



PE Newsletter 11th-15th November

Year 7

Year 7 Netball



The girls remain unbeaten in their league this year and this week they were up against Sybil Andrews at home. Captained again by Lola, who provided that strong link in the centre, by

half time they were leading with a score 4-1. Some strong defending from Abigail, Ruby and Lily allowed Emily and Olaya to continue the run of shots into the second half. Fantastic passing and use of space from Lilly and Ellie kept the game in our half, with a fabulous end result of 8-3. Well done girls!

Year 7 Girls Futsal



On Thursday this week the year 7 girls played in their first ever futsal tournament. They did very well coming second overall, beating Debenham in a close game and losing narrowly to a good Stowupland team.

Year 7 Girls Rugby



The girls had their first taste of rugby over at Bury St Edmunds rugby club this week. With only a small team and up against some very large squads, the girls had a great afternoon. They learnt some new skills and played 4 games of touch rugby against various sides. Sapphire, Eden and Georgia were amongst the try scorers, but this was helped by a fantastic defence from the whole team and lots of runs and tackles from Brenda and Bow. A great start to the season, well done girls!

Year 7 Boys Futsal



The year 7 boy's futsal team took part in a tournament at Stowmarket leisure centre on Tuesday. Schools from Stowupland, Debenham, Hartismere and Thomas Mills attended the event.

The first game was against Hartismere which finished 1-1. Stowmarket had the better chances and were unlucky to come away with a draw. Stowmarket's second game was against local rivals Stowupland. The boys went 1-0 up through an outstanding Korey Haxell volley from inside his own half. Unfortunately, Stowupland applied some pressure and were rewarded 2 late goals for their efforts.

Stowmarket's third game came against Thomas Mills. The boy's played really well and won a resounding 4-0, which gave them confidence for their final game against the tournament leaders, Debenham. Despite their efforts, Stowmarket lost 2-0 against the better side. Debenham were the overall winners and deserved to win the tournament after playing some great futsal.

Year 8

Year 8 Girls Football



The year 8 girls started their journey in the county cup where they faced County High Monday after school. We had 90% of the possession in the first half, but we missed the chances we had, so even though Ellie Fountain put us ahead, we were behind 2-1 at half time. At the start of the second half, the girls came out strong and completely dominated.

Within the first 5 minutes of the second half we were level, with Ellie getting her brace. We then found our feet with Mylea King getting her hatrick in the space of 15 minutes. This took us 5-2 up, and we held the game comfortably. A huge well done to the year 7 girls that stepped up and played; Olaya, Emily, Ellie, Ruby and Lilly. Player of the match was Dulcie Cardy, who battled well with County's strong forward but kept her at bay.

We are looking forward to see who we face in the next round.

Year 8 Netball



The girls faced Sybil Andrews at home this week. Captained by Keri, the girls got off to a good start and held possession for most of the first half. Lovely shooting from Olivia, who ended up with player of the match. Despite some strong defending from Mylea and Matilda, and great link play from Ellen, Sybil Andrews sharpened up their game and had some great shooting in the second half. With fading light and some unlucky shots they ended with a rare loss and final score of 8-4. Great effort all round though!

Year 9

Year 9 Boys Football

The Year 9 boys travelled to KES for their first game in the West Suffolk Cup. After an initial slow start that saw KES score in the first minute we took complete control of the game, with goals coming at regular intervals. The quality of football being played was of a very high standard and the game was over by half time with the boys leading 6-1. Just as impressive as the football was the attitude the boys showed in the second half, where they continued to approach the game in the correct way even when it was clear that the game was over. The final score was 13-1.

MOM - Leyton Upson for his four excellent finishes,



Year 10

Year 10 Netball



The year 10 girls, headed to Breckland Tuesday after school. Despite the long journey to get there, the girls arrived ready and raring to go. In the first quarter, Molly Fountain and Danielle Taylor netted 10 goals together, the defence were strong and didn't allow Breckland to score. The second quarter followed suit, with the girls netting 16 additional goals and again, defensively impeccable; Breckland still unable to score. During the half way period, we decided to switch positions up, but despite this, the girls still dominated, showing how

versatile these girls are. We went away with a 42-2 score. Freya Underwood was given player of the match by the opposition, a great performance from all and a brilliant win for the girls.

Year 11

Year 11 Boys Rugby



The year 11 boys had their first tournament of the season at Stowmarket Rugby club this week. A small, but strong squad of 9, helped out by Oliver Deal and Vinnie Goddard from year 10, the boys had a great afternoon. Their first game saw some strong runs from Albey and Freddie and great defence from Rasmus ending in a win of 3 tries to 1. In the second game the boys dominated play and with some outstanding tackles from Robbie, Ethan and Vinnie, the tries kept on coming, ending with a win of 7 tries to 0. The final game and most physical match, showed fantastic defence from our boys. Oliver, Finley and Zack each getting some great runs to gain metres on the pitch, a great game ending in a draw. Fabulous effort from all, well done boys!

Fixtures next week:

Tuesday 19th November:

- Year 8 Boys Futsal @ SHS (3:10-5:30pm) *C.Andrews*

Wednesday 20th November:

- Year 9-11 Girls Rugby @ Stow Rugby Club (1:00-4:00pm) *G.Whitfield*

Thursday 21st November:

- Year 8 Girls Futsal @ SHS (3:10-5:30pm) *C.Andrews*
- Year 7 Girls Football @ SHS (2:30 - 4:00) *G.Whitfield*
- Year 10/11 Girls Football @ Mildenhall (3:10-5:30pm) *J.Howland*