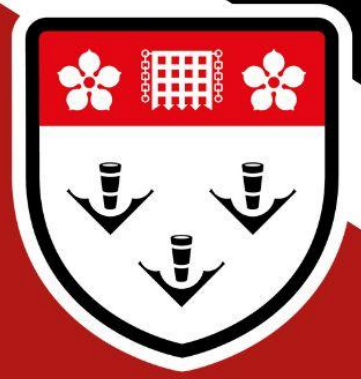




RUSHCLIFFE PE NEWSLETTER

VOLUME 12: SUMMER 2026

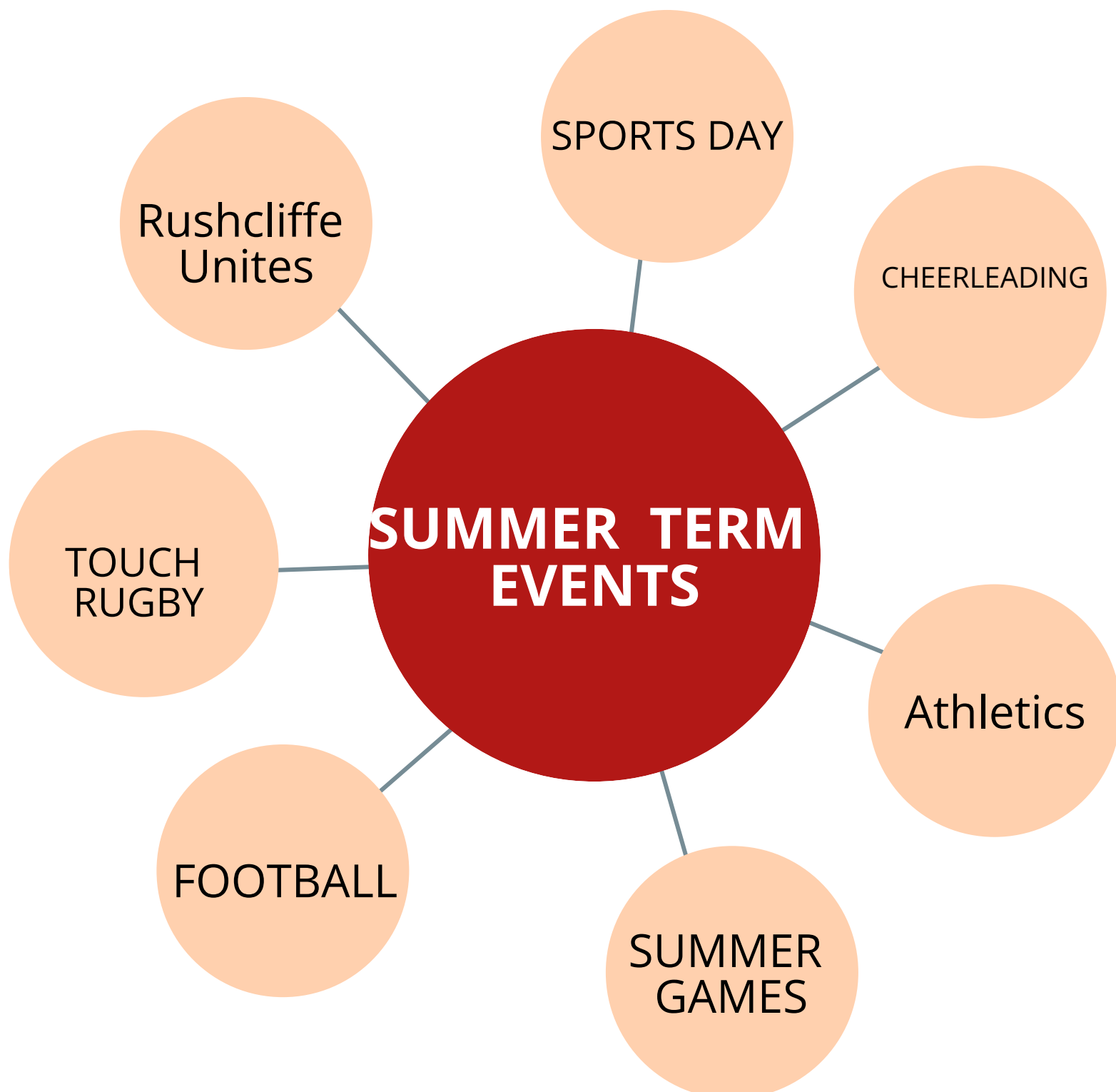
INTENT

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 2026



RUSHCLIFFE PE - Message from Mr Paling



As we reach the end of another remarkable academic year, I would like to take this opportunity to reflect on what has been an outstanding year for PE at Rushcliffe Spencer Academy. This newsletter captures just a snapshot of the incredible commitment, talent and enthusiasm shown by our students and staff. From County Cup victories, Midlands Champions, Sports Day success and outstanding performances across a wide range of sports, to our thriving extracurricular programme, Rushcliffe Unites Dance Show, PE Excellence Day and the continued growth of our Sporting Stars initiative, there is so much to celebrate. I am immensely proud of the way our students continue to embrace every opportunity and represent the school with such pride, resilience and sportsmanship.

One of the highlights of the year has been listening to our students through our annual Student Voice. It is fantastic to see that they value the inclusive opportunities we provide and enjoy such a broad and balanced curriculum. Their feedback has helped shape next year's provision, and I am particularly excited about introducing **pickleball** as a new curriculum unit, reintroducing racket sports following the loss of our tennis courts during the school rebuild. We also continue to raise funds for two new trampolines so that trampolining can once again become a fully embedded part of our curriculum. Looking ahead, I am equally excited for our **Rushcliffe Spencer Academy PE Awards Evening** in October, where we will celebrate the exceptional achievements, commitment and dedication of our students from across the year.

Finally, I would like to thank our fantastic students, dedicated staff, supportive parents and carers, and our wider school community for everything you have done to make this another memorable year for PE. Your support enables us to continue providing exceptional opportunities that inspire young people to enjoy physical activity for life. I hope you all have a well-deserved, restful and enjoyable summer break, and I look forward to welcoming everyone back in September for another exciting year of success.

Mr Paling

Head of Physical Education

DANCE REWARD SESSION

Dance Reward Session:

A huge thank you to Dancin' Motion at Notts Gymnastics Centre for treating our dance troupe to a fantastic free reward session following their hard work at the National competition in March!

Everyone had an amazing time, picked up some new skills, and made some great memories along the way. We were shown the correct hand and foot grips which enabled us to hang upside down and even let go of the silks. It was great to see everyone trying something new and helping each other out to create some fantastic shapes.

We're so proud of their dedication and effort!
Here are a few snapshots of what we got up to.

Miss Taylor





RUSHCLIFFE YEAR 7 GIRLS FOOTBALL

The Year 7 girls produced an outstanding performance against a strong South Wolds side yesterday. Demonstrating determination, teamwork, and increasing confidence, they took control of the game through solid defending and sharp attacking play. The result was thoroughly deserved and reflects the hard work and excellent progress they've made this season. The team has now reached the semi-finals of both the South Notts Cup and the County Cup, keeping their hopes of a double very much alive.

Well done to all involved!
Mrs Keates



RUSHCLIFFE YEAR 7 GIRLS FOOTBALL COUNTY CUP CHAMPIONS

Campeones, campeones, olé, olé, olé!

Our Year 7 team were crowned County Cup Champions after a fantastic 2-1 victory in an exciting final.

The match did not start as planned, with the opposition taking an early lead to put us 1-0 down. However, the team showed tremendous character, determination, and resilience, refusing to let their heads drop. They continued to work hard, play their football, and create chances.

Their efforts were rewarded when they found the equaliser, bringing the score back to 1-1 and giving the team renewed belief. With confidence growing, the players continued to press forward and were eventually rewarded with a second goal to take a 2-1 lead.

The final whistle sparked scenes of celebration as the team completed the comeback to become Year 7 County Cup Champions. Every player played their part in a memorable victory, showing great teamwork, commitment, and spirit throughout the match.

Well done to all involved!
Mrs Keates



RUSHCLIFFE YEAR 9 GIRLS FOOTBALL

The Year 9 girl's football team have had a fantastic year. Reaching both the final in the Pat Smith Shield and the Semi finals of the South Notts cup.

Route to the final

Round 1 V Col Frank Seely 6-0
Round 2 Carlton Academy 8-3
Quarter final South Notts Academy 3-1
Semi final Ashfield 4-2 on Penalties

They have been excellent throughout the year, The teamwork and spirit is brilliant, I could not ask for a better set of girl's representing the school

Mrs Cordwell



Year 7 BOYS FOOTBALL SOUTH NOTTS CUP

Quarter Final Win

Year 7 Boys won 8.1 against Fernwood in the Quarter Final of the South Notts Cup! George Russell with a hat trick and Dexter Lloyd - Williams with a player of the match performance. A very proud Mr Paling

Team:

Jude Hughes, Seb Hallam, Milo Francis, Dexter Lloyd Whitaker, Eddie Dunne, Leo Ellison, Theo Rickets, George Russell, Oscar Walker, Boris Ivanov, Grayson White, Dimitrios Anagnostou, Harry Smith



Semi Final Win

Our Year 7 Boys Football are through to the South Notts Cup Final after an emphatic 5.0 win. Leo Ellison was incredible, scoring a brace and assisting Freddie Spencer with a wonderful piece of skill and pass. We overcame several injuries to still perform at such a high level. The team were fantastic and were a real credit to the school. George Russell x2 and Eddie Dunne x1 were the other goal scorers.

Team:

Jude Hughes, Seb Hallam, Milo Francis, Eddie Dunne, Leo Ellison, George Russell, Boris Ivanov, Grayson White, Dimitrios Anagnostou, Harry Smith



YEAR 7 BOYS SOUTH NOTTS CUP CHAMPIONS

Year 7 Boys Football

Rushcliffe 7 . 0 Beckett

An outstanding performance from the Year 7 football team as Rushcliffe secured a dominant 7-0 victory over Beckett in the final at West Bridgford Football Club. The team played with confidence, intensity and real quality throughout, showing excellent teamwork from start to finish.

A special mention goes to Dexter, who was deservedly named Player of the Match for a superb all-round display and huge impact on the game. A brilliant achievement for the squad and a final performance to be proud of. Well done to all involved for an excellent season Mr Paling.

Goals:

George x1; Dexter x2; Harry x2; Eddie x1; Freddie x1

Team:

Jude Hughes, Seb Hallam, Milo Francis, Dexter Lloyd Whitaker, Eddie Dunne, Leo Ellison, Theo Rickets, George Russell, Oscar Walker, Boris Ivanov, Grayson White, Dimitrios Anagnostou, Harry Smith



PE NEWS - Year 8 Boys South Notts Cup Football



Result: Rushcliffe 3 - 0 Carlton Le Willows

Goal Scorers: Elliot, Elijah, Harry

The highly anticipated South Notts Cup Quarter-Final finally took place this week, with the Rushcliffe Year 8 boys delivering a "super clash" performance. Buoyed by a fantastic turnout from the Year 8 cohort who came to show their support, the Rushcliffe boys did not disappoint.

The victory was made even more impressive as the team faced several last-minute dropouts due to illness. This forced a tactical shuffle, with Ben stepping in to play out of position at Left Back. Ben put in a tremendous defensive performance, marking a very tricky winger out of the game. His intensity and pressure were amazing and provided the stability the team needed.

Historically, this squad has been known as slow starters, but they completely flipped the script. From the opening whistle, the team hunted in packs, refusing to give the opposition a moment's peace. This was driven by a dominant display from the midfield three of Patrick, Finlay, and Elliot, who moved the ball with pace and precision.

The breakthrough came from some excellent wing play by Elijah, who beat his man and squared the ball perfectly to Elliot, who provided a calm and clinical finish to make it 1-0. Just before half-time, Elijah turned from provider to scorer, doubling the lead by being the sharpest player in the box to capitalise on a keeper's spill.

Despite being 2-0 up, the boys maintained their work rate. Early in the second half, Harry effectively killed the game off. Showing great composure, he rounded the opposition goalkeeper to slot home, making it 3-0 and ensuring Rushcliffe's progression.

From defense to attack, the boys worked thoroughly well together as a team. It was a complete performance defined by energy, desire, and tactical discipline. The squad should be incredibly proud of how they handled the pressure and the last-minute changes.

Next Stop: The Semi-Finals!

Well done!
Mr James



PE NEWS - Year 7 Netball



The Year 7 netball teams recently played against the year 8 teams from The West Bridgford School.

Playing up a year provided the teams with a tough challenge, but both teams showed great teamwork, determination and confidence throughout their matches.

Both teams performed brilliantly, with one team winning all their games demonstrating all their hard work throughout training this year. It was fantastic to see all players enjoying the opportunity to compete and gain valuable match experience.
Well done too all.

Miss Sherwin and Miss Cresdee



PE NEWS - Nottinghamshire School Golf Championship

On Tuesday 5th May, seven of our students represented Rushcliffe Spencer Academy at the Nottinghamshire Schools Golf Championship. Competing in an 18-hole medal format, the boys faced a delightful yet demanding course, known for its narrow fairways and challenging bunkers. While we didn't bring home any silverware this year, we are incredibly proud of the performance, most shot a score close to their individual handicap, showing great consistency and focus under pressure.



A huge thank you to Coxmoor Golf Club for hosting us on such a pristine course, and to the organiser, Alex Wan, for putting together such a professional and smooth competition.

Well done to the team, we go again next year! ●●

Murray Crines (Y8)
William King (Y9)
Alex Williamson (Y9)
Wilfred Swann (Y10)
Freddie Crines (Y10)
Jaiden Dring (Y10)
Jack King (Y11)

#RushcliffeSport #NottsSchoolsGolf #CoxmoorGC
#StudentAthletes #GolfChampionship
#TeamRushcliffe



PE NEWS - Touch Rugby Midlands Champions 2026

The Sports Midlands Touch Rugby Championships 2026 proved to be an exceptional day for our school, showcasing the depth of talent and strength of the rugby programme across all age groups. Every team entered delivered outstanding performances, with all squads winning their respective competitions, a remarkable clean sweep.

The Year 8 girls and Year 8 boys set the standard with confident and composed displays, while the Year 9 boys went one step further by competing up an age group and winning the Year 10 competition. The Year 10 boys added to the success by securing victory in the plate competition, rounding off a dominant day for our school.

As a result, the Year 8 boys, Year 8 girls and Year 9 boys have all qualified for the National Championships in June. This is a fully deserved achievement and provides an exciting opportunity to test themselves against the best teams in the country.

Incredibly proud teachers.

Well done from Mr Paling, Mr Brookes and Mr Carroll.



Year 8 Girls - Midlands Champions 2026

The Year 8 girls produced a dominant and disciplined performance to be crowned champions, going unbeaten throughout the day and conceding just a single try. Strong group wins, including 5-0 against The Becket School and 3-0 victories over both Hall Park Academy and Sir Graham Balfour, set the standard before they secured a composed 2-0 win against The Redhill Academy in the final. Lilly-Mae, the only player with prior competitive experience, captained the team superbly—leading with confidence, organisation and composure. Summer was outstanding in attack, proving virtually unstoppable and scoring a flurry of tries, with her performances rightly catching the attention of the competition organisers.



PE NEWS - Touch Rugby Midlands Champions 2026



Year 8 Boys - Midlands Champions 2026

The Year 8 boys delivered a superb all-round performance to secure the Cup, combining structure, discipline and real attacking intent throughout the day. Strong wins in the group stages, including a 6-3 victory over Sir Graham Balfour and a composed 2-1 result against Hall Park Academy, set the platform before they stepped it up further in the knockout rounds with a 2-1 win over Hall Park again and an emphatic 4-0 victory against The Brunts Academy in the final. It was a genuine team display, with every player contributing, but the magic of Edward and Austin consistently provided the attacking edge, creating, finishing, and making the difference in key moments...

Year 10 Boys - Midlands Plate Winners 2026

Rushcliffe A produced an outstanding performance to be crowned Y9/10 Plate winners, showing impressive development throughout the day in what was their first experience of touch rugby. After a narrow group-stage loss and a hard-fought draw, the team grew in confidence and cohesion, securing a strong 5-1 win over Kimberley School before edging a tight 2-1 victory against Arthur Mellows Village College in the final. It was a genuine team effort, with players quickly adapting to the demands of the game, supporting each other well, and showing resilience in key moments. A brilliant achievement and a clear sign of the group's potential moving forward.



Year 10 Boys - Midlands Champions 2026

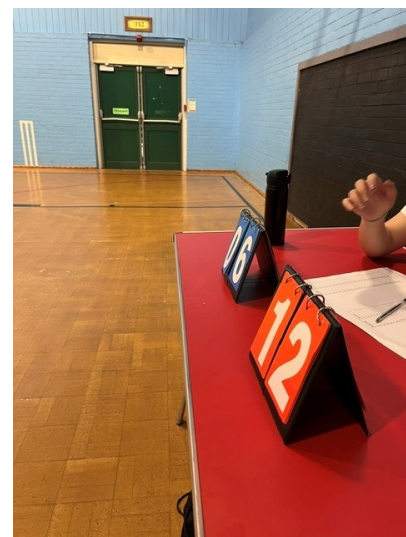
The Year 9 boys (Rushcliffe B) delivered an outstanding performance to win the Year 10 competition, stepping up an age group and rising to the challenge with confidence and quality. Strong wins in the group stages, including 6-4 against King's School Grantham and 5-3 against Arthur Mellows, set the platform before a composed 4-3 semi-final victory over The Redhill Academy. They saved their best for the final, producing a dominant 6-2 win against The Brunts Academy. Cole and Jack were instrumental in attack, using their experience and talent to create and finish opportunities, while the team as a whole impressed with how well organised and disciplined they were defensively. A complete performance and a superb achievement.

PE NEWS

Volleyball



Mr Ward's Volleyball Club has been a huge success this year, with excellent attendance and enthusiasm from students throughout. The club recently competed in two competitive fixtures against Becket Academy, providing students with a fantastic opportunity to apply the skills and tactics they have developed in training within a competitive environment. Volleyball is also an important part of our PE curriculum and is a popular activity chosen by many of our GCSE PE students as part of their practical qualification. A huge well done to Mr Ward for his commitment and to all of the students involved for their effort, teamwork and outstanding representation of the school.



PE NEWS

Year 7 Rounders



Year 7 Rounders Fixture

Our Rounders Club took 12 students to play against the West Bridgford Year 7 and Year 8 teams on the 30th June.

We had a fantastic start and won our first game thanks to some excellent fielding and batting from the whole team. The players worked brilliantly together, showed great communication, and made the most of their opportunities throughout the match.

Although we lost our second game, the team continued to show outstanding effort and determination. Everyone displayed excellent team spirit, encouraged one another, and remained positive from start to finish.

Overall, it was a very enjoyable and successful fixture for all involved. The 12 students represented the school brilliantly with their positive attitudes, teamwork, and sportsmanship. Well done to everyone who took part!

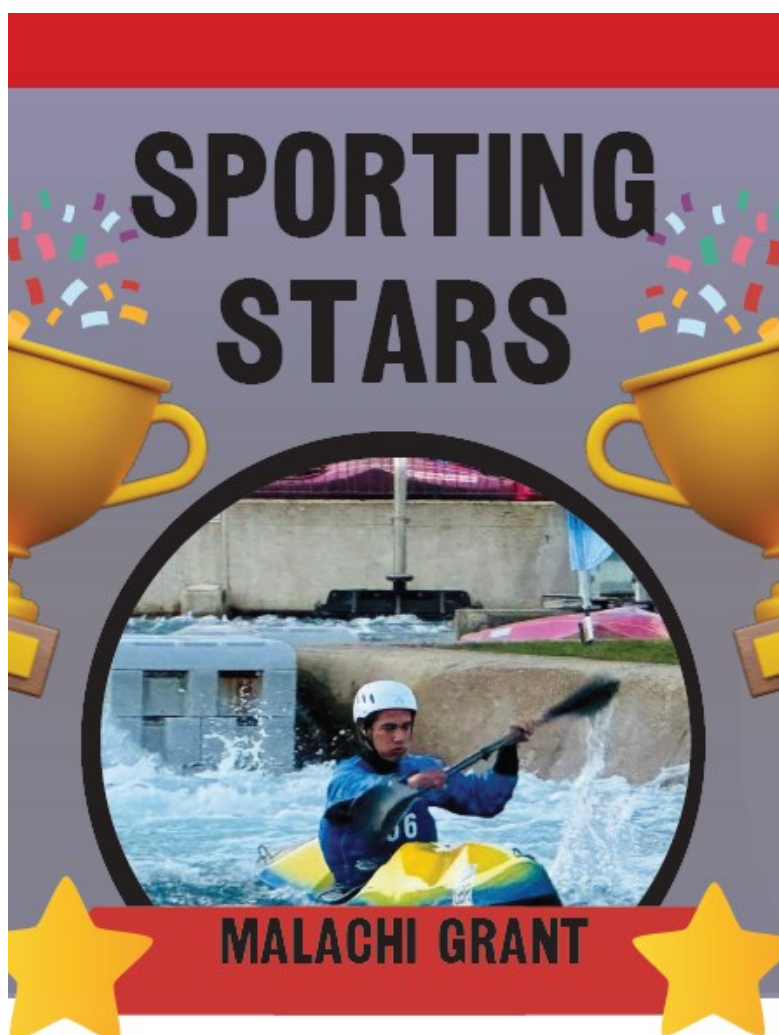
Miss Sherwin





Our PE Sporting Stars

Under the Spotlight



QUESTIONS:

1. What sport do you play?

Kayaking.

2. What level do you play at?

I row at a national level.

3. How did you get involved and at what age?

Year 7 because I randomly decided to buy a kayak.

4. How many hours a week do you train?

I train 6 hours a week at Nottingham Kayak Club.

5. How often do you compete?

Every 2 weeks I compete in regional competitions, and in National competitions 4 times a year.

6. What has been your greatest achievement so far?

I had the opportunity to go to the World Championships this year.

7. What do you hope to achieve in the future?

In the long term I hope to go professional.

8. Where do you find motivation and perseverance?

From my parents and coaches as they're very supportive.

9. What piece of advice would you give to someone who is interested in your sport?

Just begin and keep going as you never know how far you'll get.





Our PE Sporting Stars

Under the Spotlight



QUESTIONS:

1. What sport do you play?

Triathlon.

2. What level do you play at?

I play at a national level.

3. How did you get involved and at what age?

Year 5 because I wanted to get involved with more swimming.

4. How many hours a week do you train?

I train 13+ hours a week.

5. How often do you compete?

I compete around 15 times a year plus track events

6. What has been your greatest achievement so far?

Coming top 15 in the UK.

7. What do you hope to achieve in the future?

In the future I hope to be able to compete in internationals.

8. Where do you find motivation and perseverance?

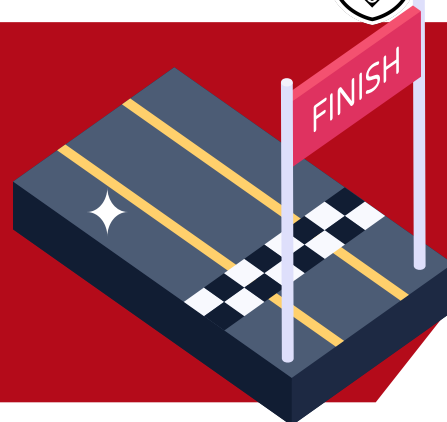
Myself and enjoyment for the sport.

9. What piece of advice would you give to someone who is interested in your sport?

Start as early as possible.



PE NEWS - Sports Day 2026



Sports Day 2026 – A Day to Remember!

Sports Day 2026 was another outstanding celebration of sport, teamwork and school spirit at Rushcliffe. Blessed with fantastic weather and an incredible atmosphere throughout the day, students embraced every event with enthusiasm, determination and resilience, making it one of the highlights of the school year.

From track races and field events to relays and team competitions, it was wonderful to see so many students challenging themselves, supporting one another and truly living our school values. The encouragement from spectators and the pride shown in representing their countries made the day a memorable occasion for everyone involved.

Overall Champions



Jamaica – 663 points

India – 657 points

New Zealand – 638 points



Sports Day

Year Group Champions

Year 7

-  Jamaica
-  New Zealand
-  Canada (joint with Kenya)

Year 8

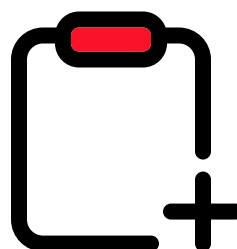
-  South Africa (joint winners with Kenya)
-  Kenya (joint winners)
-  Canada

Year 9

-  India
-  New Zealand
-  Canada

Year 10

-  Jamaica
-  Australia
-  Pakistan



NEW School Records:

- Triple jump yr7 girls- Talia Dean 9.40m
- 1500m yr8 boys- Finley Gray 4m58 (taken from Harvey Haddon)
- Javelin yr 8 girls- Nariah Richardson, Isla Lazarus and Poppy Lumb 18m (matches the current record set by Emily Hughes in 2023)
- Javelin yr 9 girls- Liv McCartney Smith, Lily Anderson 19.05. (matches current record set by Mattie Grant in 2022)
- 100m yr 10 boys- Marley Thompson 11.2seconds
- 300m yr 10 boys- Marley Thompson 38.8 seconds



Sports Day



A heartfelt thank you goes to all the staff, student leaders, officials and volunteers who worked tirelessly behind the scenes to make the day run so smoothly. Their organisation, encouragement and commitment ensured that Sports Day was a safe, enjoyable and inspiring experience for everyone.

At Rushcliffe, Sports Day is about so much more than winning medals. It is a celebration of participation, perseverance, teamwork and community. We are incredibly proud of every student who took part and represented their country with pride.

Well done to everyone who helped make Sports Day 2026 such a fantastic success, we're already looking forward to next year!

Well done everyone from Mr Paling and the PE Department



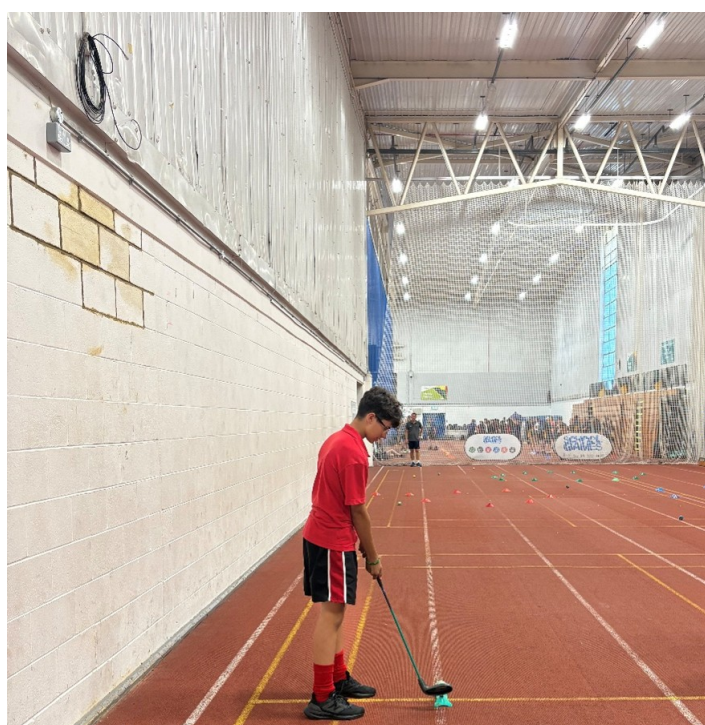
Nottinghamshire Schools Summer Games

Nine of our Year 7 students recently represented the school at the Nottinghamshire Summer Games, competing against students from 20 other schools across Nottinghamshire.

The team took part in a variety of sports, including indoor golf, dodgeball, rowing, athletics, and curling. Throughout the day they demonstrated fantastic teamwork and embraced the opportunity to try new sports challenging themselves in different activities.

They finished second in their group against some very strong competition. A huge well done to everyone involved for a fantastic performance and for representing the school so positively.

Miss Sherwin and Mr Staiano



PE NEWS - Rushcliffe Unites 2026



Wow – what a show!

This year marked the third annual Rushcliffe Unites Dance Show, and it was undoubtedly our biggest and most successful event yet. The evening was particularly special as it was dedicated to the memory of Vanessa Oxspring, who played a key role in helping launch Rushcliffe Unites in 2023 and whose passion for dance continues to inspire our community.

We were delighted to introduce the Oxspring Award for the first time this year. Congratulations to Elsie Arnold, who became our first recipient in recognition of her kindness, dedication and passion for dance.

Thanks to the incredible support of our audience and performers, we also raised £350 for Cancer Research in Vanessa's memory.

The standard of performance throughout the evening was exceptional. It was wonderful to see dancers with a wide range of experience taking to the stage, from All England dancers to students who have only discovered dance through opportunities at Rushcliffe. Every performance showcased the talent, commitment and hard work of our students, and the quality on display was truly phenomenal. We are incredibly proud to be able to provide a platform that celebrates and showcases the talents of so many young performers across our community. We have received some fantastic photographs from the evening which will be displayed around PE.

Thank you to everyone who supported the event, and we are already looking forward to making Rushcliffe Unites 2027 even bigger and better!

Miss Taylor :)





PE NEWS - Rushcliffe Unites 2026



PE NEWS - The Rushcliffe Cheerleading Team



The Rushcliffe Cheerleading Team performed at the EMCA Cheerleading Showcase, performing in their first ever event. After working incredibly hard this year, they delivered a strong routine featuring stunts, jumps, and tumblers.

The team showed excellent teamwork, energy and enthusiasm throughout the performance. They also debuted their new Rushcliffe cheerleading tops, looking smart and confident on the floor.

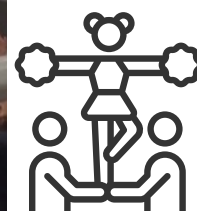
It was a fantastic and positive day!

Well done Rushcliffe Cheer!

Miss Sherwin'



PE NEWS - The Rushcliffe Cheerleading Team



PE NEWS - Rushcliffe PE 'Excellence Day'

We proudly hosted a highly successful PE Excellence Day, welcoming Headteachers, Heads of PE and PE practitioners from across the region, both from within the Spencer Academies Trust and beyond. The day provided a fantastic opportunity to showcase the outstanding PE provision at our school, share best practice and collaborate with colleagues to further enhance the quality of physical education for young people. Thank you to everyone who attended and contributed to such a positive and inspiring day.

Well done to everyone involved!

Mr Paling

#Collaboration #OutstandingPE #NationalCurriculum

Excellence in PE Free CPD

Rushcliffe Spencer Academy Immersion Day

Our Excellence in PE immersion day, presents delegates with an opportunity to explore and delve into Rushcliffe Spencer Academy's approach to PE. The day will allow you to meet with leaders, to hear about their approach, speak with students, and to observe lessons.

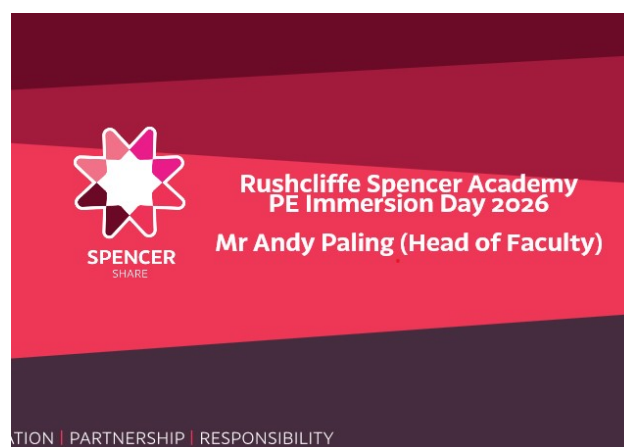
The event is free of charge and will run from 8.45am until 2.45pm on **Wednesday July 15th** at Rushcliffe Spencer Academy, West Bridgford, Nottingham.

Spaces are limited, to ensure your space please book on the following link by Friday 22nd June [here](#)

WED JUL 15
2026



RUSHCLIFFE
SPENCER ACADEMY



PE NEWS - Rushcliffe PE 'Student Voice'



Thank you to all of our students who took the time to complete this year's PE Student Voice survey. Your feedback is invaluable and plays a key role in shaping our curriculum and the experiences we provide. I am incredibly proud of our inclusive PE curriculum, and it was fantastic to see that so many of the initiatives we have introduced are having such a positive impact. Students highlighted **Sports Clubs, Interform Competitions, representing the school in fixtures, Sports Day, our department displays and Sporting Stars boards, and our newsletter and social media** as the initiatives that have made the biggest difference to their PE experience.

Your feedback has also helped us refine our curriculum for next year. **Sport Education** proved to be one of the most popular units, with students enjoying the opportunity to develop and apply their leadership, communication and organisational skills. As a result, it will become a dedicated block of work within next year's curriculum. Wet weather favourites continue to be **dodgeball, benchball, football and capture the flag**, while we are also excited to introduce **pickleball** as a new curriculum unit following a successful trial this year. This will reintroduce racket sports into our curriculum after the loss of our tennis courts during the school rebuild. We also continue to raise funds for two new trampolines, and once these are installed, trampolining will return as a full part of our PE curriculum.

Most importantly, it was wonderful to see that students continue to enjoy their PE lessons, value the wide range of activities on offer and make the most of the extensive opportunities available both within lessons and beyond the classroom. Whether excelling in practical lessons, competing for the school or taking part in extracurricular sport, our students continue to represent Rushcliffe with enthusiasm, commitment and pride. Thank you once again for your honest feedback. I remain committed to listening to your views and making continual improvements to ensure we continue to provide the outstanding PE curriculum that our students deserve.

Mr Paling
Head of PE

5. Why do you enjoy PE? (tick the ones that apply) (0 point)

- Activities
- Friendships
- Competition
- Fun
- Learning new skills
- Trying new activities
- Teacher



PE NEWS - Harvey Haddon Athletics

A huge congratulations to everyone who represented Rushcliffe School at this year's Nottinghamshire School Games! Competing against schools from across the county, our team demonstrated outstanding determination, teamwork and school spirit to bring home an impressive **silver medal**.

The day was packed with exciting activities, including dodgeball, indoor golf, indoor rowing and relay races. Every student played an important role, supporting one another and giving their best in every challenge.

One of Rushcliffe's standout performances came in the indoor rowing event, where our team excelled with fantastic effort and determination, earning valuable points towards our overall success.

While the silver medal was a brilliant achievement, what stood out even more was the way our students worked together. They encouraged each other throughout the competition, celebrated every success and never gave up, showing exactly what it means to represent Rushcliffe with pride.

Well done everyone
Mr Brookes



PE NEWS - Edwalton Sports Day

The Junior Sports Leaders were outstanding in supporting the Edwalton Primary School Sports Day, demonstrating enthusiasm, responsibility, and professionalism throughout the event. They took on a wide range of important roles, including officiating events, recording scores, timekeeping, and encouraging participants. Their organisation and positive attitude ensured the day ran smoothly, while their support gave every child the confidence to take part and enjoy the experience. The leaders were fantastic ambassadors for Rushcliffe School, showing excellent leadership, teamwork, and communication skills. Their commitment helped create a fun, inclusive atmosphere where all participants were able to shine brightly. A huge thank you to all the Junior Sports Leaders for their hard work and dedication in making the event such a success.

Mr Brookes

