 5 quickest during the cross country.

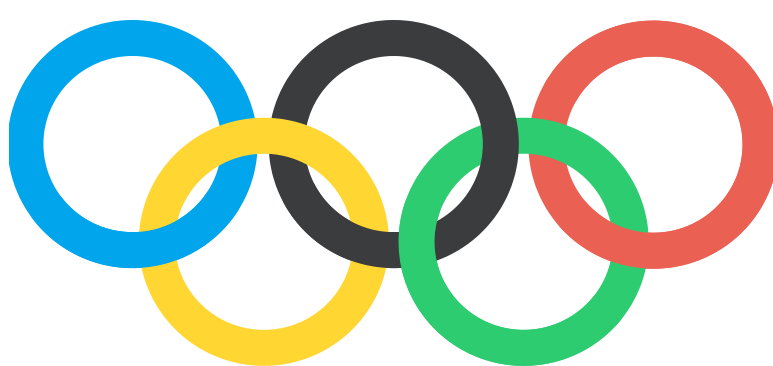
1	White, Samuel	8F	05:58
2	Stenhouse, Gillie	8D	05:59
3	Buggy, Jack	8F	06:01
4	Gibson-Dring, Stanley	8A	06:06
5	Wilkins, Isaac	8A	06:06

1	Pitts, Peggy	8D	06:31
2	Stone, Tayviah	8G	06:34
3	Davidson, Francesca	8H	06:42
4	Carr, Elizabeth	8D	06:50
5	Cheng, Ashley	8F	07:00

From Year 9, these were the top 5 quickest during the cross country

1	Cook, Felix	9I	05:17
2	Shaw, Charlie	9K	05:33
3	Gray, Dylan	9B	05:52
4	Foster, Harley	9D	05:59
5	Footitt, Xavier	9D	06:07

1	Middleton, Emilia	9J	06:13
2	Watson, Ava	9K	06:22
3	Forster, Amber	9I	06:28
4	Carruthers, Honey	9I	06:43
5	McEvoy-Lusty, Maeve	9A	06:48



PE NEWS - Year 10

Boys Football



Mr Palings' summary:

The Year 10 Football team lost their opening County Cup game to a strong National Academy. Unfortunately, a few decisions didn't go their way and we failed to take our chances in front of goal.

After Christmas the team will start their South Notts Cup fixtures and hopefully get back to winning ways.

Training will continue after school on a Thursday.

Merry Christmas from Mr Paling

Team lineup:

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

Jack King
Sam Bailey
Daniel Cowper
Rudi Gaunt
Matthew Pearce
Ben Strang
Ben Kirkman
Yusuf Zahoor
Jenson Campbell
Tariro Darikwa
Ian Nupho
Abass Esu
Daniel Abbasspour



PE NEWS - Rushcliffe Wheelchair Basketball:



Mr Palings' summary:

On Wednesday 11th December we celebrated inclusion day with our annual 'Wheelchair Basketball', taster day. Once again Dan from Express Coaching led an amazing day that gave the students an insight in to the sport. The students thoroughly enjoyed the sessions. This is the 4th year of working in partnership with Express Coaching and we hope to expand the opportunity to our Primary Feeder schools in the near future.

Thank you from

Mr Paling

For further information visit:

www.expresscoaching.co.uk



PE NEWS - NINJA WARRIOR:

Ms Taylors' summary:

The Year 12 A Level PE had a festive trip to Ninja Warrior UK applying their knowledge of muscle contractions to the various practical obstacles on the course. Noah Tompkins was the stand out student and beat all the obstacles first time.

Miss Taylor and Mr Paling were very please with the great effort and attitude demonstrated by all students. This was a great way to sign off 2024.



PE NEWS - Key Stage Interform Competition



Mr Brookes' summary:

A fantastic Winter Games competition has concluded for KS3. The competition saw tutor groups competing against each other. The girls groups took part in a Dodgeball competition whilst the boys groups competed in Benchball and Football.

The standard was exceptional from all of the students and brought the year groups together.

Please see the winners that are represented for each half of the year group.

	Dodgeball	Benchball	Football	TOTAL
7a	10	15	14	39
7b	15	11	10	36
7c	8	7	8	23
7d	7	9	7	23
7e	10	14	13	37
7f	10	5	8	23
7g	6	6	10	22
7h	12	12	10	34
7i	6	8	4	18
7j	10	9	6	25
7k	6	7	10	23

	Dodgeball	Benchball	Football	TOTAL
8a	7	12	8	27
8b	8	8	15	31
8c	13	8	12	33
8d	11	8	9	28
8e	11	9	9	29
8f	10	15	9	34
8g	4	4	7	15
8h	11	10	6	27
8i	5	7	10	22
8j	10	12	7	29
8k	8	7	10	25



	Dodgeball	Benchball	Football	TOTAL
9a	11	10	12	33
9b	14	7	6	27
9c	8	7	8	23
9d	7	10	11	28
9e	11	13	13	37
9f	5	12	12	29
9g	12	8	6	26
9h	10	4	8	22
9i	4	9	6	19
9j	7	12	10	29
9k	7	7	10	24

PE NEWS - Sixth form Charity Football Competition



Blue Team Triumphs!

Dear carers, students and staff, we are thrilled to share the highlights from the exciting 6 a-side Sixth Form Football Tournament held on November 28th. The tournament kicked off in the afternoon with great support from staff and students.

After several nail-biting matches, the Blue Team emerged as the champions of the tournament. They showcased remarkable teamwork, tactical prowess, and exceptional sportsmanship throughout the day. Their journey to victory included a series of impressive performances, culminating in a thrilling final match that they won 2-0.

We would like to extend our heartfelt thanks to all the participants, referees, and volunteers who made this event possible. A special shout-out to the Y12 Sports Leaders for their hard work in coordinating the tournament and ensuring everything ran smoothly.

Winning Team:

Dylan Hardy, Manny Whiteside, JP Avery, Kai Krishnan, Rupert Lambert, Harvey Gilbert

Top Goal Scorer: Harvey Gilbert

Player of the tournament: Dylan Hardy

We hope to make this tournament an annual tradition, fostering camaraderie and school spirit among our students. Be on the lookout for more sports events in the future, and let's continue to support our talented athletes!

Congratulations once again to the Blue Team on their fantastic victory!

Best regards

Sports Leaders and Mr Paling



PE NEWS - Sixth form Football

Mr Horton's summary:

Sixth Form Football Results Report

Rushcliffe Sixth Form's football team has had an eventful start to their campaign in the Notts Cup.

In the opening match, Rushcliffe triumphed 2-0 in a hard-fought contest against The High School. A standout performance from goalkeeper Jacob Hughes earned him the Man of the Match award, thanks to his crucial penalty save while Rushcliffe were leading 1-0. The team's solid defence and clinical finishing ensured a well-deserved victory.

The second game, played on a cold December evening, saw Rushcliffe narrowly lose 7-6 in a penalty shootout to Minster. Despite dominating possession and creating several chances that just missed the target, Rushcliffe found themselves trailing after Minster scored a well-executed goal against the run of play. Rushcliffe quickly responded, with Jackson delivering a brilliant cross that was expertly finished by Ardit to level the score. After a tense 1-1 draw, the match went to penalties, where Minster edged the win.

Despite the loss, the team showed resilience and positive signs for future, and are looking forward to the first round of the south notts cup in the new year



Team lineup:

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

- Jacob Hughes
- Flynn Lane
- Jackson Machin
- Monty Trott
- Matt Cameron
- Rupert Lambert
- Alfie Hudson
- Aidan Hetherington
- Owen Clark
- Harry Cox
- Elliot Powrie
- Ardit Deliu
- Baktash Bashir
- Leo McEwen
- Nyal Rana
- Jake Sellers

PE NEWS - Clip n Climb Nottingham

Multi-sports club

The multi-sports club continues to go from strength to strength. They have been working on a variety of sports each week working on their physical, mental and social skills. On Friday 6th December the group went to 'Clip n Climb', where they tested their nerve on the different walls and challenges. A fantastic trip had by all.

Ben Hulland
Xavi Crossland
Isabella Reece
Georgia Ben
Poppy-Belle Goodman
Daisy Walke
Tyler Henrey
Seth Horn
Fraser Hecker
Mathew Gibson
Jojo Laider
Eliza Welch

Well done everyone

Miss Vials

