

ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



IN THIS ISSUE ...

10 LEADERS MULTISKILLS FESTIVAL

22 fantastic year 10 leaders run festival for NS youngsters

GIRLS FIXTURES

U14 girls in dramatic cup football comeback as well as hockey and netball successes

BOYS FIXTURES

Boys rugby teams start season with real energy as well as high drama on the basketball court

SKY SPORTS PROJECT

24 lucky students start work on most recent project with team building workshop

HOUSE CROSS COUNTRY

4 record breaking runs for the second year in a row



PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

7 BOYS RUGBY V SIDCOT

Youngest SK rugby players show huge promise after first match

On Tuesday 19 September a squad of 16 boys headed for Sidcot School for their first ever school rugby fixture! Just 11 days into secondary school and with only 1 training session under their belts there was a real buzz around the site when the boys found out that they had been chosen to play in the first match. Amazingly there were more than 30 boys that attended the first practice which made my life almost impossible when it came to picking half that were going to take to the field for the first game.



Gabriel ANTOLIC-FURLONG, Matthew BRENNAN, Ryan BUNDY, Euan CAUL-PATERSON, Kanye CHRISTIE, Finley GREEN, Reggie-Lee HAYWARD, Alfie KING, Mac MARSHALL, Myles MASON, Kenneth NEWBURY, Trysten NMAI, Jonathan PUATI-KAMBU, Remi SMITH, Will STRATTON, Bradley TANNER

After all of their hard work in training there was almost huge disappointment for the boys as their original opponents were unable to fulfil the fixture. Fortunately Sidcot stepped in to fill the gap at short notice and this meant that the boys were still guaranteed a game – not only that but as you can see above they provided some first class post-match hospitality to make this a memorable first school rugby experience for all of the boys involved.

As a warm up the two teams started with a game of touch rugby as a stepping stone toward the contact game that would follow and it quite quickly became clear that is a huge amount of potential amongst this year 7 group. The boys were desperate to get the ball in hand and show what they could do and their evasive skills and footwork were impressive to say the least. It was great to see those boys with a little more rugby experience drawing in defenders before passing the ball; Reggie and Euan in particular stood up their opposite numbers before throwing a simple pass numerous times. Alongside Euan and Reggie it was lovely to see boys with less rugby experience throwing themselves head first into every second of the game. Bradley, Remi and Jonathan were all keen to make a great first impression which they did. Bradley was everywhere in typical Tanner fashion, Remi made a couple of lovely breaks before giving the ball to his supporting players and Jonathan showed himself to be a very powerful and dynamic player. Finley Green was another boy getting stuck in to his first school game and was responsible for scoring the first ever try for the team after a long spell of possession led to a scoring opportunity for the boys in red.



At St Katherine's we really encourage boys who might not consider themselves rugby players to give the sport a try. Other boys in year 7 will tell me that Gabe, Mac and Ryan are all great footballers, which I am sure is the case! However it has been a pleasure to watch all three get stuck straight in to their rugby and use the skills they have from other sports to great effect. Mac has some neat footwork and has already built a reputation as a tackler who packs a punch. Gabe is equally as brave in defense and also has great handling and communication skills – no doubt that has come from his goal

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

keeping. I have thoroughly enjoyed every minute of watch Ryan take to his rugby at the start of this year too. He has a deadly sidestep and brilliant evasive skills but can also handle and pass the ball superbly. One particular passage of play sticks out in my mind where Reggie executed a 2 on 1 perfectly to find Ryan out wide who danced his way through a couple of oncoming Sidcot tacklers before offloading to watch his team mate stopped just shy of the whitewash. Ryan then picked from the base and put his head in where it hurts to get himself the try that he was desperate for – a fantastic combination of skill and bravery in game 1!

As much as I love watching running rugby you have to be able to keep the other team out as well and this team doesn't look short of defensive leaders. Matt Brennan wins the prize for being the most tenacious player in the group hands down – he is always at the centre of the action and his enthusiasm to win back possession and his hunger for the ball is insatiable. Kenneth and Trysten both demonstrated a steely resolve in defense and put in some punishing hits – both boys are strong, powerful tacklers and can both handle the ball too; hugely exciting prospects on the rugby pitch!

In terms of impact on the game there were two boys who you couldn't seem to keep out of the action and although neither made it on to the scoresheet they were both instrumental in our team tries. Alfie and Myles both made a number of superb tackles but two particular tackles stick in my mind! Myles was responsible for stopping one of Sidcot's strongest runners right in his tracks in the middle of the pitch and not only did he make the tackle he got straight back up to his feet ready for the next one – a great defensive characteristic. Alfie King drove one of his opponents well clear of his own try line with a mighty defensive effort that stopped what looked like a near certain try and caused a turn over. Not only can both boys tackle but they both look great with the ball in hand. I don't have any stats but Alfie must have been up there as one of the boys who gained the most ground. Myles will have been pretty close too and was the catalyst for what I think was the best try of the match (although I am slightly biased)! After several phases Myles took the ball up and in to contact having picked a great line, he then managed to free his arms to find the offload to onrushing team mate Kanye Christie who cruised onto the ball and over the line for a brilliant try.



There are only two boys I haven't mentioned yet and both were instrumental in a hugely successful first game, both have an impressive rugby skill set and both are already showing signs of becoming exceptional young leaders. Will Stratton and Kanye Christie led by example in every aspect of their performance. They both made it on to the scoresheet; Kayne with two tries (one hugely impressive solo effort) and Will with one at a pivotal point in the match. The pair collectively made tackle after tackle in defense and both made great gains with ball in hand. More importantly to me they were both huge positive driving forces behind the team – neither moaned at team mates who made mistakes and both remained key to the team even when they were on the sideline playing half of the game each. In the first half Will watched every minute of the game from the side and encouraged his team mates when at half time Kayne came off and made a point of telling his team mates to go out and give it their best. Two first class examples from two excellent young rugby players.

I am really looking forward to watching this year group go from strength to strength on the rugby pitch and have thoroughly enjoyed working with all of the individuals who have trained to date. Only half of the boys who have trained have had the opportunity to play so far and I am intrigued to see what the rest of the boys have to offer in a competitive situation. All boys who train regularly will get the opportunity to represent the school on the rugby pitch.

Congratulations to the 16 who travelled to Sidcot and were excellent ambassadors for the school, exemplary in terms of their manners and played the game in a great spirit. Well done to all of the boys who have been working hard in training – keep at it and you will get an opportunity to play.

Well done gentlemen.

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

10 & 11 BOYS RUGBY V GORDANO

10 and 11 boys put up good fight in tough game against Gordano

On Tuesday 26 September our year 10 & 11 boys travelled to neighbouring school Gordano for their first friendly fixture of the season. With both schools equidistant from Gordano Rugby Club these matches often involve a meeting of club mates and this game was no different. Conditions were perfect for running rugby and the SK boys took to the field hoping that this would play to their strengths. Gordano had a large number of players and were using the opportunity to try different combinations of players. St Kath's on the other hand were missing a handful of players and knew they were in for a tough challenge with just 17 players available to play.



Lewis BAKER, Tyler BARR, Harry BELCHER, Jordan COLE, Will CONROY, Henil DESAI, Ashya GRAY, Zak HARRIS, Oliver KEARNS, Justin LAWRENCE, Felix MCGOVERN, Edward POWELL, Charlie RICE, Brodie STORER, Louis STRATTON, Sam WILLIAMS, Muhammed ZUBAIR

St Kath's were able to get the ball in hand right from the offset after Gordano split the ball following the drop start. There was no better way to start their running game than with a couple of half breaks and some well controlled offloads. St Kath's were looking to try to get the ball wide at every opportunity so that wingers Jordan Cole and Brodie Storer could have an early touch. Lewis Baker was coming into the line nicely from 15 alongside centres Conroy and Gray. It was the away team that retained possession for the first few minutes of the game which allowed half backs Williams and Stratton to find their feet in the game. Early signs were really positive for the SK boys but as every in sport it only takes a few seconds for things to change drastically. A well-executed turnover from Gordano saw their first touch of the rugby ball. The loss of possession was followed by a couple of missed tackles which allowed Gordano to run in for the first score of the game. At this point you had to say that the score was against the run of play and SK were stood under their own posts a little bewildered having been in Gordano's 22 just moments earlier.

The early score gave the Gordano boys confidence and they quickly settled into the game. They quickly found that they had absolute dominance at the breakdown and with only a handful of recognised forwards, St Kath's just couldn't compete when they were faced with numbers at the tackle area. Recognising this, the away team had little choice but to stand 15 out in the defensive line whenever Gordano had the ball carrier well supported in contact. When SK had possession they knew that they had to look to keep it alive as much as possible and be really accurate off of their first phase ball as they could ill afford to turn the ball over. Knowing what to do and being able to execute are often two very different things; especially in the heat of a rugby match. In attack the boys were unable to get the ball outside of 10; 12 at best because they were so flat to the line. The lack of depth was because they were still in a defensive mind-set even when they had the ball –they knew the threat Gordano posed from the turnover and consciously or unconsciously this was hampering them in possession. It was a lack of line speed that cost them their second try and once again missed tackles followed to allow Gordano to cross the line too easily.



PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

St Kath's felt that they deserved more from the game and so set about affecting the scoreboard. Spells of possession followed and there was a renewed determination to get back in to the game. It was determination and sheer brute force that brought about the first SK score as opposed to the running rugby that would have suited them. Harry Belcher, Charlie Rice and Ed Powell all took responsibility for carrying the ball hard in to contact with the others ensuring that possession was maintained. The door was firmly shut in their face a couple of times as they found themselves short of the line but eventually Ed Powell managed to jam his foot in to keep it ajar enough for him to get across the line – it may not have been pretty to watch from the side but nobody was complaining.

In the moments before half time the signs were positive for the away team. Ashya Gray and Tyler Barr both helped themselves to great steals in contact, dislodging the ball in the tackle. St Kath's were able to get some traction in the game and work the ball wide to their runners well. The only criticisms were that they were still too flat and forced into tracking laterally across the pitch which meant when they did get the ball wide they had used all of the space they were trying to create.

After the break, changes in personnel for Gordano presented SK with a real headache. Gordano grabbed the game by the throat with both hands and grew more dominant in every aspect of the game. SK found themselves weathering a brutal storm and there were a few boys who held tight during this period. Charlie Rice suffered a big setback through injury more than a year ago now but since returning to full fitness seems to be determined to make up for every minute lost on the rugby pitch. In this match it seems that Charlie was out to get all of those lost minutes back in one go as he scythed his way through more work than I have ever seen from one player in one game. His tackle count was through the roof and he wasn't just knocking players down either – some of the tackles he put in really knocked Gordano boys backwards. Lewis Baker and Louis Stratton followed Charlie's lead also tackling more than their weight in the backline. Despite their best efforts they just couldn't stop the Gordano momentum and during this period of the game they ran in several tries which took the game well beyond us.



With so many players at their disposal, Gordano were able to rotate regularly and stay fresh when the complete opposite was true for SK. Despite the obvious fatigue and drop in physical intensity the boys dug deep and found reserves of character that carried them through the final stages of the match. There were 5 minutes left on the clock and the boys were out of the game and down 56-5 stood under the posts following Gordano's last score of the match. They headed out to restart the game looking to make the closing remarks and it was Justin Lawrence who kick started things with his unique ball handling abilities. Justin carried the ball hard to the line waving it around in one hand like a flare which left most onlookers with their hands over their eyes fearing another loss of possession - it was Sonny Bill Williams esque. Ollie Kearns picked up the baton from Lawrence as he fielded a high ball brilliantly before cutting inside to pop to Powell who was charging in on the crash. Managing to keep possession the ball came out from Williams and Stratton into the hands of talented athlete Ashya Gray. Ashya made huge strides last year in his athletics and used every ounce of his speed and power to help him break the line in the last play of the match. SK were rapturous as they watched the centre stride out to the try line; nobody was going to catch him once he had gotten through. Captain Stratton added the final points of the match to the total off of the kicking tee.

After a physically exhausting contest the 17 boys were strewn across the pitch but picked themselves up to gather in for a quick chat after the game. Outsiders might look at the score line and suggest drastic changes need to take place before this team could compete against a team as strong as Gordano. In actual fact there were a huge number of positives to come from the game and the boys did compete for periods of the match. There are some clear areas to work on and this group need to get used to playing in a style that will match the strengths of the players they have at their disposal rather than trying to take their opponents on at their game. I am looking forward to working with this group as they set about the challenge this season.

Match of the match has to go to Charlie Rice for sheer work ethic and physicality like no other on the pitch! Well done Charlie – great to see you back firing on all cylinders!

Well done on a hard fought contest gentlemen.

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

7 BOYS RUGBY V HANS PRICE

Fifteen tries from boys in red despite miserable weather conditions

On Wednesday 27 September 18 year 7 boys travelled down to Weston-Super-Mare for the second friendly game of their season against Hans Price. This fixture presented 7 new boys with the opportunity to represent the school which means that 24 of the 34 boys who have trained this year have now played. There is lots of rugby still to come so the message to boys who want to be involved is simple – keep training!



Gabriel ANTOLIC-FURLONG, Matthew BRENNAN, Ryan BUNDY, Euan CAUL-PATERSON, Kanye CHRISTIE, Jacob DUNCAN, Charlie EVANS, Finley GREEN, Reggie-Lee HAYWARD, Alfie KING, Jonasz MALCOLM, Myles MASON, Jay Jake MOBBS, Kenneth NEWBURY, Jake RALPH, Thomas SCOTT, Will STRATTON, Waide WATSON

The boys were split into two completely mixed 8-a-side teams so that there was less waiting around in the bad weather and more rugby for everyone. In training and in lessons for the last few weeks we have spent the large majority of the time playing games. In recent weeks the focus of our matches has been on our handling and passing and so I set the boys the challenge when we arrived – I wanted to see boys passing before contact, receiving passes on the move, being accurate with their passes and looking to offload if they could free their arms and were in control in a tackle. For that reason I was absolutely delighted that they notched up 15 tries and played some great running rugby in some really difficult weather conditions. The boys really set off with a bang; right from the offset the handling was sharp and the ball was moving forwards with apparent ease. I was refereeing one of the matches so got to watch each SK team for a half.

SK RED [Matt, Ryan, Kayne, Reggie, Jonasz, Myles, Jake, Tom and Waide]

5-0 and 5-1, 10 tries for and 1 against – scorers Christie (9), Ralph (1)

SK RED were on my pitch first and played some superb rugby. Matt Brennan was a tackling and turn over machine for his team downing countless opponents and ripping a lot of ball whenever the opposition had possession.

Kayne was one of the biggest threats in the SK team and looked like scoring a try every time he got his hands on the ball! Kanye took the ball at such pace into the contact that it made him near impossible to tackle and the other SK boys supported him brilliantly. He wasn't the only one hitting a pass at pace; Reggie picked the ball up superbly in the midfield on the run and controlled his body brilliantly in contact which allowed his team to keep possession. Reggie draws his man out brilliantly before giving a pass and it is examples like this that help others boys to learn quickly.

It might have been Tom's and Jonasz's first matches for the school but you wouldn't have known it as they both looked really comfortable with the ball in hand and also gave great quality ball to their team mates. Myles is really dangerous out in the back line and was once again great in the tackle as well as strong and dynamic with the ball in hand. Waide was also making his debut for the school and what a performance he gave! He takes up brilliant positions out wide naturally, has a great body position when taking the ball to the line, can pass excellently off of both hands and can tackle – what more can you ask for!

Ryan Bundy was lethal yet again with the ball in his hands. His footwork was electric and he beat Hans Price defenders for fun but he also had a great understanding of the game and used his support to great effect. The best try of that half went to Jake Ralph supported the ball carrier and took a brilliant offload from Kayne at pace to cross the line in his first match for the school too!

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



SK BLACK [Gabe, Euan, Jacob, Charlie, Finley, Alfie, Jay, Kenny and Will]

3-2 and 2-2, 5 tries for and 4 against – scorers Stratton (3), King (1), Caul-Patterson (1)

SK BLACK were on my pitch second and picked up right from where the other team had left off. I thoroughly enjoyed refereeing both matches as there were hardly any stoppages despite the weather conditions. Both teams held some really tricky ball and some of the offloading was great to watch.

Gabe and Kenny both demonstrated really high standards in defence throughout the game and made a number of excellent tackles. Hans Price had some strong runners that needed stopping and the boys did a great job of keeping them in check. Jacob and Charlie were both making their debuts for the school and both played brilliantly. Charlie was great going forward with the ball in hand and took the ball up well giving some great passes to supporting team mates. Jacob was also really solid in defence and with the ball keeping possession for his team – he did the simple things really well and in the bad weather this was exactly what his team needed. These weren't the only boys playing for the first time; Jay was another debutant and it was great to see how well all of the boys were slotting in to place.

Alfie King continued to impress for the second game running and made a couple of line breaks after some neat footwork helped him through the tacklers. Alfie also made a couple of try saving tackles; one running back to his own line and another covering across into the corner – both great tackles with excellent technique. Alfie wasn't the only boy enjoying the physical contest; Euan was really stamping his authority on the game. He and the Hans Price captain had a number of really well contested tussles that were great to watch. Euan was dynamic in contact but also demonstrated the quality of his skills too giving a number of good passes – he thoroughly deserved his try.

Will Stratton led by example on the pitch and other boys followed the standards that he had set. Defensively he barely missed a tackle, he ran well with the ball in hand and was a threat with feet and hands when he took the ball up and he top scored for his team as well.



I thoroughly enjoyed watching every minute of the rugby that the boys played and it was lovely to hear parents who had come to watch saying exactly the same! This group of young men have real potential on the rugby pitch and it is really exciting to watch the team start to take shape. They have all made huge strides forward with their rugby in the first few weeks and are starting to play together really well.

A special mention to Lowell, Tom and Danny from year 12 who travelled with the boys for the game and helped out - having extra pairs of competent hands makes such a difference. I'm really grateful to them for giving up their time; especially for an away fixture. The boys get a much higher quality experience with them helping! Thanks also to Lewis and Louis for their help in training in recent weeks.

Congratulations gentlemen.

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

7, 8 AND 9 GIRLS NETBALL V BACKWELL

First games for all teams of this season against tough opposition

On Thursday 28 September the netball teams from years 7, 8 and 9 travelled to Backwell School for their first fixture of the new school year.

Year 7

St Kath's: A 0 – 2 :Backwell

In their first fixture the year 7 squad were split into two sides to face the two Backwell teams. In the first game the pace was frantic. Daisy Wilkinson made some great interceptions as C and kept the side in a closely fought game. Poppy Brooks had her work cut out alongside Scarlett Newby and Zara Mace marking the attack of Backwell. The St Kath's attack would well with Lili Mai Hawker and Isabella Wake proving hard to pin down in the attacking third, with Jamie Packham providing support. Despite the game being very evenly matched, it was the Backwell side that were eventual winners 2 - 0, with Daisy voted player of the match.

St Kath's B: 1 – 3 :Backwell

In the second year 7 game, the St Kath's side found themselves under immediate pressure from the Backwell side. Jemima German and Ross Barker battled hard but the shooters from Backwell were on target and they took an immediate lead. The centre court players; Charlie Mobbs, Hannah Packer and Melissa Bartlett linked well and provided Mia Melias and Mitzi Hines-Ewens with chances. Mia took a chance well to bring the St Kath's side within a goal, but Backwell held onto their lead and were eventual winners 3 - 1, with Charlie Mobbs voted as player of the match.



Year 8

St Kath's A: 2 – 2 :Backwell

The pace of the first game showed the energy and enthusiasm from both sides. This was a very close game throughout with end to end play throughout. In a physical game both Chloe Weaden and Isobel Taylor battled well to gain shooting opportunities whilst Lauren Clifford and Melissa Madamombe were kept busy by the Backwell attack. Great interplay between Sophie Weaden, Jess Stanley and Ella Leakey kept play flowing well, but the games end result was a fair reflection on both sides at 2 - 2, with Lauren voted player of the match.



PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

St Kath's B: 0 – 2 :Backwell

The second year 8 game again was fast paced and all players battled hard. Lola Willis worked incredibly hard to gain possession in the centre third as they immediately found themselves under pressure. Ellie Ojo made some incredible interceptions as GK and kept the Backwell attack at bay, supported well by Megan Larkin. Adrianna Noriega played well moving the ball from defence and linked well with Natalie Stringer and Maya Matthews. Jess Pratt worked hard with the limited possession St Kath's had in the end third. The final result was 2 - 0 to Backwell with Ellie Ojo a deserved player of the match

Year 9

St Kath's vs Backwell

This difficult fixture, against a traditionally strong Backwell team, was the Year 9 teams' first match of the season. A very tough challenge indeed. The Year 9 team has seen the introduction of some new players (Lauren, Millie and Veronica). The new players complimented the team play and work ethic of other established players. The side was once again captained by Molly Jackson, who led by example in her personal play and in her role as captain. The positive encouragement from Molly to all team members was fantastic. Despite losing the match to Backwell, the team remained resolute, determined and competitive. Player of the Match, Chantelle Hawkes, was a shining example of this true St Kath's spirit. The team should be immensely proud of their conduct.

Miss Ball and Mrs Price



8 BOYS RUGBY V CLEVEDON

Boys learn tough lessons on the rugby pitch against Clevedon School

On Monday 2 October St Katherine's year 8 boys hosted Clevedon for their second friendly fixture of the new season. The boys were looking forward to the contest on the back of a great performance at Hans Price but knew from their experience last year that they would be in for a tough game.



Tom AALTEN, Isaac ADEBO, Ben BOHIN, Lewis COLE, Abdi CULUSOW, Nana GYIMAH-SARPONG, Benjamin LUMOSO, Izaac OSBORN, Joseph PAICE, Toby RICE, Jack ROSSITER, Ariel RUGMAN, Harry SLAPE, Max STEVENS, Ollie STRATTON, Joseph WILLIAMS, Mansur YILMAZ

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

Clevedon started very strongly indeed and it became pretty clear from minute one that they were going to a destructive force during the match. The opening moments of any sporting contest so often set the tone for the whole match and things didn't look great for St Kath's after they had conceded two tries in as many minutes. It took the boys a while to get over their shell shock but eventually they knuckled down as found their feet in the game.

I have really enjoyed working with the year 8 boys at the start of this year as there is a renewed enthusiasm for the game of rugby and a lot of the boys have made huge strides forward since last year. Jack Rossiter and Ari Rugman have come back firing on all cylinders making tackles and carrying the ball really strongly. Ben Lumoso has earned himself a bit of a reputation as a tackling come turnover machine since the start of the year and is maturing into a huge defensive asset. Nana GS seems to have picked up where he left off last year with a brilliant try against Hans Price that, in typical fashion saw him dance his way through several onrushing defenders. Lastly Joe Paice has thrown himself into his rugby at the start of the year; having always possessed great all round sporting skills his team mates are delighted that he has decided to give the sport a go.

Unfortunately for the boys it is not just them who have made great strides forwards as their opponents in this match were showing, rather clinically it has to be said! St Kath's didn't struggle to get possession but they found it almost impossible to retain their own ball or put it to effective use. The Clevedon defence was ferocious and at this younger age group you have to be just as clinical and accurate with ball in hand. St Kath's were finding it difficult to hold their depth and so often relied on one or two boys to carry the ball into contact. This really played into the hands of Clevedon as they were proving mightily effective at the breakdown.

The home side spend the vast majority of the game defending and were hanging on in their tackles for their lives where they could. Lewis Cole, Ari Rugman, Ollie Stratton and Ben Lumoso tried their best to lead the tackling for their team but resolute defending is a 15-man job and the dynamism of the Clevedon boys was proving too much. I was really proud of the way that the boys stuck at the task for the whole match despite not really having the opportunity to make any lasting mark on the game – this was epitomised by Toby Rice who chased down a Clevedon runner after he had broken the line and gave chase hard to make a tackle just missing his man before he grounded the ball in a hurry.

It was great to see so many gritting their teeth and sticking to a really tough task! There is a lot more rugby to come this season and if I know this group of players they will come back stronger and better!

Keep working hard gentlemen – you have great potential as a team.

Mr Cook

12 BOYS RUGBY V SIDCOT

11 and 12 boys reunite on the rugby pitch for 80 point thriller!

On Wednesday 4 October St Katherine's played host to Sidcot School for a friendly first XV fixture. Having spent the majority of the last 2 years playing together the year 11 and 12 boys were looking forward to kicking off the new season alongside each other yet again.

Despite the air of excitement the boys knew they were going to be in for a tough challenge with just 16 players fit and available to play. Injuries and absence meant that they had lost a handful of players who would all normally occupy first choice spots. Special mentions to Angus Mason and Ed Powell who both made it to the match despite neither feeling 100% - fantastic examples of commitment to their team mates! Injury to captain Lowell Mott meant that the first task was to select a leader to take on the baton. There is no shortage of leaders in this group but with the most rugby experience in the team, the obvious choice was Lewis Mason – a decision that was absolutely ratified after a first class performance from the front!

It seemed as though the summer had reignited the rugby playing fires as all 15 took to the field with a monstrous appetite to play the game. The first 15 minutes were all St Kath's as they gorged themselves on field position and possession playing some sublime rugby. Their hands were electric and the quality of their pass was absolutely devastating. We a shortage of recognised tight 5 forwards we pretty much had 15 ball handling backs out on the pitch and they were all fizzing the ball about like mad. Sidcot simply couldn't contain them and SK were rewarded with two tries for their efforts in this opening period.

The first came about just 3 minutes in after the home side worked the Sidcot defense from side to side across the pitch. Half backs Mason and Conway were involved in some serious string pulling and the runners that were hitting lines off of them loved every minute of it. Conway through centres Stratton and Pearce worked the ball wide to Baker who came in to the line on the left wing creating a great overlap. The ball was worked back inside to Pearce who had supported smartly on the inside to pick up a simple offload and cross the whitewash in the corner. The second try came after 7 more minutes of scintillating rugby. Just moments before kick-off Angus Mason had arrived feeling the effects of a lingering illness clutching a bottle of Fanta which he was sipping for medicinal purposes. Who would have thought that 7 minutes

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

later he would have come off of his left foot with a devastating step to break the line? Angus didn't stop at the line break and with his support struggling to make ground he had little choice but to continue on to cap off a superb solo effort in the corner again. The only criticism you could have of the first 10 minutes play was from the goal kicker's perspective!



Lewis BAKER, Brendan BENNETT, Louis BOYCE, Danny CONWAY, Tom GREEN, Drew HASTINGS, Justin LAWRENCE, Angus MASON, Lewis MASON, Patrick MCGOVERN, Dexter MOTT, Ben PAINES, Kieron PARKHOUSE, Caolán PEARCE, Edward POWELL, Louis STRATTON

Sidcot were forced into combative response and came out hard at the home team after conceding two scores. St Kath's may have a real lack of forwards in this age group but the boys that they do have certainly don't shirk their tackles and today was no different. Captain Lewis Mason was talismanic in defense and at almost every single breakdown. I have had the pleasure of watching Lewis conduct his affairs at the breakdown for the last 5 years and he has gotten extremely effective and efficient at what he does. He possesses an excellent knowledge of the rules and knows exactly when and when not to contest ball earning his team a wealth of turnover ball. In order to affect his turnovers he relies on team mates making the tackles that present him with the opportunity and Drew Hastings, Ben Paines and Patrick McGovern were only too happy to oblige.

Having enjoyed some early success with ball in hand and defensively, St Kath's were guilty of a little lack of focus as an air of complacency set into their performance. Sidcot seized the opportunity brilliantly and before the home side knew it they found themselves trailing after a 5 minute period offered up 3 try scoring opportunities which Sidcot took clinically. It was excellent to see Kieron Parkhouse back on the rugby pitch and although not his favourite sport, his natural talent and awareness meant that he didn't look one bit out of place. Due to availability of players Kieron was forced to play on the flank and although scrums were uncontested it didn't stop him needing to tackle his weight which he did really well. He wasn't the only one playing out of position as talented winger Tom Green found himself at the back of the scrum which he adapted to brilliantly. Tom has spent five years playing with the touch line on one side and so exploring the middle of the pitch was completely new territory for him but his footwork and handling skills saw him grow in stature during the game.

You couldn't argue that St Kath's had been on top for the first 20 minutes and played the better rugby but the scoreboard said otherwise and prompted a late first half gear change. The last 5 minutes of the half saw St Kath's return to their earlier dominance and again their success came from exploiting the opportunities that were on offer out wide. In one phase the ball was sent down the line yet again and the ball carrier in red did brilliantly to stay on his feet and make ground which sucked almost all of the Sidcot forwards in. Unsurprisingly the boys then had the sense to move the ball away from the congested tackle area and through the hands to right winger Louis Boyce – what better way to make your St Kath's debut than by finishing off a brilliant team score. This was far from Louis' first contribution to the game as he had already demonstrated his capability under the high restart, the intelligence to step inside away from touch and his tackling capability out wide. As the half wore on St Kath's were looking for more reward for their dominance and when half back Conway found himself widest on the left. Danny was playing out of position at 10 as he normally controls the game from 9 but team needs dictated otherwise and it was great to see him settling in to a different role. Slightly more space to work in presented him with a fantastic opportunity to use his speed out wide and an excellent change of pace drew in the defender before leaving him for dead to cruise in under the posts – much to the delight of captain Lewis Mason who bravely selected himself to knock over the conversion from under the posts!

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

The game could not have been poised any more evenly at half time with the home side up by a point, 22-21 – spectators and team supporters were clearly enjoying the spectacle and who could blame them?

It took just 1 minute after the start of the second half for Sidcot to crash back into the lead after a messy exit gifted them a scoring opportunity. It wasn't that Sidcot hadn't played well during the first half it was simply that St Kath's had been solid defensively (for all but a crazy 5 minute period) and had been clinical with the ball in hand. Caolán Pearce had really led the tackling in the backline and put in some incredibly athletic hits, one of which lifted a much bigger opponent clean off of the floor catching ball carrier and Caolán by surprise! As good as the defense had been in the first half I was a little wary about tackling more than was absolutely necessary and felt that the secret to closing the game out would be in playing with the ball rather than without it! I urged the boys to do as much at half time but right from the offset it was clear that fatigue and a lack of replacements would mean they would find the task really tricky.

Sidcot grew in strength as the game wore on and scored a total of 27 points in response to the 10 that St Katherine's could muster in the second half. Sidcot carried and offloaded impressively and St Kath's began to fall off of their tackles which gave the opposition front foot ball. The standard of rugby was really high from both teams and it must have been a great game for the neutral to watch; in fact I think I can only recall a handful of scrums such was the quality of the play. Although it will come as no surprise, I maintain that we scored the better of the tries and our two second half scores were equally as impressive as our first half efforts. The only difference was that in between scores we were getting caught up in an arm wrestle that wasn't going to win us the game and it was only when we freed ourselves of the contact that we looked threatening.

It takes a huge amount of energy and freshness to take the ball hard to the line and have the confidence to accurately move it wide at pace. Fatigue was clearly playing a large part in the game but it was the same for both sides. The best try of the second half went down in the book as Stratton but yet again it was the result of a real team effort. Hard yards were made forward in one corner before the ball was moved wide at pace (after Louis screamed for the ball) to Stratton who crossed easily in the opposite corner; this just five minutes after Baker had touched down wide on the right following some impressive retention. There was a direct correlation between our kicking stats (1 from 6) and the quality of our tries as all but one were dotted down in the wide 5 metre channel.

The final result (33-48) may have been a loss but it didn't feel anything like that as there was just a real sense of enjoyment and sportsmanship at the final whistle. Both teams exchanged handshakes and congratulations at the end of a brilliant contest. Another hugely enjoyable evening of sport with a fantastic group of young men!

Tries: Pearce, A Mason, Boyce, Conway, Baker and Stratton

Thank you all.

Mr Cook

10 BOYS RUGBY V SIDCOT

Boys show improvement in second friendly game scoring 2 brilliant tries

On Thursday 5 October Sidcot School were once again the visitors but this time to contest a rugby fixture with our year 10 boys. This is an age group that both schools struggle to fill so both schools fielded some year 11 experience to support their younger counterparts. The conditions were absolutely perfect for running rugby and there was still a good deal of warmth in the October sunshine – the year 10 boys have been pretty lucky with their rugby playing weather so far so were hoping for a good quality display.

After a few late drop outs, eventually the year 10 boys plus a few year 11 additions took to the field for the third set of rugby fixtures hosted by St Katherine's in the week. Special mentions to the 5 year 11 boys who filled in at short notice (some volunteered themselves period 5 on the day) to cover for a handful of year 10 lads. Having had a tough fixture the previous week the boys were looking to show signs of improvement in their rugby.

The early exchanges were fairly even as both teams looked to stamp their authority on the match. St Katherine's looked sharp with ball in hand and Sidcot looked to be boasting some serious physicality and the first few minutes were an interesting contest as both teams sized each other up. It was the home side who enjoyed the early possession and territory soon followed as their opening foray took them inside the Sidcot 22. The boys were just guilty of choosing the wrong play and the next act of turning the ball over was one that they would repeat all too often which would ultimately prove decisive in the match. Their first costly turnover was converted into lucrative points after a strong Sidcot runner broke a tackle and ran in under the posts. Sidcot grew in confidence after the first score of the game and you could see that they were running into contact with real purpose and intent contrary to the St Kath's boys who had become passive in defence at best and on the retreat at worst. Sidcot could smell the SK defensive apprehension like a predator on the scent of their prey and it wasn't long before they pounced, turning their dominance into more points.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



Lewis BAKER, Tyler BARR, Harry BELCHER, Danny BENNETT, Jordan COLE, Will CONROY, Henil DESAI, Ashya GRAY, George HARDWELL, Zak HARRIS, Oliver KEARNS, Dexter MOTT, Caolán PEARCE, Ashley PENNY, Edward POWELL, Samuel SEDLEN, Brodie STORER, Louis STRATTON, Sam WILLIAMS

With the ball in hand St Katherine's still looked threatening and some quick thinking on the part of the home side saw them take a quick penalty where their opponents were not ready in order to gain some extra metres. This wouldn't be the first occasion that poor discipline and organisation cost the Sidcot boys territory but unfortunately it would have little consequence on the overall outcome. Nonetheless Stratton was finally able to unleash Ashya Gray and Lewis Baker in his backline which gave the Sidcot defense some tackling to do for a change. 2 games in 2 days couldn't deter these year 11 boys as Caolán Pearce popped up in the backline to ship the ball wide to Lewis Baker and then on to Jordan Cole who finished superbly in the corner. All good wingers have to be able to finish and Jordan dived in brilliantly preventing the covering tackler from being able to take him out, earning his team 5 points in the narrowest of spaces at the corner. Jordan went on to have an excellent game making a number of tackles for his team as well as finishing the try.

Sidcot were undeterred by the fine display of hands for the first St Kath's try and stuck to their game plan. Their physicality and aggression was too much for the SK boys as they continued to fall off of tackles. Some lads were brave putting their heads in to make the necessary hits; the year 11 lads were leading from the front alongside Tyler Barr, Danny Bennett, Harry Belcher and Ollie Kearns who were all committed to their defensive duties. The boys were suffering badly from having to defend a lot of broken field play after making a number of errors to turn the ball over. Sidcot were aggressive in the contact and St Kath's went looking to match them too often instead of moving the ball around the pinch points to tire their opponents. Sidcot turned over a lot of ball and collected possession after our errors which gave them front foot ball. They didn't need the invitation to run at the tacklers and continued to do so with real power making sure they went in under the posts at every opportunity even if it meant battering through more attempted tackles.



Jordan making a tackle to earn his team possession before finishing the move some moments later and Stratton hitting the conversion

At half time the boys were 28-5 down but determined to go out and beat their first half performance; which they would end up doing! The introduction of Ed Powell mid-way through the first half had boosted the boys' physicality and aggression at the breakdown and tackle area and Ed seemed to delight in getting stuck into the challenge despite playing 2 games in as many days. Sidcot scored the first two tries of the second period but to their credit SK managed to force them wide enough so that they were unable to convert. The tackles were improving in the middle of the pitch but credit to the opposition as they then swiftly moved the ball wider to gain their rewards.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

Eventually SK managed to get a hold of the ball and retain possession for some time around the half way line. It was poor discipline that nudged the door open for St Kath's which was then compounded by a slow retreat and failure to retire the full 10 metres from a quick tap penalty that allowed SK to burst into the 22. Ed Powell was still desperate to carry hard and with some help from Sam Sedlen, St Kath's were just 5 metres short of the line and really testing the Sidcot defenders who strayed beyond the rear feet to concede another penalty. This time thankfully the ball made its way to Stratton who fizzed it wide to the onrushing Baker who smashed his way over in the corner for another impressive score; if only they could have kept the ball in hand a little more they would no doubt have notched up more points. The home team looked good with ball in hand but were suffering from the error count. If SK were finding it hard to defend when they had time to organise then broken ball gave them no time at all to get into any sort of defensive mindset or system which made things all too easy for Sidcot.



The final period of the match gave time enough for Sidcot to capitalise on more St Katherine's mistakes which resulted in two more tries taking the game completely away from any SK player hoping for a close tie. These final acts really crushed the boys and you could see that one or two heads went down. Despite the final result, 52-10 which was obviously disappointing there were a lot of positives to come out of the game and in my opinion they scored two really high quality tries that were arguably the best of the game. I know I have said that a lot recently after some defeats but I have absolute belief that boys at St Katherine's handle the ball really well and that it is a real strength in their game and that is no different in this team.

Special thanks to Danny Conway (Senior Sports Captain) in year 12 for giving up his time to support the younger St Katherine's boys on the rugby pitch!

Lots of positive steps in the right direction boys & two excellent tries to show for it - let's keep working hard.

Mr Cook

7, 8 AND 9 GIRLS NETBALL V NAILSEA

Year 7 on impressive form against Nailsea side

Year 7

St Kath's A: 12 - 0 : Nailsea A

Having had a number of really successful training sessions, the hopes were high for an improved performance against the Nailsea side. Having established players strengths and therefore decided on a new line up of playing positions, the girls were confident of success.

With Mia Melias starting in her first game for the school, she made an immediate impact as GD clearing any danger from the Nailsea attacking third, before it troubled GK Scarlett Newby. The game was predominantly played in the St Kath's attacking end, with Daisy Wilkinson and Melissa Bartlett linking well to move the ball up the court. Some crucial interceptions by Lili Mai Hawker and Isabella Wake halted any clearance from Nailsea and maintained the ball firmly in the St Kath's end. Poppy Baldwin Brooks was on form as GS and scored a phenomenal number of goals, missing only a handful.

This was a hugely impressive performance by the Year 7 side and hopes are high for next weeks game. Player of the match was voted as Poppy Baldwin Brooks.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

St Kath's B: 1 - 1 : Nailsea A

It was always going to be a tough task for the B side to face a team already having played 2 quarters with each other,, however they were well up to the challenge and the game was evenly matched. Captained by Jemima German, they began well, with both Jemima as GA and Mitzi Hines-Ewens as GS creating a number of shooting opportunities and linking well with Lily Caradine as WA. Zara Mace was really effective as C, covering a huge amount of the court both defensively and in attack.

The game was end to end, with Rose Barker as GK making some crucial interceptions and backed up well by Amani Islam at GD. Both Zara and Pearl Westerberg made some important interceptions of Nailsea free passes and side lines to keep the St Kath's side in touch. It was St Kath's that made the initial break and went 1 - 0 up, but that was soon followed by a Nailsea goal to draw the game. Player of the match was voted as Zara Mace.

Year 8

St Kath's A: 3 - 4 : Nailsea

The St Kath's side looked dominant in possession during this game and played the majority of the first half in their attacking third. Sophie Weaden completely outplayed the Nailsea centre and provided plenty of shooting opportunities to both Chloe Weaden and Isobel Taylor. The Defence pair of Nailsea had height on their side and converting those opportunities was harder than it looked. With great reactions from Daisy Money the ball remained in the St Kath's end and the side took a 2 - 0 lead into halftime.

The St Kath's side looked strong at the start of the half and again had plenty of possession, with Chloe converting a third goal for the side, however pressure from the Nailsea side started to bring error from the St Kath's side and put pressure on the defence on Ellie Ojo and Lauren Clifford. Natalie Stringer worked hard to bring the ball out of defence, but the Nailsea GS was on target and scored all 4 of the opportunities she had to take the lead for Nailsea.

The game finished in a disappointing result of 3 - 4 and not one reflected in the territory or possession. Player of the match was voted as Sophie Weaden.

St Kath's B: 9 - 1 : Nailsea A

Facing the Nailsea A side was always going to be a challenge for the St Kath's team but they gave energy and enthusiasm to their performance. The Nailsea shooters continued to be accurate despite the best efforts of Lauren Schofield (year 9) and Lucy Walbridge in defence. Jess Stanley and Lola Willis worked incredibly hard in the centre third, working alongside Charlie Mobbs (year 7) to provide chances for the St Kath's attack.

Ella Leakey and Jamie Packham (year 7) supported the centre court play well to give themselves shooting opportunities and it was in the second half that the St Kath's side were rewarded with a goal. A loss for the St Kath's side but a scoreline unworthy of the great performance they put in, Lola Willis was also a well deserved player of the match.

Year 9

The fixture versus Nailsea saw St Kath's netballers on the road again. Year 9 were able to field two sides to represent the school. This, in itself, is a fantastic achievement by the girls of the smallest school year.

Each side played a half against a good Nailsea team.

The match for the "A" Team was very even and closely contested. Having learned from their previous encounter with Backwell, the girls defended well and were threatening in attack. A draw would have been a fair reflection of the contest, but Nailsea managed to sneak the winning goal in the last minute of the game.

The "B" Team then took on the mantle of challenging the same Nailsea side, who had narrowly defeated the "A Team". The team put up a fantastic fight and were resolute in defence. Grace Newby, as Captain, led and organised the girls well. There was a constant flow of encouragement and direction to her team-mates. Despite the girls' effort and commitment, Nailsea came out on top again.

In defeat, both A and B teams were true ambassadors of the sporting ethos at St Kath's. With the continued good numbers at practice and the fantastic team ethic, the prospects for next term's matches are encouraging.

Miss Ball and Mrs Price

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

11 BOYS RUGBY TOURNAMENT

Boys take Fijian style rugby to their last NS rugby tournament

On Tuesday 10 October the year 11 boys gathered for their last ever North Somerset Schools rugby tournament. Ever since the boys were old enough to play 15-a-side they have always found it difficult to field a whole team from their own age group and for the last two years have played in a combined team with current year 12. There are a core of fantastic year 11 players who have committed themselves to school rugby over the last five years and thoroughly deserved the opportunity to play this last tournament. For that reason captain Louis Stratton and I agreed to forfeit the competition and field a team with 5 year 12 boys, with the agreement of the other competing schools, as well as a handful of year 11 sportsmen who agreed to come along to help out.



Lewis BAKER, Brendan BENNETT, Danny CONWAY, Tom GREEN, Bailee HARRISON, Justin LAWRENCE, Lewis MASON, Dexter MOTT, Ben PAINES, Caolán PEARCE, Edward POWELL, Paul RICKARDS, Jay SPICER, Louis STRATTON, Hao Hao ZHANG

On arrival it became apparent that we weren't the only school finding it difficult to field a full team as there were only 5 of the 12 schools in attendance meaning that the format would be a 5 team round robin. SK would play against Worle, then Clevedon, followed by Churchill before their final game against Nailsea. After sitting in the stands at Weston RFC and looking a little intimidated the boys made their way out to pitch 2 for their first match.

SK 10 v 0 Worle

It was an absolute pleasure to watch their first game from the sidelines as all 15 came out firing on all cylinders. If you look at the team photograph you may notice that out of the 15 there are only perhaps 2 recognised forwards and even those 2 are both equally as effective in the loose. Before the kick-off we spoke about the need to play the most expansive game that we possibly could due to the nature of our team – the message was simple; keep the ball alive at all costs! The boys could not have executed the game plan more effectively in their first match if they had tried. Their handling was sublime and it seemed that it was just going to be one of those days where every pass and offload sticks – it was like watching Fiji! Lewis Baker and Paul Rickards took up positions on the wing and both enjoyed getting the ball in hand several times in the first few minutes. Even boys who haven't played much rugby understood what they had to do – Bailee Harrison popped one basketball style offload out of a tackle that just summed up the style of play.

Worle were left on the back foot, chasing shadows and without any real line speed and SK were breaking the line out wide on almost every occasion. Their first try came about after the ball had been through at least 10 pairs of hands before finally Caolán drew the outside man before shipping the ball out one to Lewis Baker who had an easy run in for a superb score. This score came after SK had dropped the ball twice staring down good scoring opportunities; once on the right wing where they threw one too many passes before the last one was split forward and another on the left wing where they knocked on at the opposition 22 with nothing but fresh air between them and the whitewash.

The quality of the rugby was really being driven by those 5 year 12 lads who all looked effortlessly comfortable with ball in hand. That year group have always loved throwing the ball around and the 11s were loving every minute of playing alongside them. Ben Paines looked as destructive as ever hitting some ruthless lines, one of which carved a gap right through the middle of the Worle defence before he was held up over the try line. Meanwhile I was having a conversation

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

with the Worle captain who was unfortunately injured and unable to play and he was finding it very difficult to believe that so many of our boys didn't play club rugby. Caolán Pearce took one high ball majestically at full back before running it back superbly – this is the sort of quality you would expect from established & competent club players yet Caolán's natural sporting ability and talent means he is just as effective if not more so! Their final score came after they were awarded a 5 metre penalty. Lewis maintained his reputation for being deadly from 5 going over to make the score 10 nil.



Bailee wasting no time getting ball in hand



Caolán majestic under the high ball at 15



Louis taking the ball right to the line at stand-off

SK 0 v 38 Clevedon

As well as they had started against Worle, the boys were always going to find the Clevedon game testing. Clevedon went on to win the competition comfortably and by all accounts have enjoyed real success in national and local cups in recent years – it quite quickly became clear why! SK really struggled to get any sort of foothold in the game and after Clevedon scored inside the first minute they got stuck in a rut of restart followed by Clevedon phase play, finished with try. SK just couldn't get possession and Clevedon were clinical with theirs. Eventually SK managed to get the ball in hand and sure enough stuck to their game plan making Clevedon work in defence. They showed their quality and an impressive defensive set eventually gifted them possession much to the frustration of the SK boys who weren't enjoying tackling their strike runners. The last five minutes of the match was the best for St Kath's as they fought hard to win some territory after choosing the kick the ball smartly and make the follow up tackle which also brought about some possession. They spent the last five minutes of the game in Clevedon's 22 but their opponents weren't going to just let them cross the line despite the fact that the game was well and truly safe. SK dug deep and during this period of the game were awarded 5 penalties all in quick succession but just made poor decisions; more than likely due to fatigue. Lewis Mason was unlucky and held up over the line between the posts but uncharacteristically the boys then turned down clear overlaps out wide in favour of crash ball near the line which just wasn't the right decision. Clevedon held out to keep their clean sheet and SK were left without anything to show for their best period of the game.

SK 0 v 15 Churchill

Their match against Churchill would turn out to be their last of the afternoon after Nailsea School left early following their third match. The SK boys weren't complaining as playing tough a 15-a-side tournament with 15 players was starting to take its toll. The quality of the rugby in their last game wasn't their best and you could visibly see the signs of fatigue setting in. Despite the three tries from Churchill there were glimpses of great play from SK but unfortunately the error count and discipline cost them their final match.



Danny a live-wire as ever, even in game 3



Paul getting stuck in to his defensive duties



Ben throwing everything at his tackling

A really enjoyable afternoon with a great group of young men.

Thank you all for your efforts.

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

10 & 11 GIRLS HOCKEY V NAILSEA

A player down, St Kath's side put in a solid performance against tough opposition

For the second game running, illness seemed to doom the KS4 hockey side that travelled to Nailsea School a player down. Despite this and the poor playing conditions, the girls were upbeat and hopeful of a good result.



The majority of the game was played out in the centre of the pitch, with great battles between the Nailsea midfield players and Elise Wear and Lucie Robertshaw. Both did well to provide attacking opportunities down the outside channels by Lauren Toms and Niamh Scanlan, who in turn provided balls into Fay Morris and Ellie McCarthy playing in attack.

Both sides had plenty of possession but failed to create any shots on goal in the first half of the game, leaving the game quiet for St Kath's keeper Ruby Webber. However once both teams became more settled into their games, the ball was used more effectively and chances were created. Grace Brown made some crucial interceptions in defence, whilst Lauren Dun was her ever-dependable-self sweeping up behind and stopping any Nailsea advances. Nailsea had a period of prolonged pressure, including a short corner and despite some great clearances by Izzy Fielden and some excellent saves by Ruby Webber, Nailsea managed to squeeze a shot past the goalie to take the lead.

Unfortunately this was followed by another Nailsea goal and a short corner was converted, however this seemed to spur the St Kath's side on, creating a number of chances on goal and a period of attacking pressure on the Nailsea defence. The Nailsea keeper had to be on form and cleared shots from Elise Wear, Lucie Robertshaw and Ellie McCarthy, unfortunately they couldn't beat the goalie and having battled hard, the game ended in a 2 - 0 defeat. Player of the match was voted as Elise Wear.



Miss Ball

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

7 BOYS RUGBY V BACKWELL

SK give monumental defensive performance in poor conditions

On Wednesday 11 October the year 7 boys turned out in the wind and the rain to contest their third friendly fixture against Backwell School. Injuries and absence meant that the boys had their work cut out right from the start with just 12 players available to play but nonetheless they took to the pitch determined to better the defensive performance they put in against Hans Price in their previous match. Their handling had been excellent in that game but there was room for improvement in defence so that was the main focus of this game.



Matthew BRENNAN
Ryan BUNDY
Kanye CHRISTIE
Jacob DUNCAN
Finley GREEN
Reggie-Lee HAYWARD
Alfie KING
Myles MASON
Kenneth NEWBURY
Trysten NMAI
Aaron SOJAN
Will STRATTON

The early exchanges saw SK enjoy possession and Backwell tested defensively as the SK boys ran the ball hard into contact in wet, windy and miserable weather conditions. Backwell weathered the storm well and when they had possession, ran the ball equally as hard if not more so at the red defensive line. Once you know your tackling technique and where to stand, defence is all about mindset – it's about boys who are brave enough to get low in the contact and stick to the technique they've been taught even in the heat of a game. As it turned out Backwell would prove really effective at retaining possession and running directly at the red backline so the SK boys would have plenty of opportunities to practice their tackling!

Throughout the game I grew more and more impressed with the defensive effort that our boys were putting in. Sure enough our big physical boys did the early defensive work. Trysten and Kenny are extremely strong, powerful and dynamic and really pack a punch in their tackles so led from the front in defence. Trysten in particular put one crunching tackle in on the gain line and just stopped his man dead in his tracks. Kenny looked almost beaten out wide after a Backwell runner stepped at speed to go on the outside but Kenny threw himself at the tackle and smashed his man to the floor! Will and Kayne are both great leaders and boys look to them to set the standard – neither disappointed in defence and both ran well with the ball. Other boys followed the example and really contributed to the 12 man resistance. Finley Green had one of, if not his best game for the school and was around almost every tackle looking to haul his man to the floor. Matt Brennan was another boy who was always in the thick of the action – quite often you can't pick Matty out because he's got his head down and his legs pumping in a tackle or at a breakdown! Reggie was also a great leader in the middle of the pitch; he organised his team mates really well and gave some really helpful advice and tips during breaks in play and at half time. Reggie is not just a thinker as he certainly doesn't shy away from his tackles either!

Despite their huge defensive effort SK were two tries down at the halfway mark – considering the amount of possession that Backwell had enjoyed, conceding two tries was an incredible effort. There were a number of try saving tackles put in some with the help of the touchline and some not. Tackling was going well but the boys were finding it difficult with ball in hand. The weather wasn't particularly helpful and the game really did become scrappy at times which didn't suit our boys at all. That said Alfie and Myles both looked great going forward but neither had as much of the ball as they would have liked. The same could be said for Ryan and Aaron – it just was one of those days where players were being called into defensive action most of the time but fair play to those talented running boys who all chipped in with their tackles too. The only ground that the boys really made was with the boot and they actually put in 1 or 2 really effective kicks. All too often you see PE teachers and rugby coaches scour when their players kick the ball as there really is nothing worse than kicking possession away. However there were a couple of times when the boys sensibly kicked to relieve pressure but also chased hard and made the follow up tackle to earn a bit of territory.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

If the defensive abilities of the year 7 boys had been up for debate following the Hans Price match they were absolutely put to bed after this game. Although not a great watch for the neutral and a frustrating game to play in for our boys, their defensive performance was fantastic. In the second half the Backwell boys really ran to the line with their tails up and two tries in front – for that reason the final score of 3 tries to nil against was all the more impressive. Their second half defensive display was stronger than the first and a huge achievement considering the same 12 players played every minute of the match with no substitutions possible. It was impossible to give a man of the match award and to single out any one player to a man they all gave 100%.

Special thanks to Danny CONWAY, Tom GREEN and Lewis MASON from year 12 who kindly gave up their time to support the 7 & 8 boys fixtures against Backwell. It's great to have 3 excellent role models for younger boys and equally as great for us to have pairs of useful hands!

Well done gentlemen – a fantastic effort!

Mr Cook

7 BOYS RUGBY V SIDCOT II

Almost 30 boys represent SK in latest match including 6 debutants

On Thursday 12 October an impressive 28 boys turned up after school to represent St Katherine's on the rugby pitch. The interest and enthusiasm that this group of boys have shown towards their rugby at the start of their secondary school careers has been mightily impressive and as a collective they have huge potential on the rugby pitch! A return of their first ever friendly fixture saw us welcome Sidcot School.



Matthew BRENNAN, Ryan BUNDY, Euan CAUL-PATERSON, Kanye CHRISTIE, Seth COOK, Jacob DUNCAN, Charlie EVANS, Finley GREEN, Reggie-Lee HAYWARD, Dylan HEWETT, Alfie KING, Jonasz MALCOLM, Mac MARSHALL, Myles MASON, Jay Jake MOBBS, Kenneth NEWBURY, Trysten NMAI, Jonathan PUATI-KAMBU, Jake RALPH, Kaedan REEVE, Thomas SCOTT, Rufus SHEPPARD, Remi SMITH, Aaron SOJAN, Will STRATTON, Callum SWAN, Shane SWAN, Bradley TANNER

It was brilliant to see so many boys representing the school but this number of players always causes a headache for team selection. Thankfully Danny, Lowell, Mason and Louis all came along to lend a hand so I left it to them to sort out substitutions, warm up & team talks. 40 minutes of 12-a-side rugby split between 28 boys mean that on average boys would only have a handful of minutes to make an impact on the game before they would be replaced by someone else who was eager to get stuck in to some school rugby.

I deliberately didn't tell any of our boys until the end of the match but Sidcot were actually playing a combined team of 7 & 8 boys with a good few accomplished year 8 players who played really great running rugby. In the game against Backwell our boys were out muscled and it's always difficult to learn much from those experiences. However in this game, Sidcot would end up beating our boys by moving the ball really quickly and effectively through the hands to score a lot of their tries out wide. This was a fantastic opportunity to learn about getting the ball going forwards through the hands letting the ball do the work. With so many boys playing it was really difficult for them to get any sort of continuity but that wasn't the point!

I've included just a few standout pieces of play below that I can recall.

Early in the first half, Euan took the ball on the charge on the halfway line before ploughing his way through at least five oncoming Sidcot tacklers with a really strong fend off. Euan stayed on his feet brilliantly and found his way right down in

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

to the opposition 22 after a fantastic carry.

Jacob Duncan made more than 20 metres unopposed out on the right wing in what turned out to be our best passage late in the second half. The ball emerged from a scrum centre field and travelled through at least 3 pairs of hands before Jacob's on one of the few occasions the boys moved the ball wide. Great work from his team mates but also from Jacob to hold his position out wide and wait for the ball.

At one point in the middle of the game Jonasz Malcom found himself completely on his own out in the defensive line after almost all of his team mates had been sucked into a tackle situation. Jonasz was faced with a well aligned Sidcot attack but got off the line at speed to come up and make a hit on the first man stopping him from getting the ball any wider – a certain try saving tackle!

Dylan Hewitt, Callum Swan, Shane Swan, Seth Cook, Kaeden Reeve and Rufus Sheppard all were making their debuts for the school and all made great contributions to the game. Dylan wasted no time getting ball in hand and carrying it into contact demonstrating his impressive footwork, Callum showed his skills in the offload by wrestling to get his arms free, Shane made a number of great tackles, Seth was well organised in defence, Kaeden did really well in the scrum and Rufus also made a big impact with ball in hand.



Euan coming across to take his man



Finley and Tom holding out on the try line



Alfie locked on and ready to pounce

Trysten claimed almost every single high ball that went up with a confidence that normally comes from much older and more experienced rugby playing boys. One particular restart Trysten claimed with absolute dominance before running the ball back at Sidcot with real venom and attack – two great games in as many days from this young man!

Another of our best moves of the game involved Alfie, Kanye and Will all linking up in combination to make an impressive 50 metre gain before just falling short of the try line. Will Stratton picked the ball up deep in his own 22 and put in an almighty thumping kick with his trusty left boot before giving chase. Will chased down his own kick showing real speed before hurling himself down on to the loose ball to regain possession brilliantly – what a piece of play. If that wasn't enough, Kanye arrived first to support Will (no surprises there) and picked the ball up to go at the now scattered Sidcot defence. Kanye arced his run superbly to create a 2 on 1 with Alfie King outside him. Kanye ripped his pass out to Alfie who thundered on to the ball at real pace before stepping hard off of his left foot to come in away from the touchline. Eventually the Sidcot cover defence got to us and the attack fizzled out but what a passage of play!

Just minutes later Kanye was in the thick of the action again and really ran hard at the Sidcot defenders. This time it was the line that he picked that got him through where he was then able to really open up beating all of the chasing defenders for pace to score right under the posts after a 60 metre sprint. Kanye was greeted by the cheers of his 27 team mates and our supporters after touching down with the final play of the game – the boys deserved a try and it was fitting that it came about in such striking fashion!



Jake putting the ball in at scrum time



Ryan making yet another tackle!



Kanye bound for the try line!

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

I have saved my man of the match performance until last because this young man deserves a special mention. Ryan has been one of the standout players in every single game that the year 7 boys have played so far but wasn't selected to play for the whole of the first half. Instead of showing disappointment, Ryan didn't even question the decision and took his seat to watch and support his team mates for the whole of the first 20 minutes. When he finally got his chance to play he took to the field with a number of boys who were playing for the first time and who don't have a huge amount of rugby experience. So often at this age boys with more experience get drawn into moaning at their team mates and criticising their performances; Ryan did the complete opposite and set the best possible example.

At this time in the match St Kath's were struggling to keep hold of the ball and I'm sure Ryan would agree that he is at his best when he's got hold of the rugby ball. His illusive footwork and passing ability make him near impossible to tackle but at this point in the game that wasn't going to happen. Rather than stand out and look disinterested (as often talented runners starved of the ball do), Ryan rolled up his sleeves and took to his tackling with a ferocity and tenacity that I haven't seen for a long time! In one passage of play I counted 4 tackles in succession, each time after hauling and chopping his opponents to the ground Ryan regained his feet to get back in the line to do it all again – and this from a hugely talented runner who loves his football! Despite his phenomenal defensive effort, Ryan was on the pitch when the team conceded 3 tries in fairly quick succession but after each score he rallied his team mates and was first to make his way back up to the middle. Struggling to get ball in hand I told him to move infield rather than wait out on the wing and what did he do? Exactly that! From one restart late in the game he took the ball straight off of the catcher before dancing his way through a couple of Sidcot tackles to present the ball perfectly when they finally got hold of him! It's been a long time since I've witnessed a more complete rugby performance from a year 7 boy!

Special thanks also to Danny, Lowell, Mason and Louis – without these boys there would have been no way that we could have given that number the same quality of opportunity. I am hugely grateful to all four for choosing to give up their own time to give back to a sport that they all enjoy. If any of the young lads in year 7 end up where these four find themselves now they will have a lot to be proud of!

What a great evening of school sport! Almost 30 boys representing the school, many of whom were playing for the first time and were led through the game superbly by those more experienced players and 4 fantastic role models from year 11 and 12. The next fixture is against Broadoak School and after two very different defeats I am sure the boys will be looking to bounce back strongly!

Congratulations to everyone involved.

Mr Cook

SKY SPORTS EPP PROJECT

EPP group gather for first team building workshop of project



Isaac ADEBO, Freya BARNETT, Ben BOHIN, Jolie BREAKWELL, Seb DE MONTFORT, Louie DUN, Beth EDWARDS, Nana GYIMAH-SARPONG, Molly JACKSON, Benjamin LUMOSO, Maya MATTHEWS, Leah MILKINS, Jazper PEACEY, Leah PORTER, Amelie PURVIS, Toby RICE, Lara ROPER, Ariel RUGMAN, Ollie STRATTON, Isobel TAYLOR, Chloe WEADEN, Sophie WEADEN

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

At the end of last year a small group of 24 boys and girls from current years 8 and 9 were identified by their class teachers as excelling in their PE and school sport. At the start of this year the students received invitations to get involved in a project aimed at pushing them to achieve the highest standards in all of the PE and school sport that they do. The project is called the Exceptional Performance Programme (EPP) and will take place over the course of this school year offering these lucky students a number of opportunities. The first workshop took place on Monday 16 October and was a chance for the group to get to know each other a little better by taking part in some fun team building activities designed to test a whole range of skills that are important in the sporting environment.

Students were split into mixed teams to work outside of their normal PE groups and took on 4 team based challenges designed to test a range of sporting attributes. The teams would be in competition with each other so these attributes would be tested under competitive pressure. It was lovely to have Caolán Pearce from year 11 on hand to help – Caolán took part in last year's Sky Sports Project and kindly gave up his time to lend a hand.

Challenge 1 – Group Juggle

Teams took on a difficult group task where team performance was directly reliant on each individual in the team having a really stayed level of concentration. It was fascinating for Caolán and I to watch which students took the lead in their teams, which students stuck to the task in hand and were determined to complete it despite suffering setbacks. The group juggle is the physical equivalent to building a playing card tower as the further groups get through the sequence the most costly mistakes become. There was one team in particular that gelled immediately.



The winning group challenge 1: Molly, Toby, Seb, Ari, Jolie and Amelie



Ben, Ben, Isobel, Maya and Leah deep in concentration

The team on the left of the two images above demonstrated brilliantly that the best teams have lots of leaders who all take responsibility for different aspects of performance. Molly and Toby wasted no time in taking overall charge and it became clear after about 30 seconds that if any group were going to achieve success in this task it was going to be this team. They were the first to complete the challenge and so were then put on the spot to perform in front of the rest of the group.

Challenge 2 – Ace Last

Next the teams took on a card sorting memory challenge where they had to turn over playing cards in a specific order one at a time before returning to their teams to allow the next person to visit the deck. There was one team (I won't mention any of the individuals in it) that completely lost their way in the first challenge but regrouped and came back brilliantly during challenge 2 to take victory. It was fascinating to see the different strategies that the teams employed during their preparation time and this planning and organisation made for a really close competition.



Amelie choosing carefully



Ollie's team watching his every move



Leah recalling cards from her memory

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

Challenge 3 – Corporate Maze

The toughest of team challenges where groups have to navigate their way across a seemingly impossible maze one player at a time whilst the rest of the team wait, unsighted in anticipation of a successful return. This task demands the highest levels of communication and gave all of the students an opportunity to take the lead. Caolán and I took responsibility for a group each as they set about trying to cross the maze. I have to say that I was really surprised by some students and had you asked me to pick the ones that I thought were going to be successful before started there are lots that I wouldn't have mentioned. One team particular gritted their teeth and crossed the maze superbly with the final push coming from Freya Barnett.



Isobel nervously waiting on her first choice



Ben brilliant at making inroads for his team



Maya commanding the attention of her team

Challenge 4 – Grab Ball

The final challenge saw teams compete in a head to head style test of nerve as players from each team are called to the middle of a pitch to grab a ball – sounds simple but the reality is far from simple. This was the perfect way to finish the workshop as this game always gets students excited and is a brilliant spectacle for anyone watching. The game went right down to the wire with the teams tied in the deciding game, each looking to go two clear. Eventually we had a winning team but not before some great tactics and strategy from across the group.



Louie beating Ben to the ball



Nana and Amelie go head to head



Sophie trying to turn and escape from Leah

The variety of challenges really brought out a different side to some students and you could see why their teachers had nominated them. I was delighted with the way that every single one of the group engaged with all of the activities, as I said to the group at the end they were the best PE group ever! I was really excited about starting the project this year and the first session has just whetted my appetite perfectly. I am really looking forward to watching this group full of talented youngsters dive head first into the opportunities that will come their way this year and cannot wait to see the impact that it will have on their PE and school sport.

I hope that you all enjoyed your first period 6 EPP session! A reminder to accept the invitation to the Google Classroom which will be updated with details of future period 6 sessions.

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

U16 BOYS BASKETBALL V GORDANO

Senior boys enjoy success on basketball court in first friendly fixture of season

On Wednesday 18 October a combined year 10 and 11 team travelled to Gordano School for the first friendly basketball fixture of their season. Basketball has really grown in popularity among students at St Katherine's and year on year now students are keen to play competitive matches in what is for many a completely new sport. There are more than 75 boys in school who have already been to lunchtime basketball sessions and 40 of them are in years 10 and 11 so there was no shortage of boys to pick from for this first match.



Ethan EGGLESTON, Samatar ELMI, Ashya GRAY, Sharmarka MATTAN, Zakaria MOHAMOOD, Reece PALMER, Louis STRATTON, Nabil WARSAME, Kai WEST, Kieran WHITFIELD, Alexander WILSON, Hao Hao ZHANG

Quarter 1 | SK 22 v 4 Gordano

The boys were electric in the first quarter and right from the word go you could see that their motion offence was on point. It was Shamarka who got the scoring underway in the first period with a smart jump shot from inside and this just seemed to kick start a relentless assault on the basket. Some of the movement off of the ball was really clever; Reece Palmer in particular made countless cuts to the basket and often found himself inside the restricted area and unopposed. The first quarter saw an impressive 7 boys add to the points tally with Mattan, Wilson, Elmi, Pearce, Whitfield, Palmer and West all contributing. Sam Elmi captains the team and has been playing basketball for the school for the last couple of years yet I would go as far to say that this first 10 minutes was his best on the basketball court for SK. His ball handling was exceptionally good, he was quick and accurate with some really incisive passing and clinical under the basket when he was presented with opportunities – Samatar was really controlling the tempo.

Quarter 2 | SK 34 v 18 Gordano (SK 12 v 14 Gordano)

Gordano were trailing by 18 at quarter time but responded really well in the second period with some clever offensive moves that allowed them good quality opportunities at the basket. By the standards they had set in the first quarter, SK's performance level had dropped yet they still managed to add more points to their score. Mattan, Eggleston, Stratton and Gray all contributed two point efforts and Alex Wilson was physically imposing driving to the basket and managed to get in twice adding 4 points to the tally. Defensively they were starting to look a little tired and it was becoming clear that fitness and fatigue were quite likely to play an increasing role in the game as it wore on. All too often the boys lost their man at the top of the key and didn't follow the cut to the basket after the pass; this most basic of defensive principles allowed the Gordano team to keep their foot in the door and to start to decrease the deficit. Albeit two points was not a huge chunk but basketball is a game of momentum.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



Quarter 3 | SK 43 v 26 Gordano (SK 9 v 8 Gordano)

Fatigue was well and truly affecting a number of boys' performances in the third period of the game and defensively they were lacklustre. On offence they were wasteful in possession and made some really bad decisions after working the ball up the court which meant that they ended up doing even more running. Caolán Pearce was leading by example defensively and making life really difficult for a number of the key attacking figures in the Gordano team. Not only this but Caolán was also charging forward at a rate of knots and covering a huge amount of the court. In this period of the game his superior fitness really meant that he stood out among the SK players; he scored 7 of the 9 points but must have saved countless more through relentless defensive pressure and sheer determination.

Quarter 4 | SK 53 v 32 Gordano (SK 10 v 6 Gordano)

The game looked all but safe for the last 10 minutes but SK were playing really tired basketball and even the simplest of defensive follows or passes was a struggle. One player who really upped his level in the last period of the game was Ethan Eggleston. Ethan came off of the court in the second period and you could see that he was disappointed with his own performance but he did what every great sportsman does and came back stronger second time around. There was a lack of points at the start of the quarter which started to concern those watching from the side. Gordano meanwhile were not suffering from the same problem and had already cut the lead by 6 points so that the scores now stood at 43 v 32. Nobody was panicking but there were a few murmurs between the boys with a lot of time still to play. While others might have been concerned Ethan just set about his business and chipped in with two really well executed jump shots to allay fears of a Gordano comeback. To cap the game off Caolán finished triumphant with 6 more points earning him the title of MVP play a country mile!



Well done to all of the boys involved – it's great to see so many boys interested and keen to represent the school on the basketball court and equally as great to see the improvements in individual & team performances. Keep up the good work!

Mr Cook

<u>Player</u>	<u>Points</u>
C Pearce	15
S Mattan	8
A Wilson	8
E Eggleston	6
S Elmi	4
K Whitfield	4
R Palmer	2
K West	2
L Stratton	2
A Gray	2

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

U14 GIRLS FOOTBALL V DANESFIELD

Astonishing comeback as girls come from 2 behind to win 5 - 3 in Somerset Cup

This cup draw could not have been further apart in terms of sides of the Somerset county. St Kath's at the northern tip of the border had drawn Danesfield Middle school in the first round of the Somerset U14 Girls football cup. Having driven for 90 minutes the team finally arrived in the coastal town of Minehead to play.

This was the team's first game of the season, who have been training together in the girls football sessions organised by Bristol City FC after school on a Monday. Unfortunately the absence of Daisy Tiley and Leah Milkins and injury to Isobel Taylor had taken the side down to 10 players on the day. Despite this, the girls were in buoyant mood on arrival.



Both teams started the game tentatively, with possession being swapped constantly in the middle of the pitch. It wasn't long however for the Danesfield side to release some longer passes over the St Kath's defence and midfield, with the Danesfield stand out player wasting no time in putting them into a 2- 0 lead, leaving Chloe Weaden in goal little chance and the St Kath's side rather shell shocked. The St Kath's side picked themselves up and had periods of good possession in the Danesfield end, with Sophie Weaden chasing down what seemed like a dead ball, and putting a cross straight across the mouth of the goal, unfortunately Daisy Money couldn't direct her shot on target. Maya Matthews also had a number of long range shots just pass the wrong side of the goal post. It seemed that the St Kath's side were gaining more of hold on the game, however another quick break and a fantastic shot to the side of Chloe put them further into the lead.



The half time break saw a change of keeper to Holly McCarthy and Chloe game out into defence, releasing Beth Edwards up into midfield. It was wasn't long before Leah Porter began to dominate the centre of the pitch and created chances in the Danesfield penalty area. This pressure caused a goal line mistake by the opposite keeper and allowed Maya Matthews to tap in the first goal. This was quickly followed by a strong shot by Beth Edwards from the edge of the box.

At this point it was clear that Danesfield were feeling the pressure and their defence were struggling the clear the ball, even when they did, the solid defence of skipper Freya Barnett, Lara Roper and Chloe Weaden sent the ball straight back in. Leah Porter caused the defence so many problems and was rewarded by her first goal, drawing the game level at 3 - 3. Jamie Leigh Bell was active in attack and out Leah through again whose shot was handled clearly in the box and rightly awarded a penalty. Leah calmly took the responsibility of taking the penalty and was clinical in her finish to put St Kath's 4 - 3 ahead.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

With minutes left, the Danesfield side piled the pressure on and the St Kath's side furiously defended the ball, seeing a shot hit the crossbar. However a solid clearance by Chloe put Daisy Money through who managed the force the keeper into a save, not cleanly handling the ball Leah was on hand to score and make it a comfortable win and an astonishing comeback at 5 - 3.

10 LEADERS MULTISKILLS FESTIVAL

22 fantastic year 10 leaders run festival for NS youngsters

On Thursday 19 October St Katherine's hosted a multi-activity festival for year 1 and 2 children from primary schools across North Somerset. The festival was run by a group of our very own year 10 sport students. The week prior to the festival the group received some training from North Somerset Schools SGO and Primary PE Association Lead, Shane German. Shane ran through each of the games that the students would be leading and prepped them with the format that the festival would take on the day. As ever our leaders looked immaculate and professional in their BTEC Sport kit but more importantly led superbly and put on a brilliant experience for our visiting primary schools.

Will CONROY, Leah DICKINSON, Ethan EGGLESTON, Ashya GRAY, Zak HARRIS, Charlie HAYWARD, George HAYWARD, Caitlin HICKERY, Kaie LAWRENCE, Felix MCGOVERN, Maddison PALMER-GIVAN, Corey PARKHOUSE, Molly PEPPIN, Jazzy PITHER, Lucie ROBERTSHAW, Lois SCANLAN, Niamh SCANLAN, Eli SMITH, Ruby WEBBER, Henry WELCH, Sam WILLIAMS, Muhammed ZUBAIR



Leadership is something that we have always placed great value on in PE at St Katherine's and this will be the first of many leadership opportunities for our students this year. I knew that this group were going to do a brilliant job a week before the festival even took place because of their attitude and approach to their training. The group were mature, responsible and respectful during their short training session and took on board a lot of information in a really short space of time. I was extremely grateful to them for the way that they went about their training with Mr German.

On the day students took on the role of either an activity leader or a team leader. It was an absolute pleasure to spend time walking around the sportshall and watch our students lead with such confidence and competence. You only have to look at the photographs to tell that our year 10 leaders thoroughly enjoyed themselves and without a doubt this rubbed off on the primary school students too. It was lovely to see some of the more reserved characters in year 10 really come into their own given some responsibility and equally as pleasing to see the character and personality that we encounter from other students on a daily basis shine through while they were leading.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



Ruby encouraging a quick collection



Maddison levelling with her group



Lucie full of enthusiasm for this game



Ethan and Henry taking charge



George lavishing his group with praise



Corey almost playing his own game

Events such as this are a real privilege to host and bring about huge benefits for everyone involved. As a school we get to showcase ourselves through the medium of our students, the students have the opportunity to develop their confidence and leadership skills which are vital to success in school and beyond and the primary school students are physically active and having fun which builds positive PE experiences. We are really grateful to Shane German who is extremely supportive of our leaders and is always forthcoming with opportunities to develop our students.

Lastly a huge thank you to our year 10 leaders – you were a real credit to yourselves. I hope that lots of you will continue to get involved in leadership opportunities this year.



Ashya and Molly leading beach ball bellies



Leah leading brilliantly!



Caitlin and Zubair enjoying every minute of their game

Well done to everyone involved for a hugely successful event – one of many this year we hope!

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

7 BOYS RUGBY V BROADOAK

Boys finish term 1 on massive high with fantastic team performance

On Thursday 19 October nobody thought that we would be playing rugby after school as we watched the rain torpedo down in one of the heaviest downpours I have seen for a while. The rain continued throughout the morning but fortunately a break in the inclement conditions meant that the game was given a green light. Having suffered two defeats in their previous two matches the year 7 boys were desperate for the opportunity to bounce back before the holiday and so boarded the coach (eventually) bound for Broadoak School in WSM.



Gabriel ANTOLIC-FURLONG, Matthew BRENNAN, Ryan BUNDY, Euan CAUL-PATERSON, Kanye CHRISTIE (c), Jacob DUNCAN, Finley GREEN, Reggie-Lee HAYWARD, Alfie KING, Mac MARSHALL, Trysten NMAI, Charley SONGER, Will STRATTON (c), Waide WATSON

The game was split into 4 quarters so as to give the boys lots of opportunity to review smaller passages of play and put some points for improvement into action. The first quarter was a really tense affair with the weather conditions being the real victor in the contest. The rain had eased but it was still spitting and there was a blustery wind which was making handling difficult for both teams. Our boys weren't helped by the fact that I had emphasised the need for us to put the ball through the hands following our two previous defeats. In fairness to the boys they were doing exactly what I had told them they needed to do but ball just wasn't going to hand; on the plus side there were plenty of opportunities for scrummaging which as it turned out played right into our hands (just about the only thing that was during the first 10 minutes!). Our boys won almost every scrum in this game (most of which were against the head) thanks to some really intelligent hooking from boys, namely Reggie Hayward. A breakaway try from Kanye Christie was all that separated the two teams at quarter time and it looked as though it was going to be a nail biting close contest.

The message was simple at quarter time; pass short distances before you hit contact! On too many occasions we had tried to offload the ball in heavy traffic or throw a really long pass and it just wasn't the day for either. Almost immediately the boys took the message on board and within the first minute of the second quarter the SK boys watched Waide loose his boot on his way to cruising over the line for his first but the teams second try of the match. Waide had received a really smart, short, accurate pass which he hit at real pace – message received!

For the last six weeks I have watched Charley Songer tearing up defences in PE lessons with the ball in hand and have tried desperately to get him into some school rugby! Charley has outstanding poise and balance when he is going at full tilt with the ball in hand and he also has a magic step on him. It was no surprise at all to me that Charley instantly made an impact on the game gaining around 10 metres in ground before getting tackled with his first carry. Shortly after Waide had scored, Charley was put into a great space out wide on the left with another crisp short pass which saw his score his first try for St Katherine's – I'm certain that if he sticks with his rugby that will be the first of many as he looked a real threat for every minute that he spent on the pitch.

Our fourth try was our best by an absolute mile – it had everything and was evidence of just how much this group of boys have improved as a team in such a short space of time. Euan claimed a high ball well inside his own 22 in the swirling

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

wind, a brilliant piece of skill given the conditions but he didn't stop there as he drew the nearest defender before giving a well-timed pass inside to Reggie Hayward so quickly moved it on to Mac Marshall who was inside again. Mac looked up to see several Broadoak defenders approaching him and glanced to his left to see Ryan Bundy on his outside. Mac stepped off of his right foot and ran a great line right at the inside shoulder of the last Broadoak defender and with Ryan outside him executed the perfect 2 on 1. Ryan caught the ball on the move just inside the SK half and still had a lot of work to do with Broadoak covering defenders closing him down. Ryan weaved his way through several tackle attempts before finally accelerating clear to finish off a superb team try.

The boys were starting to find and exploit space all over the pitch and were looking dangerous every time they got the ball in hand. Such was their attacking mind-set that when they didn't have the ball their defensive line was non-existent and often so far behind the rear feet that they let the Broadoak carriers really build up a head of steam. Defensive aside the boys' performance was really taking shape. Kanye was orchestrating proceedings with a real maturity at scrum half and gave the backline real go forward. He is an absolute master at drawing out defenders before looking to give a pass but on quite a few occasions the space was there for him to exploit which he did really well for his second try of the game.

Mac Marshall scored the only try of the third quarter as Broadoak mounted a real resurgence. Mac supported a break from Kayne really well and wound up getting the last pass that allowed him to touch the ball down over the line to take the SK score to 30 points. Broadoak enjoyed much more possession in this period of the game and had a handful of runners who looked like they could cause problems when they got going. During this period in the match the tackling of the SK boys was really tested and as always several boys really stepped up; Will Stratton was solid in the backline, Waide is technically one of our best tacklers and chopped several boys down low out wide, Trysten was a huge physical presence in the middle of the pitch and hauled down anything that looked like getting through and Matt Brennan was characteristically everywhere and at every breakdown. The SK defence stood firm despite Broadoak knocking loudly at the door to the try line. Some great defensive work from several boys including Gabe and Jacob saw them held up over the try line before eventually going on to score their first try which they really did deserve. Gabe and Jacob were both reliable defensively but also complemented each other nicely in the backline.

All over the pitch boys were enjoyed some of their best performances for the school. Alfie King might not have made it on to the scoresheet but was absolutely instrumental in a number of the SK tries – in my opinion this was Alfie's best game yet for the school. One particular passage of play sticks out in my mind where he gave chase to a restart and made a cracking follow up tackle. Alfie then bounced straight back up to his feet to drive right through the heart of the ruck to turn the ball over – a really accomplished performance of some really difficult skills. Finley Green was another boy who I thought had his best game for the school; again one piece of play sticks out for me that shows the improvement Finley has made. He found himself the furthest red player back and in possession of the rugby ball with Broadoak tacklers hot on his heels. Finley had the presence of mind and sense to stay on his feet as long as possible stepping and spinning through the first two tackles before his support players could arrive – lesser players may have just died with the ball at the first sign of contact.

In the final period it was Reggie Hayward who was first on the scoresheet after some more exciting running rugby earned the SK boys great field position. Reggie picked up on the ball with 2 boys outside him on the left hand side but stepped back inside and buried his head to cross the white line himself – a try that he thoroughly deserved. There was still time in the match for Ryan and Kanye to score another try each and round off a brilliant team performance. The final score 45-5 but much more important than that was the improvement that was evident – after just six weeks of school rugby you couldn't ask for any more than that.

It was impossible to give a man of the match award such was the quality of the team performance. It was a real treat to watch such great running rugby from the side and in some really tricky conditions. The boys were delighted with their success at the end of the game and rightly so – they had demonstrated real character after their previous two matches and put a lot of their learning into practice.

Well done gentlemen. Congratulations on a brilliant end to your first term of school rugby – there's a lot more to come in term 2. Enjoy the holiday!

Mr Cook

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

HOUSE CROSS COUNTRY

4 record breaking runs for the second consecutive year as students run for houses

As term 1 draws to an end there is always a sense of anticipation around the site as students in years 7, 8 and 9 know that before they can enjoy their half term break they must run for their houses in the first competition of the academic year. The course was absolutely stunning this year as the timing yet again coincided with the leaves changing on the trees and as a special addition this year there was company for the runners in the form of livestock in the adjacent field to the top part of our course.

This year marked a new and improved race programme and scoring system. For the first time students would cross the line and earn race points based on their finishing group which meant that every runner had something to aim for. We also included an elite distance which was only open to the top 6 finishers in each race as a little challenge to those students who love their cross country running. We were absolutely delighted with the way that students from across key stage 3 took to the challenge; in particular the girls' performances this year were exceptional.



Course Records 2017 (Main Race Distance Records)					SET THIS YEAR
Year Group	Category	Race Distance	Extra Elite Distance	Girls Record	Boys Record
Year 7	Minor	1.85 km 1.16 mi	3.05 km 1.90 mi	Jamie Packham (Y7) 8 minutes 39 seconds Set in 2017	Ryan Bundy (Y7) 6 minutes 59 seconds Set in 2017
Year 8	Junior	2.82 km 1.75 mi	4.26 km 2.65 mi	Leah Porter (Y8) 12 minutes 59 seconds Set in 2017	Caolán Pearce (Y11) 11 minutes 24 seconds Set in 2014
Year 9				Judit Molnar (Y9) 12 minutes 51 seconds Set in 2017	Henry Welch (Y9) 10 minutes 51 seconds Set in 2016

Year 7

The year 7 boys race was the start of the record breaking performances which saw Josh Moore lead for 99% of the race only to be caught by Ryan Bundy in the last few yards of the 1.16 mile course. The race was a quick one and the top three boys would all have broken the previous record which is impressive given that the record was broken last year by Isaac Adebo in a time of 7:24 which took out a 4 year record by former student Jude Noon with a time of 7:45. Ahmed, Josh and Ryan crossed the line with times of 7:05, 7:00 and 6:59 respectively to give a Mercury, Mars, Mercury finish. As the only boy to ever go sub 7 minutes on our cross course Ryan was a deserving winner having run a very tactically astute race behind Josh who deserves a mention for setting such a fantastic pace. Josh also finished the elite course 2 seconds ahead of Ryan so hopefully that offered him some consolation. Even more impressive was Gabe Antolic who ran the elite course even faster than Josh, crossing in 12:58.

Last year Maya Matthews and Leah Porter both set a joint record of 8:54 which this year was beaten by Jamie Packham from Saturn house comfortably as she crossed the line in 8:39 seconds. Jamie ran from the front superbly and finished almost a minute in front of Megan Hart-Jones who ran an excellent race and took 5th place overall for Jupiter house. Jemima German, who finished in 6th place overall, also deserves a special mention as she ran the elite course of almost 2 miles the fastest of any of the three girls that took on the bonus point distance. Poppy, Ruby and Daisy in the other side of the year all came close to Jamie but had to settle for 2nd, 3rd and 4th place overall.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

Special mentions, in finishing order to Gabriel ANTOLIC-FURLONG, Josh MOORE, Ryan BUNDY, Mac MARSHALL, Matthew BEDDOES, Will STRATTON, Jemima GERMAN, Theo LARKAI, Callum SWAN, Dylan HEWETT and Zara MACE who all completed the elite race for year 7.



Josh in front with Ryan behind again – déjà vu!



Boys and girls pushing hard for their houses



Megan striding out in front

Year 8

Corey Garland took the year 8 boys race by the scruff of the neck and blew away his competitors which is no mean feat considering that one of them was the previous record holder for the year 7 boys! Corey set off at a pace that he kept up for the whole race and came home in an impressive time of 12:56 for Mars house. Corey was closely followed by Toby Rice, Isaac Adebo, Joe Paice, Jody Quinn and Ben Lumoso who all ran sub 14 minutes for their houses.

Having set a joint record last year, Leah and Maya would be among the favourites to take the year 8 title and it was no surprise when they crossed the line first and second. What was a surprise was the incredible time that Leah Porter ran to finish some way ahead of Maya – and that's saying something! Leah ran a storming 12:59 to blow Judit's old record out of the water by some 23 seconds. Leah finished second out of all of the students in year 8 and only just missed out on finishing first by 3 seconds! An amazing run which overshadowed the great runs from Maya, Daisy and Natasha who all ran sub 15 minutes – well done ladies.

Special mentions, in finishing order to Corey GARLAND, Toby RICE, Leah PORTER, Maya MATTHEWS, Natasha BORLAND, Benjamin LUMOSO, Lola WILLIS, Nana GYIMAH-SARPONG, Natalie STRINGER, Muhsin HASSAN who all completed the elite race for year 8.



Corey out in front



Just seconds after the starter has the runners underway



Leah and Toby completing the elite course

Year 9

Last year everyone in 8AB (me included) were taken aback when they watched a new student, Mursal Sharif charge around the 1500m like he meant business. Just a few months later and all of his friends were touting him as the winner and he was really excited about the prospect of running the SK course. Mursal crossed the line in first position for Saturn but the question was whether Henry Welch's 10:51 was safe! Unfortunately for Mursal the record remains but this shouldn't detract from a fantastic run in 11:44; one of only 3 boys to go sub 12 minutes, the others being Charlton Milligan (Saturn) and Fergus Creton (Mars).

The girls race was another spectacle and it was Judit Molnar who continued to build on her excellent distance running reputation by crossing the line in the fastest girls time of 12:51 beat Lili Harvey's now 6 year record by 10 seconds – a very impressive achievement. Nasma and Molly (the only year 9 girls to conquer the elite distance) both ran under 15 minutes for Saturn house to take 2nd and 3rd position respectively but both were some way off Judit's pace.

Special mentions, in finishing order to Mursal SHARIF, Charlton MILLIGAN, Fergus CRETON, Joshua REEVE, Kyle BARRETT, Max ANDREWS and Molly JACKSON who all completed the elite race for year 9.

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



Judit leading the way



Chocks away for year 9 as they get going



Front runners in 9CD boys

Congratulations to our record breakers and thus new record holders, especially Leah and Judit who both had records taken by others but set new fastest times in their own races. Great work from two excellent female distance runners.

Final Results

Top 12 Runners & Times (in order)	Year 7	Year 8	Year 9
Girls	1: Jamie PACKHAM (Saturn) - 8:39 2: Poppy BALDWIN-BROOKS (Mars) - 9:00 3: Ruby WALSH (Mars) - 9:01 4: Daisy WILKINSON (Mercury) - 9:28 5: Megan HART-JONES (Jupiter) - 9:29 6: Jemima GERMAN (Saturn) - 10:13 7: Rayane AHMED (Jupiter) - 10:14 7: Nancy W-HUGHES (Mercury) - 10:14 9: Kaiya GREENWOOD (Saturn) - 10:32 10: Elyssia DOUGLAS (Jupiter) - 10:36 10: Zara MACE (Jupiter) - 10:36 12: Rose BARKER (Mars) - 10:37	1: Leah PORTER (Mercury) - 12:59 2: Maya MATTHEWS (Saturn) - 14:22 3: Daisy MONEY (Mercury) - 14:23 4: Natasha BORLAND (Mercury) - 14:47 5: Megan LARKIN (Mercury) - 15:07 6: Lola WILLIS (Saturn) - 15:08 7: Isobel TAYLOR (Mercury) - 15:12 8: India SYDENHAM (Saturn) - 15:50 9: Molly GREEN (Mars) - 15:51 10: Elina JAKUBAITE (Saturn) - 15:53 11: Hetty CLEAVER (Jupiter) - 15:58 12: Sophie WEADEN (Mars) - 16:05	1: Judit MOLNAR (Mars) - 12:51 2: Nasma ISMAIL (Saturn) - 14:28 3: Molly JACKSON (Saturn) - 14:41 4: Freya BARNETT (Mercury) - 15:45 5: Louisa JONES (Mars) - 15:48 6: Amelie PURVIS (Saturn) - 16:4 7: Grace NEWBY (Jupiter) - 16:21 8: Lauren SCHOFIELD (Mars) - 16:26 9: Rosie MARTIN (Mercury) - 16:46 10: Lara ROPER (Saturn) - 16:55 11: Rose GILES (Saturn) - 16:56 12: Lucy TURNER (Mercury) - 17:28
Boys	1: Ryan BUNDY (Mercury) - 6:59 2: Josh MOORE (Mars) - 7:00 3: Kanye CHRISTIE (Jupiter) - 7:28 4: Najib YUSUF (Saturn) - 7:31 5: Matthew BEDDOES (Mercury) - 7:44 6: Alfie KING (Mars) - 7:47 7: Matthew BRENNAN (Mars) - 7:54 8: Gabriel A-FURLONG (Saturn) - 7:56 9: Mac MARSHALL (Jupiter) - 7:59 10: Charley SONGER (Mars) - 8:03 11: Saul WRIGHT-BRENNAN (Mars) - 8:04 12: Mohammed WARSAME (Jupiter) - 8:06	1: Corey GARLAND (Mars) - 12:56 2: Toby RICE (Saturn) - 13:20 3: Isaac ADEBO (Mercury) - 13:29 4: Joseph PAICE (Jupiter) - 13:45 5: Jody QUINN (Saturn) - 13:46 6: Nana G-SARPONG (Jupiter) - 13:47 7: Benjamin LUMOSO (Saturn) - 13:51 8: Izaac OSBORN (Mars) - 14:06 9: Benjamin MORTLOCK (Mars) - 14:10 9: Fuaad MUSA (Mars) - 14:10 11: Oscar THORPE (Saturn) - 14:18 12: Liam OSBORNE (Mars) - 14:25	1: Mursal SHARIF (Saturn) - 11:44 2: Charlton MILLIGAN (Saturn) - 11:48 3: Fergus CRETON (Mars) - 11:51 4: Seb DE MONTFORT (Jupiter) - 12:35 5: Ajay DIMAMBRO (Saturn) - 13:35 6: Kyle BARRETT (Mars) - 13:55 7: Max ANDREWS (Mars) - 14:06 8: Tom EVANS (Jupiter) - 14:07 9: Joshua REEVE (Jupiter) - 14:08 10: Finley KING (Mars) - 14:11 11: Jazper PEACEY (Saturn) - 14:22 12: Louie DUN (Jupiter) - 14:23

In each age group and gender category runners were ranked based on their finishing time over the main race distance. All runners were then split into scoring groups based on their position. House results are based on the average points score for each house in each age and gender race.

Gender	Average Points and Ranks					
	7		8		9	
BOYS	5.91	2	4.53	3	6.13	2
	5.95	1	5.82	2	5.47	3
	5.48	4	4.19	4	3.93	4
	5.64	3	6.33	1	6.64	1
GIRLS	5.33	3	4.52	4	3.21	3
	5.59	2	4.84	3	2.87	4
	5.89	1	6.33	1	3.93	2
	4.41	4	5.83	2	6.20	1

	Group	Points
	10 th Group DNS / DNF	0 / 1
Middle Scoring Groups	9 th Group	2
	8 th Group	3
	7 th Group	4
	6 th Group	5
	5 th Group	6
	4 th Group	7
	3 rd Group	8
	2 nd Group	9
	1 st Group (Top 6) *	10
* 2 bonus points for completing elite race		

Cross country is one of our favourite events of the year because it is an opportunity for all students to compete for their houses and feel a huge sense of achievement no matter what position they finish in. You can't force students to smile while they are running cross country and you can see from the photographs just how many are smiling!

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter



Theo elegant in his stride, Daisy & Scarlett working together to tackle the distance and Charley with a great cross country grin!



Kayden giving cross country the thumbs up, Kiya enjoying her race company and Cameron & Ruby smiling all the way around the course



Rosie trying to work out what exactly Freya is doing, Ari hurling himself down the final descent and Jess delivers her verdict on cross country!

Well done to everyone who started the race and scored points for their house. P5 praise postcards are on their way to you all! Another year and another fantastic competition which sets us up nicely for the North Somerset Championships due to take place just after half term.

A special mention once again to our record breaking runners; Ryan Bundy, Jamie Packham, Leah Porter and Judit Molnar.

The PE Faculty

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

U16 BOYS BASKETBALL V NS STARS

Last 22 seconds of term 1 bring unmissable drama on basketball court

Before the year 10 and 11 boys could relax into their half term break they had their second friendly basketball fixture to contest. Sunday 22 October saw St Katherine's host the NS Stars and 11 keen sportsmen roll out of bed early in the morning, just 2 days into their holiday to take to the court. This group of boys had played the first friendly fixture of the year just four days earlier away at Gordano School against a good number of the same boys who play for the NS Stars team. SK were full of confidence after the victory earlier in the week and really relishing the opportunity of getting back out on the court.

Hamza BULALEH, Matthew CRUTCHLEY, Samatar ELMi (c), Bailee FARLEY, Sharmarka MATTAN, Dexter MOTT, Caolán PEARCE, Nabil WARSAME, Kieran WHITFIELD, Alexander WILSON, Hao Hao ZHANG

Quarter 1 | SK 10 v 15 NS

The boys started really poorly in comparison with their midweek performance and were uncharacteristically wasteful with possession. The speed and accuracy of their passing was missing and there was a lack of anything happening ahead of the basketball – the early signs were worrying! The boys found the early going really tough and the Stars wasted no time in getting their score count rolling. Before SK knew it they were trailing by 6 and yet to score until Caolán Pearce popped up with a workman like 2 point effort having hustled his way inside. Thankfully this kick started the performance to some degree and Sam Elmi was next to visit the basket with a neat lay-up for 2 more – great leadership from two boys who had excelled earlier in the week. Mattan chipped in on behalf of year 10 with a neat jump shot to levels the scores but there was still a certain quality missing about their play. Defensively they were doing well but the Stars were well organised and running a good offence which gifted them easy opportunity to build their score which they continued to take. Pearce mounted a resurgence with 4 more points before quarter time, one of which was a super reverse lay-up after being ushered across the restricted area by his defender – it was looking as though it could be Caolán's morning!



Sharmarka helping himself to 2 after getting inside



Nabil with a handle at close quarters



Kieran bring the ball up the court

Quarter 2 | SK 21 v 27 NS (SK 11 v 12 NS)

Changes in the second period saw St Kath's up their level and increase the movement ahead of the ball – they were still making hard work of the game but there was a vast improvement on the first period. Nabil Warsame was first to light the fuse after he combined neatly with team mate Zhang to drive in for his second 2 point effort. The first was a smart jump shot but the second saw Nabil come off of a well set Zhang shaped screen which allowed him to drive in unopposed for the most well worked 2 SK points of the game so far. Bulaleh, Mott and Zhang all brought calmness to proceedings during the second quarter and looked after the ball really well for the home team. They were smart in possession and did the simple things really well which allowed their team mates to assault the basket. Kieran Whitfield and Sam Elmi both stayed strong under the hoop to knock in easy rebounds to earn points for their team; in Sam's case his was after the fourth consecutive offensive rebound. Alex Wilson easily won the prize for shot of the day after he launched a 3 point effort from well outside the line which sunk to add 3 more to his teams tally.

Quarter 3 | SK 30 v 36 NS (SK 9 v 9 NS)

The third period was a real battle of fitness against system; SK were all about intensity and athleticism and were looking for any opportunity to run hard and move the ball quickly whereas NS were looking to stick to the system which had been so lucrative for them up to this point. The net result was a low scoring quarter for both teams as SK managed to steal a lot of ball on defense following sharp work in between passes from Zhang and Farley but unfortunately SK were unable to capitalise on their possession and the signs of fatigue were becoming all too evident in their play. It was Caolán and Alex that added all 9 points in this quarter with Caolán helping himself to 6 of them. His first 2 came after a smart cut to the basket was found with an equally smart pass for an easy basket, his second 2 came after he went hard at the hoop

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

drawing contact and making both free shots and his final 2 was after a steal that epitomises the way that he plays on the basketball court. Caolán went all out and got fingertips to a tired pass before the Stars ball handler could do anything to stop him charging in to make the mistake count at the business end. SK had their tails up at the end of the period and were finding that the play was opening up for them and the fast break was often on. Alex was hit with a superb pass which saw him go clear to the basket; skilfully he hesitated and drew the contact from the onrushing defender after putting in the lay-up and to make the play even more impressive he hit his extra shot for a vital 3 points.



Caolán trying to get above a Stars blocker



Samatar pushing for points on offence



Caolán up for 2 more after a great cut

Quarter 4 | SK 43 v 41 NS (SK 13 v 5 NS)

After a real team effort the boys were determined to go out and throw everything at chasing down the 6 point lead that the Stars had going into the final 10. Basketball is a real game of momentum and the flow was with the home side at the end of the third period and they carried it out onto the court for the final quarter of the match. Crutchley was magnificent on the rebound at both ends and was the only player to play for the entire time during the last period. It was Matty's rebound that gave Samatar the opportunity to shoot the first 2 points of the quarter. Matty continued to win rebound after rebound which gifted his team possession after possession. It must have been mightily frustrating for him that tired basketball gave the ball back to the opposition almost instantly. The boys may have been wasteful in possession but weren't wasteful when they got under the basket and capitalised on almost every scoring opportunity they worked in the last minutes of the match. Kieran Whitfield and Sam Elmi added 2 points each before Alex Wilson went on a scoring spree picking up 4 more points. The boys were trailing by 1 when Matty Crutchley's tenacity saw him win yet another loose ball and drive clear of his opponents. Matty was clear through to the basket but before he could lay the ball up onto the backboard he was fouled, crucially after picking the ball up and so earned himself 2 free shots. Matty was just short with his first and so adjusted to give his second more flight and watched it nestle down to level the game. The tension was too much on the sideline for some and the atmosphere was starting to build as the game came to the most exciting of climaxes. Sam had followed Matty's free throw with a neat lay-up of his own to put his team into the lead with less than a minute on the clock but some changes were necessary as some of the boys were out on their feet having run themselves into the ground. Some tired defense saw the Stars' most valuable player on the day get to the basket ahead of his man and the SK defender was left with little choice but to commit the foul with 22 seconds left on the clock – TIMEOUT SK!

Emotions were running high during the last 22 seconds of the match so I just wanted to make sure that the boys were clear about the potential different outcomes from this point onwards. If either of the free throws missed then SK just needed to box out and win one more possession to run the clock down making sure they didn't fall foul of any time restrictions. If both free throws were hit then the boys would need to immediately inbound the ball and go hard at the basket being aware of the clock to work one final scoring opportunity.

22 seconds to go and the NS Stars shooter was waiting at the free throw line. The pressure must have played on his mind but you would never have known watching him hit both free throws as cool as you like to level up the game. You couldn't help but admire the sheer competitiveness of the young lad to make both shots under pressure with just seconds remaining. I was expecting SK to force a play with the pressure of the clock counting down but they worked the ball up the court just as they would have done at any other time in the game. The boys on the side were watching through their fingers as the clock counted down into single figures and with just 3 left up popped Alex Wilson with a magic cut to the basket – the pass found him and he made the lay-up look easy to win the game for his team with just 3 seconds on the clock. The boys were ecstatic at the buzzer and delighted with the narrowest of wins after the most dramatic of finishes.

Thanks to the boys from NS Stars who were nothing short of sportsmanlike at the end of the match. Congratulations to the SK boys for snatching victory from the jaws of defeat. Joint MVP Caolán Pearce – athletic, great intensity from start to finish and a real sportsman! Joint MVP Alex Wilson – hit the money shot to the delight of his team mates!

A brilliant final 22 seconds to term 1 – well done and enjoy the break gentlemen.

Mr Cook

<u>Player</u>	<u>Points</u>
C Pearce	12
A Wilson	12
S Elmi	8
N Warsame	4
K Whitfield	4
S Mattan	2
M Crutchley	1

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

SK SPORTING STUDENTS

Asha Storer (Netball): Asha selected for Avon County Netball Squad



Having impressed on the netball court for the school throughout last season Asha was put forward for county netball trials which took place before the start of the new school year.

We are delighted to say that Asha trialled successfully and will therefore be a part of the Avon County Netball squad for this coming season.

A really great achievement for a really capable young netballer. We are really looking forward to watching Asha go from strength to strength for school and county this year.

Congratulations on your achievement Asha!

Charlie Rice (Rugby): Charlie selected to represent Bristol Schools Rugby



We are delighted to say that, having made a comeback from a serious injury which lasted more than a year, Charlie Rice is not only fully fit but has also recently been selected to represent Bristol Schools in a rugby tournament which takes place in October.

This is a fantastic achievement for Charlie because he is a hugely talented rugby player. If we have learnt anything about Charlie since he started St Katherine's it is that he possess bags of rugby talent and also works phenomenally hard!

We know Charlie will impress and wish him every success!

The PE Faculty

Does your son / daughter deserve to be recognised for their sporting achievements?

If so we want to know about it! Email cookd@skdrive.org to tell us more!

 @StKathsPE

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

HOUSE RESULTS OCTOBER 2017

Saturn out in front after years 7, 8 and 9 do battle on cross country course

Once again it is Saturn house who find themselves leading the pack after the first house competition of the year. With only the first points of the year decided there is still a mighty long way to go for Saturn who set out in search of back to back house sport titles.

Current Standings		
Position	House	Points
1	Saturn	18
2	Mars	15
3	Mercury	14
4	Jupiter	13

" Saturn out in front after cross country as they start their campaign for back to back house sport titles "

Previous Standings		
Position	House	Points
	Jupiter	0
	Mars	0
	Mercury	0
	Saturn	0

House	Year 7		Year 8		Year 9		Year 10		Year 11		Total		
	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	
BOYS	Jupiter	3	2	2	3	3	2	0	1	0	1	9	2
	Mars	4	1	3	2	2	3	0	1	0	1	9	2
	Mercury	1	4	1	4	1	4	0	1	0	1	3	4
	Saturn	2	3	4	1	4	1	0	1	0	1	10	1
GIRLS	Jupiter	2	3	1	4	2	3	0	1	0	1	5	4
	Mars	3	2	2	3	1	4	0	1	0	1	6	3
	Mercury	4	1	4	1	3	2	0	1	0	1	11	1
	Saturn	1	4	3	2	4	1	0	1	0	1	8	2
OVERALL	Jupiter	5	2	3	4	5	2	0	1	0	1	13	4
	Mars	7	1	5	2	3	4	0	1	0	1	15	2
	Mercury	5	2	5	2	4	3	0	1	0	1	14	3
	Saturn	3	4	7	1	8	1	0	1	0	1	18	1

Month	Event	*
October	Cross Country (7-9)	✓
November	AUTUMN HOUSE SPORT: Boys Dodgeball and Girls Benchball (7-10)	
December	WINTER HOUSE SPORT: Boys Rugby and Girls Netball / Hockey (7-10)	
January	Badminton (11)	
	Table Tennis (11)	
February	Basketball (11)	
March	SK Ninja Warrior (10)	
April	SPRING HOUSE SPORT: Boys Football and Girls Netball / Hockey (7-10)	
June July	SUMMER HOUSE SPORT: Striking and Fielding (7-10)	
	SPORTS DAY Field Events (7-10)	
	SPORTS DAY Track Events (7-10)	
	SK Superstars (7-10)	

PE & SPORT NEWSLETTER

1718 - Term 1 Newsletter

CLUBS AND CAPS TERM 1

A look back at student achievements in the first term of the academic year

We are really pleased to be able to share some information about notable student achievements this term. So many of our students give such substantial and sustained contributions to our faculty and they deserve their recognition!

Top Clubbers

Congratulations to the top male and female clubbers for each year group below!

Pearly Westerburg	Year 7	Kanye Christie
Leah Porter	Year 8	Toby Rice & Ari Rugman
Rosie Martin	Year 9	Louie Dun
Ellie McIntyre & Lucie Robertshaw	Year 10	Ethan Eggleston
Lauren Dun	Year 11	Louis Stratton
-	Year 12 & 13	Danny Conway

School Caps

Congratulations to the students below who notched up the most school caps during this term!

Poppy Baldwin-Brooks, Rose Barker, Melissa Bartlett, Jemima German, Zara Mace, Charlie Mobbs, Isabella Wake, Daisy Wilkinson	Year 7	Matt Brennan, Ryan Bundy, Kanye Christie, Finley Green, Reggie-Lee Hayward, Alfie King, Will Stratton
Isobel Taylor, Chloe Weaden, Sophie Weaden	Year 8	Nana Gyimah-Sarpong, Ben Lumoso, Ollie Stratton
Freya Barnett	Year 9	Louie Dun, Jazper Peacey
Ruby Webber	Year 10	Ashya Gray
Leesha Coleman, Lauren Dun, Lexie Fitzgerald, Bo Marshall, Lauren Toms, Elise Wear	Year 11	Louis Stratton
	Year 12 & 13	Danny Conway, Tom Green, Lewis Mason

Congratulations to the students below who are currently the highest cap earners in the school!

Ruby Webber	87	Most Capped Students	Danny Conway	114
Lauren Dun	66		Tom Green	106
Bo Marshall	65		Jay Spicer	97

Keep working hard - your effort, endeavour, dedication and commitment doesn't go unnoticed!

Thank you all for your contributions.

The PE Faculty

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1718 - Term 1 Newsletter



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