



PE Newsletter 3rd - 14th February

Year 7 & 8

U13 Girls Handball



On Tuesday, the Under-13 girls handball team competed in the Suffolk County Finals. For many players, this was their first experience in a competitive handball match. Facing strong opposition from Copleston and East Bergholt, the team battled for a place in the regional finals, where the overall winner would represent Suffolk.

In their opening match, Stowmarket took on East Bergholt and made a steady start, with both teams matching each other goal for goal. Heading into the halftime break, Stowmarket held a narrow one-goal lead and looked the more dominant side. As the game progressed, the teams tactical awareness improved, and their patience in attack allowed them to exploit gaps in the oppositions defense. This disciplined approach ultimately secured them a well-earned victory.

With Copleston losing to East Bergholt earlier in the tournament, Stowmarket knew that a win or a draw in their final game would secure the county title. However, Copleston came back stronger, implementing a new tactical press that made it difficult for Stowmarket to break through. Both teams had scoring opportunities, and by halftime, the game was level at 4-4. The second half continued in the same competitive fashion, with each side responding quickly to the others goals. Aware that a draw would be enough to claim the championship,

Stowmarket displayed excellent game management, maintaining possession until the final whistle to secure their place in the regional finals.

It was fantastic to see three Year 7 students - Emily Williams, Olaya Lopez, and Lily Pemberton make the squad. Despite their younger age, they performed exceptionally well alongside their older teammates. A special mention also goes to Faith Powell, who finished as the tournament's top goal scorer, closely followed by Keri.

The team will now represent Suffolk at the regional finals in Cambridge. A huge congratulations to all the players for their hard work and rapid improvement in both their technical and tactical skills.

U13 Boys Handball



The Year 8 boys participated in a handball tournament last Monday, facing off against four schools in total. Despite a tough competition, the team showed great determination, winning one of their four games against local opposition.

Throughout the afternoon, the boys displayed solid teamwork, excellent sportsmanship, and a strong work ethic. While the results didn't go entirely in their favour, their effort and commitment were evident, and they should be proud of their performance.

Overall, it was a fantastic opportunity for the boys to develop their skills and their handball technique.

Year 10

Year 10 Boys Futsal- County Finals



After qualifying for the County Finals, the team headed to Ipswich on Monday to play against the best teams in Suffolk. On the day the results did not go our way with the boys losing their games, the first two were very tight matches with both finishing 2-1. Despite this finishing 5th out of all the schools in Suffolk is still a great achievement.

U15 Rugby



The year 10 boys went to the Suffolk round of the rugby at Ipswich School this week. Playing the '7's game', they got off to a great start against an evenly matched County, with many tries from both sides. Fabulous strong runs from Alfie, Noah and Vinnie gave the boys plenty of ground on the pitch. Great team play was shown when Malick handed a quick ball out from the scrum, which Noah distributed quickly to Alfie and then to Jack Yeo (who was playing up a year), who made a speedy run around a number of players to score his first try for year 10. Noah impressed with his magical footwork when side stepping and kicking the ball through the opposition, only to catch and score. As usual, Oliver made some fabulous try saving tackles and Harry distributed the ball and followed play brilliantly.

Unfortunately, the second game was cut short due to an injury from the opposition, but the boys had certainly started strong and were looking to take away the win.

The rest of the afternoon, saw Vinnie join sides with county for a game against Debenham, scoring most of their tries and giving them a firm win. The boys then took the opportunity to play 15's alongside County against Hadleigh and again showed great skill and tactical play.

Fantastic sportsmanship and fair play from all as usual, well done boys!

Year 10 Girls Handball



On Thursday, the U15 girls handball team competed in the county finals. Despite limited match experience, the team has worked hard in PE lessons and after-school practices, showing great determination and improvement.

In their opening game against East Bergholt, the girls dominated from the start. Phoebe Fox and Danielle Taylor quickly got on the scoresheet, helping the team net nine goals before halftime. Defensively, they remained solid, shutting down opposition attacks. Layla Peckford and Emily Williams provided excellent play down the wings, creating gaps in the oppositions defence and setting up further scoring opportunities. East Bergholt came out stronger in the second half but the girls remained composed and secured a convincing 12-3 victory.

With a place in the regional finals on the line, the second match against Copleston was a must-win. Knowing their opponents had also defeated East Bergholt, the team stayed disciplined and executed their tactics perfectly. Their defensive shape was outstanding, making it difficult for Copleston to find the net. In attack, they remained patient and composed, exploiting gaps in the defence. Phoebe Fox capitalized on these openings, giving the team a two-goal lead at halftime.

Heading into the second half, the girls knew they had to protect their lead. They maintained possession well, frustrating their opponents and controlling the pace of the game. As expected, Copleston pushed hard, but goalkeeper Ella Turner was on hand to make some crucial saves. The team showed great resilience, managing the clock effectively and securing a well-earned 4-1 victory.

The girls were a credit to the school and deserved champions of the tournament. They will now go on to represent Suffolk at the regional finals in April. Player of the Tournament was Phoebe Fox, while Danielle Taylor led the team brilliantly as captain.

Well done to all involved!

Year 11

Year 11 Boys Football



The Year 11s progress through to the semi-finals of the West Suffolk Cup after a convincing 4-1 over Sybil Andrews. Knowing this would be their last game at SHS if they were knocked out the boys made a fast start and were causing the Sybil back line each time they went forward. The early pressure paid off when Harry P latched onto a low cross to calmly finish into the bottom corner. The boys continued to create openings through a dynamic front four of Harry P, Harry T, Harvey and Archie. Harry P scored his second goal of the game mid-way through the first half with an outstanding volley that went in off the crossbar. Half Time 2-0. The second half continued in a similar manner and after a few opportunities were spurned Archie put us 3-0 up with a powerful shot that went under their keeper. Sybil did pull a goal back after the ball bounced around the box following a free kick but Harry T quickly put out any hopes of comeback when he drilled a smart finish across the keeper.

The boys will now face either Mildenhall or St Bennies in the semi-finals. Congratulations to Ogare and Max who made their first appearances for the school team.

MOM. Harry P.

Year 11 Girls Football



On Monday evening, the Year 10 and 11 girls football team traveled to Mildenhall for the first round of the County Cup. The squad welcomed newcomers Safia Fisher, Millie Convey and Brooke Godfrey, all of whom made an impressive impact in their first fixture of the season.

Mildenhall came out strong from the whistle, applying early pressure with a high press. Their aggressive start paid off just five minutes into the match when a well-executed corner routine found the top left corner, leaving goalkeeper Eve Caldwell with no chance of making the save.

Conceding early only motivated Stowmarket to step up their game, and from that point onward, they dominated possession. Captain Chloe Price controlled the midfield brilliantly, creating several chances for the attacking line. Her precise cross into the box was met at the back post by Danielle Taylor, who calmly finished to bring the score level before halftime.

With the game tied at the break, the team was determined to secure the win without the need for penalties. Their intent was clear from the restart, and it wasn't long before Martha Hardcastle found herself one-on-one with the goalkeeper, slotting home to give Stowmarket the lead. Shortly after, Danielle Taylor doubled her tally with another goal, this time from a well-delivered corner. This late on goal secured the team a well deserved victory.

The team showed great resilience, coming from behind to claim a 3-1 victory. Player of the Match was awarded to Poppy Healy, who put in a tenacious defensive performance, making crucial tackles to cut out Mildenhalls key play maker.

A fantastic result for the team, who now progress to the next round of the County Cup. Well done, girls!

Year 11 Girls Handball



Last week the U16 girls handball team took on St Benedicts as part of their GCSE PE practical assessment. The team dominated the match throughout with the score finishing up at 22-7 to Stowmarket. Well done ladies on some excellent performances which will help your final assessment grade.

Fixtures next week:

Monday 10th February:

- Year 8 Girls Football @ Hartismere (1:30-4:30pm)

Tuesday 11th February

- Staff vs Students Netball match @ Lunchtime
- Year 7 Girls Football @ Stowupland (3:00-5:00pm)

Wednesday 12th February:

- Year 9 Girls Futsal County finals @ Suffolk New College (3:00-5:30pm) *G.Whitfield*

Thursday 13th February

- Year 8 boys rugby @ Stowmarket Rugby Club (1:00-4:00pm) *G.Whitfield*