

ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

1819 - Term 3 Newsletter



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Young athletes make history in series of unforgettable sportshall athletics competitions

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LEADERSHIP

Leaders from all year groups act as amazing ambassadors in several different events



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7 & 8 SPORTSHALL ATHLETICS

Greatest indoor athletics show in SK history makes for unforgettable evening

On Thursday 10 January St Katherine's hosted the 7 & 8 North Somerset Finals. Readers of our most recent newsletter will know that all of our Year 7 and 8 teams made history by securing qualification for the North Somerset Finals but nobody could have predicted what happened in PE at St Katherine's on this evening. The Christmas break in between the two rounds did nothing other than increase the anticipation and I think it was fair to say that the athletes could not wait to get out there and do what they do best!

I'll try my best to relive an unforgettable, stunning and record-breaking evening – here goes ...



Gabriel ANTOLIC-FURLONG, Coby BARBOSA-GOA, Ryan BUNDY, Danielle CAMERON, Kanye CHRISTIE, Samuel DIXEY, Jemima GERMAN, Ruby GRAY, Megan HART - JONES, Mattijs KORSWAGEN, Hannah LANGE, Ruby MAGNUM, Frank MCCANN, Daisy MEDDER, Mia MELIAS, Nahla MENGOD, Kenneth NEWBURY, Jake PACKHAM, Jamie PACKHAM, Madison PRICE, Charley SONGER, Oliver SONGER, Will STRATTON, Madeline THOMAS, Layton THOMPSON, Jack VINE, James WAMULO, Leah WARDINGLEY, Daisy WILKINSON

For the NS finals we were overwhelmed with students who had put themselves forward to support the event and get involved with some leadership. Students from across Year 9 and 10 volunteered their time after school to assist with all manner of jobs; running scores from one place to another, measuring, recording, setting out and packing away equipment, coaching, encouraging, officiating and a whole lot more. The quality of the leaders that we have had now at both local events have been excellent and I am looking forward to seeing them support the Level 3 County Finals later this month.



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Max ANDREWS, Freya BARNETT, Kyle BARRETT, Fergus CRETON, Seb DE MONTFORT, Louie DUN, Chantelle HAWKES, Amelya HOBBS, Molly JACKSON, Robert MACKENZIE, Charlie MEDDER, Leah MILKINS, Jazper PEACEY, Caolán PEARCE, Amelie PURVIS, Toby RICE, Lara ROPER, Ariel RUGMAN, Louis STRATTON, Isobel TAYLOR, George TURNER

We have all worked at St Katherine's for quite a long time in the PE faculty but at the end of the evening we were all amazed at the quality of the performances from all of our teams but perhaps even more so at the team spirit that was evident in the St Katherine's camp. Without a doubt it was our school that made the most noise and it was amazing to see the handshakes, hand slaps and other little acknowledgments of effort that were going on between the students. Every time a student left the safety of their team area they were prepared to put themselves out of their comfort zone and give everything they had for the team. It can be a lonely place out on the start line or waiting for a field event but the St Katherine's team let all of their peers know that there was more going on than just a single performance! The end result was suffocating dominance as students poured their grit and unyielding determination all over their opposition on the way to four amazing team results!

Year 7 Girls – 1st Place

The girls started impressively on the track with a second-place finish in the obstacle relay after some excellent work from the quartet opening up. Ruby G and Madeline continued the impressive form by taking gold and silver in their respective A and B 2 lap races. Ruby's time of 23.4 seconds was mighty impressive and little surprise that she played such a key role in later races. Nahla, Madison and Ruby M battled furiously in the 4 and 6 lap races which are without a doubt the trickiest on the track. It was great to see the support for their team mates as they gave their all in the races in the middle of the track programme. Ruby G and Leah teamed up superbly in the paarlauf to finish almost 4 seconds clear of the team in second place which was only followed by an even more dominant performance in the final relay finishing 3 seconds clear and making the most of their changeovers!

Hannah Lange improved her performance in the shot from the previous round adding 15 centimetres to her already impressive 6 metre throw. Hannah wasn't the only athlete to better a gold winning performance as Ruby Gray leapt out to 6.82 in the triple beating last rounds best of 6.77. Ruby also equalled her vertical jump score of 57 to take her third individual gold of the competition. Silver medals came aplenty from Ruby M in the shot, Madeline and Leah in the speed bounce as well as bronzes for Leah and Ruby in their jumping events. All in all this was another great performance where the girls maintained a strong performance %. Special mention to Madison Price who came in to the team to cover at short notice and put in an amazing performance on the track in her 4 lap race – what a fantastic addition!

7 Girls	R	2A	2B	4A	4B	6	P	R	aS	bS	aB	bB	aL	bL	aT	bT	aV	bV
		10					15	15	10						10		10	
	13		4							4	9	4						
					3								8			3		
				7		7												2
														1				

5 Teams: Track 74 from 90 points – 82% | Field 61 from 75 points – 81% | Total 135 from 165 – 82%



Year 7 Boys – 1st Place

The boys started impressively in the obstacle relay with a comprehensive victory and a margin of more than 5 seconds! The boys smashed the opening relay and what a great way to start the competition. The 2 lap boys battled well but Ollie and Mattijs were up against some quick individuals! Jake took some advice from Kenny before his 4 lap race and put in a superb tactical performance to wind up with plenty to spare at the finish. Samuel wasn't far behind him earning a silver in the B race but running the fourth fastest time overall. Layton gritted his teeth and improved his finishing position from the previous round in his 6 lap race while Mattijs and Samuel gave their all in the paarlauf. The 8 lap shared race was a tight one but you could see the determination on the faces of the boys from SK – they weren't going to lose this one! The relay boys finished in second to strong opposition but could have made for a closer finish had they not had a minor mishap! Thankfully some quick thinking prevented any negative impact which all of the boys were delighted about.

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In the field the boys racked up the points with gold medals coming thick and fast! Frank smashed his shot with a 7 metre throw while Jake and Samuel bounced their way to victory notching up 83 and 82 respectively with Samuel improving his previous scoring and Jake finding the same level once more! Ollie Songer hit 1.98 in the long jump and 5.95 in the triple jump to top score in both jumping events for the school. Coby and Frank both improved their vertical jump scores from 43 to take gold with 49 and 47 respectively which rounded off excellent performances in the field. The Year 7 boys really upped the ante against this stronger field of competitors and were awesome to watch!

7 Boys	R	2A	2B	4A	4B	6	P	R	aS	bS	aB	bB	aL	bL	aT	bT	aV	bV
	12			8				12		8		8	4		4		4	8
					3	7		10		3					7			
		2											6					
	5																	

4 Teams: Track 59 from 68 points – 87% | Field 56 from 60 points – 93% | Total 113 from 128 – 90%



Year 8 Girls – Tied 2nd Place

The Year 8 girls were involved in the most dramatic of the four competitions and put in a really gutsy display in the field to pull the competition back. The girls got off to their usual strong start in the obstacle relay with a great run for second place finishing behind a very strong quartet. From there onwards the girls battled furiously and put in some amazing performances but just simply weren't as dominant on the track as they normally are. Special mention to Megan Hart-Jones who ran a great 6 lap race to pip an opponent on the line and finish in the silver position. At the half way point in the competition the girls were out of things in third position knowing that their strength normally lies in the track. They had no choice but to make up the deficit in the field which they did superbly!

Top performances came in the form of silver A medals from Jamie Packham who threw 7.10 in the shot alongside Daisy Wilkinson who bounced 76 in the speed bounce to beat any score from the previous round. Plenty of other girls weighed in with excellent performances to earn plenty of points; Daisy Medder in the long jump with 1.86 and Jemima in the vertical jump with 44 equalling her previous rounds performance. The girls fought their way back into the competition superbly with gutsy performances all-round only to finish tied for second place with 128 points level with Backwell. With only two qualifying spots available we had to split the two teams and when pitched directly head to head, Backwell finished with 152 to St Kath's 148 points – it could not have been any closer! We are hoping that WESPORT will be able to accommodate three qualifiers from this age group due to the tie for second and the even closer nature of the countback! What this space!

8 Girls	R	2A	2B	4A	4B	6	P	R	aS	bS	aB	bB	aL	bL	aT	bT	aV	bV
											5		5					
13	9	4				9		13	9		9							4
							11						8	3		3	8	
				2											7			
			6															

5 Teams: Track 67 from 90 points – 74% | Field 61 from 75 points – 81% | Total 128 from 165 – 78%

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Year 8 Boys

The Year 8 boys were back on form in this round of the competition and some of their performances were breathtakingly good! The boys got off to a solid start in the obstacle relay which settled the nerves no doubt and meant they could concentrate on business ahead. The boys knew they were strong in the field and normally dip a bit on the track so dropping just 2 points on the track wasn't too bad at all! James Wamulo clocked 23 seconds flat for gold in his 2 lap race beating an International sprinter as opposition. Charley Songer might have finished first in his B race but his time of 23.2 was immense and second quickest of the field only to James! James' raw power and Charley's turning technique was something to behold! Kanye spent the minutes before his race mentally preparing himself for battle knowing that the Backwell runner had beaten him in the previous round. Before he stepped on to the track he turned to Mr Thomas to tell him that he was going to beat him this time and that was exactly what he did! Other boys took heart from that run and Kenny and Gabe both went on to win their 4 and 6 lap races. Gabe made his distance run look easy and won at a canter really for maximum points. Ryan and Kenny smashed the parlauf leaving only the nervy final relay. The boys nailed their hand-offs and put together an impressive display and a 3 second winning margin!

The boys were just as impressive in the field with some unbelievable performances and a whole host of amazing ones too! Kanye was supreme in his events leaping an amazing 61 in the vertical jump as well as 2.46 in the standing long jump – both scores beating the results he obtained in the previous round. He wasn't the only one on fire either as James put in an incredible leap to hit 7.80 in the triple jump – that is an unbelievable jump! Ryan nailed his speed bounce with 83 and Kenny and Will their shot with 8.40 and 7.25 respectively to take the competition well out of reach of any of the chasing pack!

8 Boys	R	2A	2B	4A	4B	6	P	R	aS	bS	aB	bB	aL	bL	aT	bT	aV	bV
		8	4	8	4	8	12	12	8		8	4	8	4	8	4	8	4
	10									3								

4 Teams: Track 66 from 68 points – 98% | Field 59 from 60 points – 98% | Total 125 from 128 – 98%



Summary

What an unforgettable evening in PE with each competition offering something slightly different and each team needing to offer different solutions to the problems they were faced with. The Year 7 girls definitely faced stronger opposition this time around and their big guns stepped up as well as those doing new events too! Grit and determination carried the Year 7 boys through – there was just no way they were going to let anyone else win! The Year 8 girls had to dig deep to get back into the contest under pressure and found the performances they needed. Finally, the Year 8 boys were just sublime – dominance like that at that level, that was stunning!

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Area	7 Girls	7 Boys	8 Girls	8 Boys
Track %	82	87	74	98
Field %	81	93	81	98
Overall %	82	90	78	98

Leaders

A huge thanks to all of the leaders who helped make the evening the success that it was. It was lovely to hear so many compliments about this group of students. To give up your own time after school for 3 hours is something special but to keep concentration and energy after a long day at school is extra special. I am really looking forward to taking this group of leaders out to UWE later this month to assist with the County Finals.

Congratulations all round to athletes and leaders alike! What a fantastic showcase for school sport – yet another record-breaking evening of indoor athletics!

Thank you to all involved.

The PE Faculty

Event	Year 7 Girls	Year 7 Boys	Year 8 Girls	Year 8 Boys
Obstacle Relay	A TEAM EVENT	TEAM EVENT	TEAM EVENT	TEAM EVENT
A	Ruby Gray	Ollie Songer	Daisy Wilkinson	James Wamulo
2 Lap	B Madeline Thomas	Mattijs Korswagen	Jemima German	Charley Songer
A	Madison Price	Jake Packham	Jamie Packham	Kanye Christie
4 Lap	B Nahla Mengoud	Samuel Dixey	Jemima German	Kenny Newbury
6 Lap	A Ruby Magnum	Layton Thompson	Megan Hart-Jones	Gabe Antolic Furlong
8 Lap Paarlauf	1 Ruby Gray	Mattijs Korswagen	Daisy Wilkinson	Ryan Bundy
2 Leah Wardingley	Samuel Dixey	Danielle Cameron	Kenny Newbury	
4 x 2 Lap Relay	A TEAM EVENT	TEAM EVENT	TEAM EVENT	TEAM EVENT
Shot	A Hannah Lange	Frank McCann	Jamie Packham	Kenny Newbury
B Ruby Magnum	Mattijs Korswagen	Mia Melias	Will Stratton	
Speed Bounce	A Leah Wardingley	Jake Packham	Daisy Wilkinson	Ryan Bundy
B Madeline Thomas	Samuel Dixey	Jamie Packham	Charley Songer	
Standing Long Jump	A Leah Wardingley	Ollie Songer	Daisy Medder	Kanye Christie
B Nahlan Mengoud	Coby Barbosa-Goa	Jemima German	James Wamulo	
Standing Triple Jump	A Ruby Gray	Ollie Songer	Megan Hart-Jones	James Wamulo
B Ruby Magnum	Jake Packham	Daisy Medder	Charley Songer	
Vertical Jump	A Ruby Gray	Coby Barbosa-Goa	Jemima German	Kanye Christie
B Madison Price	Frank McCann	Danielle Cameron	Kenny Newbury	





WINTER HOUSE SPORT

Older students kick start New Year with endeavours on badminton court

What better way to start the new calendar year than with a house competition! Having watched the lower school get stuck into their winter competitions before the Christmas break, the older year groups finally had their opportunity to earn some points! The group below dug deep and put themselves out there during a frantic hour-long timed competition where doubled pairs pitted themselves head to head against same sex and mixed sex pairs from the other houses. The atmosphere in the sportshall was lovely and it was great to see the students enjoying their badminton having been a little apprehensive about mixing year groups prior to the competition. Not only did students enjoy themselves, they also wound up engrossed in a really closely fought competition with some excellent play on court!

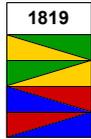


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Year 11, 12 and 13 Badminton



The first round of matches were a really good indicator for what lie ahead with Priscilla and Ayaan from Yousafzai losing out to Lucie and Ellie from Turing by just 2 points. In the same match their male counterparts were also engrossed in a close game with Caolán and Lewis ensuring that Turing took victory by just a single point at the claxon! The Pankhurst girls Bo and Ellie edged passed Ruby and Jazzy from Stephenson by just a single point 16 to 15. Will and Ashya from Stephenson managed to beat an array of Pankhurst boys including Matty, Mason, George, Kaie, Khaled and Tom! After a close first round, the second round of mixed doubles started to split the houses. Lucie and her partner may have earned victory over Priscilla and her partner but a compressive victory for Ayaan and the Yousafzai boys saw them head out in front. Bo and the Pankhurst boys tied with Ruby and the Stephenson boys but Ellie McCarthy and partner had a 10 point winning margin at the end of their mixed match.



Danny and Hao Hao absolutely destroyed Pankhurst 33 points to 4 in their second round boys doubles match but at the same time Bo and Ellie managed another victory for Pankhurst girls although not quite by the same margin! Ruby and Jazzy from Stephenson were victorious against Lucie and Ellie from Turing but it was a closely fought contest. Digging deep for Turing, Caolán and Lewis narrowly defeated Will, Ashya and Eli from Stephenson after making hard work of finishing off a comfortable early lead! The mixed matches made for an interesting final round as two victories for Pankhurst over Yousafzai cut the lead of the yellow house. It was one mixed victory each for Stephenson and Turing in their final match which almost divided the competition into two – a battle for 1st and 2nd and another for 3rd and 4th.



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The Yousafzai boys continued their dominance in their final match against Stephenson finishing comfortably ahead at the claxon. The Stephenson girls notched up another victory in their final match against the yellow house but even that wasn't enough to overturn the yellow lead. The Pankhurst girls continued their unbeaten run by beating Turing 20 points to 9 while the Pankhurst boys were resigned to another defeat at the hands of the blue house. In the mixed matches Yousafzai earned two more victories against Stephenson to cement their place at the top of the overall rankings (boys and girls combined). It was 1 win a piece in the Pankhurst Turing mixed matches with Bo and Tom enjoying the largest winning margin.

Results

The Pankhurst girls finished top of their competition with Bo and Ellie both top scoring with 109 and 102 points respectively. The Yousafzai boys finished top of their competition with a combined total of 225 points, a winning margin of 70 points! The full combined results can be seen here.

Thank you also to all of our House Captains for organising their teams and congratulations to everyone who took part for their houses!

The PE Faculty

	House	Year 11, 12 and 13	
		Points	Rank
BOYS	Pankhurst	2	3
	Stephenson	1	4
	Turing	3	2
	Yousafzai	4	1
GIRLS	Pankhurst	4	1
	Stephenson	3	2
	Turing	1	4
	Yousafzai	2	3
OVERALL	Pankhurst	6	1
	Stephenson	4	3
	Turing	4	3
	Yousafzai	6	1

U15 BOYS INDOOR CRICKET SCB R1

Boys qualify for North Schools play-off after tense opening round

On Thursday 17 January the U15 boys travelled down the road to Ashton Park School for the first round of the Somerset Cricket Board Indoor Premier League competition. Historically this is a competition that St Katherine's has really enjoyed and the now U15 boys were hoping that this wasn't the last opportunity that they would have to compete. It's fair to say that cricket is popular at St Katherine's and indoor lunchtime sessions have been running since September with nearly 80 boys having attended practice!

Louie DUN, Benjamin LUMOSO, Toby RICE, Ariel RUGMAN, Ollie STRATTON, Jack THOBURN, Joseph WILLIAMS, Maxwell WILLIAMS

In their first match the boys started with the ball as Ashton had the job of setting the total. The pick of the bowlers in the first game was Joe Williams with excellent figures and a really tight over in the middle of the game. Toby gave himself the pressure overs by opening and closing the attack and picking up a wicket in his last over. The boys spread the bowling around more than the rules stipulated they had to, but all that were called upon performed well with the ball. With 3 runs for a wide / no ball there was a lot of pressure with the ball especially in the final over where the bowler must send down 6 good deliveries. The boys conceded roughly the same number of extras as Ashton which they were looking to improve in their second game. All up Ashton finished on 50-2 from their 6.

For the chase Toby and Louie settled into what has become a familiar opening partnership. Both boys are excellent timers of the cricket ball and adapt their game perfectly for success indoor as well as being quick between the wickets. Toby made his way up to 17 and retirement by trying to take as many 3s as were on offer and Louie the same. Having batted the boys into good positions the opening pair left the remaining runs for Ollie and Ben to chase down and with two balls to spare Ollie Stratton carted the ball for 6 to win the game.



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In their second match the boys faced Churchill School and the roles were reversed with SK setting the total. They knew that 50 was a defendable score but were looking for a few more to put the pressure on their opposition. The Saints opening pair got off to the dream start both retiring and leaving their team mates to try to accelerate the scoring at the back end of the innings. As is often the case, a couple of wickets towards the end of the innings meant that the boys didn't quite rack up as many as they would have liked but nonetheless they were pleased with the 62 that they had made. Churchill needed 63 for victory from their 6 overs.

Toby really grabbed the game by the scruff of the neck and wrestled the momentum for his team grabbing 2 wickets in his first over. The other boys followed his example and bowled excellently to keep the pressure on. Ollie and Joe picked up more wickets while Louie and Jack were both difficult to get away. With nothing to lose, the Churchill boys kept coming and found themselves needing 18 from the final over. That might sound like a lot but when you factor in that the over must be six good balls, you give away 3 for a wide / no ball, 1 for the wall and 2 for a run between the wickets it is very easy to shell quick runs! Fortunately for the boys Ollie delivered – after he had conceded 10 from his first 3 deliveries there were a few nerves as Churchill now needed just 8 from 3. Ollie kept his cool and finished wicket, dot, 3 to secure their second victory and qualification for the North Play-off.

It was great to see Ollie back in the team after being out for such a long time with injury. It was also great that all of the boys in the team are now playing regular club cricket during the summer where this wasn't the case 2 years ago! Special mention to Ari Rugman for filling in behind the stumps when the team needed him to and also to Maxwell Williams who stepped in to fill a gap at short notice!

Man of the match with the bat had to go to Toby who nudged his way to retirement on two occasions while man of the match with ball had to go to Joe Williams. Joe may have bowled the middle overs but his figures were quite remarkable given that we were playing indoor cricket!

Well done to everyone involved.

Mr Cook

Batting (batting second)		
Batsman		Runs
T Rice	Retired	17
L Dun		6
O Stratton	Not Out	7
B Lumoso	Not Out	3

Bowling				
Bowler	O	R	W	Econ.
T Rice	2	18	1	9.00
B Lumoso	1	12	0	12.00
L Dun	2	16	1	8.00
J Williams	1	4	0	4.00

Extras	0
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Extras	21
Total (5.4 overs)	54 - 1

Ashton Park Batting Total (batting first)	
Total (6 overs)	50 - 2

Batting (batting first)		
Batsman		Runs
T Rice	Retired	17
L Dun	Retired	17
O Stratton		0
B Lumoso	Not Out	2
M Williams	Not Out	0

Bowling				
Bowler	O	R	W	Econ.
T Rice	1	4	2	4.00
O Stratton	2	22	2	11.00
L Dun	1	15	0	15.00
J Williams	1	1	1	1.00
J Thoburn	1	16	0	16.00

Extras	0
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Extras	26
Total (6 overs)	62 - 1

Churchill Batting Total (batting second)	
Total (6 overs)	58 - 5

8 & 9 BOYS BASKETBALL V GORDANO

3 debutants, 7 quality assisted baskets and excellent game play lead to victory

On Wednesday 23 January the Year 8 & 9 boys basketball team travelled to Gordano bolstered by the addition of 3 debutants. Basketball is as popular as ever in school at the moment so there are no shortage of boys willing to step up and represent the school and it can be tricky to ensure that everyone gets decent court time! Alongside the more established players the 3 new boys really added to the team and it was great to see them slot perfectly in to place.

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Shadrach BUNKETE, Ian ISAAC, Hugh LEWIS, Benjamin LUMOSO, Djafar MENGOU, Adil MOHAMOOD, Jonathan PUATI-KAMBU, Toby RICE, Ariel RUGMAN, Najib YUSUF, Muhammed ZAID

Quarter 1 | SK 14 v 3 Gordano

The leaders on the court got the scoring underway but not before some clumsy defending had given Gordano the lead after they made one of their free throw attempts. The first shots were fired by the Gordano boys and it was a clear warning that SK couldn't be reckless in their defensive duties as shooting fouls would cost them dearly. St Kath's settled into a steady rhythm on court but were lacking a little energy and intensity in their performance. Jon and Djafar added to the score line alongside more points from Ben which gave the boys in red a decent lead at quarter time. Jon was looking a real threat under the basket at the offensive end and picked up a lot of ball off of the glass. Djafar's two points came from a lay-up where his athleticism and power carried him to the rim from a long way out!

Quarter 2 | SK 18 v 7 Gordano (SK 4 v 4) Gordano

The Year 8 boys led the way in the second period of the game with Najib and Jon adding more points to the tally. Najib's athleticism and ball handling was causing the Gordano defenders problems while Jon ensured that the SK offence was relentless by picking the ball up off of the rebound numerous times. Despite their dominant individual play the boys were still lacking intensity and energy on the court. We had spoken before the game about the importance of passing the ball and looking to get other players in to good positions. This group of boys throw the ball around in practice but when it



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comes to game day they seem to forget their ability to pass the ball and revert to handling through heavy traffic! At the half way mark in the match Ben Lumoso and Hugh Lewis were the only two players to have any marks in the assist column. I had told the boys before the game that this was the column that was going to decide MVP today and to add a little weight to the award there was a chocolate bar resting on the outcome!

Quarter 3 | SK 23 v 12 Gordano (SK 5 v 5) Gordano

The third period of the game was a really intriguing contest with SK stretching out to an early 5 point lead. Hugh, Shadrach, Ben and Zaid added the points and the quality of their basketball was slowly improving. Hugh and Ben found themselves in a contest for assisted plays and Toby found himself frustrated that some of his best passes weren't finished by team mates – he was mighty unlucky not to get a mark in the column but that is the way it goes sometimes! As good as SK were in the first part of the third period, Gordano came back just as strongly in the second half of the quarter again with shooting fouls proving costly! The boys were much sharper offensively but still tried to affect the ball handler from the wrong side in defence which cost them too many points!

Quarter 4 | SK 29 v 16 Gordano (SK 6 v 4) Gordano

In the final period of the game I really asked the boys to concentrate on quick transitions, energy in possession of the ball, high intensity hustle and assisted baskets! The boys all took to the court in the final period and all contributed to the team performance. The defensive hustle was encapsulated by Shadrach Bunkete who jammed in on his man after forcing a pick up, executed his strip to steal and then drove to the basket to make his 2 off a lay-up. Najib managed to get a mark in the assist column too in this last period after a mazy handle turned defenders inside and out before he released a reverse pass over to Jon who finished the play beautifully. The boys were much faster in transition and really put some pressure on the Gordano players. Although they weren't as clinical as they should have been under the basket – the boys played with much better intensity in the last period and put together some of their best basketball.



As always with this group it was another enjoyable afternoon on the basketball court. The boys are getting more and more familiar with each other on court and starting to string together some really impressive play. As promised at the start of the game Ben Lumoso took the MVP award for his 3 assisted baskets. Hugh finished with 2 followed by Najib and Adil with 1. Considering the boys only had 2 assists at half time this gives you some idea of the improvement in their performance in the second half of the match!

Well done to all involved.

Mr Cook

U13 BOYS INDOOR CRICKET SCB R1

Thirteens impress indoors to ensure both SK teams make play-offs

On Thursday 24 January the U13 boys competed in the first round of the Somerset Cricket Board Indoor Premier League competition. The early stages of the competition are in groups and SK found themselves alongside Ashton Park and St Bernadette. The Year 8 boys didn't play a huge amount of indoor cricket last year as the majority of the team were from now Year 9 and the Year 7 boys obviously hadn't encountered the competition at all before. All in all that meant that there were lots of boys with lots of cricket experience but very little of it indoors. Thankfully the boys demonstrated their ability to learn quickly after their first match to secure their spot to compete again in the next round.

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Samuel DIXEY, Leon ESSAM, William KING, Jacob LAMBERT, Mac MARSHALL, Jake PACKHAM, Charley SONGER, Oliver SONGER, Will STRATTON

In the first of their two matches the boys faced Ashton Park and knew that they would be in for a tough contest. The boys were put in to bat first and I think it was fair to say that things didn't go exactly to plan! The opening bowler for Ashton really ripped through the top order and boys were caught out by playing across the line to straight and full deliveries. St Kath's were struggling having lost 2 wickets in the opening over but fortunately for the team the Songer boys found themselves together at the crease with the job of getting the train back on the tracks! Charley and Ollie batted superbly with some devastating blows to the boundary wall to push the total on to a healthy 50 plus. Charley had batted so well that he was forced to retire before the innings came to a close and departed leaving Will, Ollie and Jacob Lambert to see out the remaining deliveries. Jacob came to the crease with just 2 balls to face but kept calm and nudged his first delivery into the wall at point to scamper through for 3. The boys were able to avoid disaster and posted an impressive 63-3 from their 6 overs.

If things started badly with the bat then they didn't get much better with the ball in game 1! The boys conceded 38 runs in extras all up in the first match which should have lost them the game but for some really tight bowling by a few of the boys! No balls and wides came aplenty and at 3 runs a time were massively costly! All of the boys who shelled runs in this manner were just trying to bowl too quickly rather than just putting it on the spot! Jacob Lambert was thrown the ball in the middle overs after watching his team mates go for a fair few before him. For the second time in the match Jacob remained composed and kept things incredibly tight in his over. Jake Packham did exactly the same to peg the Ashton



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boys back a little and needing 19 off of Charley Songer's last over. The pressure is on with the final over as not only are no balls and wides worth 3 you also have to bowl the extra delivery! When Charley was thrown the ball having not bowled at all before he must have been feeling the pinch and when his first delivery was a wide you could really see the pressure building. Fortunately, Charley kept it together and held out in a sharp last over to secure victory by 13 runs. A victory it may have been but in terms of performance things could have gone a lot better!

A dramatic victory for St Bernadette against Ashton on the final ball meant that the next game was effectively a dead rubber with both teams knowing they were through. We spoke at length after the first match and identified a few things that we wanted to improve going in to the second game and although the boys knew they were through, they were 100% out for targeting first place! The three things we were looking for were 1) not hitting the ball so hard – it just comes back off of the ball, 2) line and length is so much more important than pace and 3) energy and sharpness in the field!

Captain Mac Marshall won the toss in the second match and put the opposition in to bat first. Mac threw the ball to Jacob Lambert who had really impressed in the first match but even Mac couldn't have known that things were about to go from great to phenomenal for Jacob! At the end of his first over the opposition were 3 down with just 5 on the board – 2 brilliant run outs and a superb catch from Jake Packham helped Jacob to the best possible opening over he could have hoped for. Mac and Leon followed Jacob's example and the St Bernadette boys were dismissed for 22 without batting out their overs. The boys came out to bat and chased down the total without playing crazy cricket – all it takes indoors is a couple of wickets and the game can change dramatically in a very short period of time! As brilliant as Jacob's first over was when he came out to bat with Mac he couldn't have possibly imagined how he would have gotten out. Jacob flicked a ball off his legs and directed it straight towards Mac who had backed up superbly – Jacob set off for the run as you would have done but Mac wasn't able to get out of the way of the ball and deflected it right to a fielder who collected the ball and ran Jacob out with him short of his ground. Samuel Dixey came to the crease, steadied the ship and took the boys beyond the 22 they needed for victory.



There was real improvement from the first game to the second and the boys were delighted that the team will have another opportunity to play again in the second round later this year. Special mention to Will Stratton who was exceptionally good behind the stumps when he was forced to fill in at very short notice! Will had a fair bit to contend with back there, especially in the first game with the deliveries flying all over the place. Will held onto a load of deliveries that were wide down the leg side to prevent the addition runs for the wall he was protecting. Man of the tournament though had to go to Year 7 student Jacob Lambert – what an amazing school debut!

Well done to everyone involved.

Mr Cook

ASHTON PARK

BATSMAN	RUNS	HOW OUT	R	B	M	0s	1s	2s	3s	4s	5s	6s	SS	SR
1 Mac Marshall	2W	b Sam R	2	2	1	1								50%100.0
2 Jake Packham	W	b Sam R	0	1	0	1								0.0
3 Charley Songer	3, 1, ..., 21, 34	not out	14	20	13	14	2	1	2	1				30% 70.0
4 Ollie SONGER	34, 13, 46	retired (not out)	21	9	7	3	1	2	2	1				67% 233.3
5 Will Stratton	4, W	b Sam R	4	4	3	3				1				25%100.0
6 Jacob Lambert (LHR)	3	not out	3	1	0		1							100% 300.0
7 Reggie Hayward (wk)														
8 Will King														
9 Samuel DIXEY														
10 Leon Essam														
11														
6.0 OVERS			EXTRAS: 19 (18wd 0nb 3lb 0b 0pp)			TOTAL			63			RUNS		

BOWLER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	O	M	R	W	WD	NB	ECON
Mac Marshall	R	1														2	16	1	3	12		8.00
Will King	R	1														1	10		3	6		10.00
Jacob Lambert	R	3														1	6		3	3		6.00
Jake Packham	R	3														1	5		3			5.00
Charley Songer	R	3														1	11		3			11.00

ST BERNADETTE

BATSMAN	RUNS	HOW OUT	R	B	M	Ov	1s	2s	3s	4s	5s	6s	SS	SR
1 Mac Marshall	3.3W	c Rahul b Reuben	6	4	5	2		2					50%150.0	
2 Jacob Lambert (LHR)	W	run out (Godwin)	0	2	0	2							0.0	
3 Will King	31.3W	b Kieran	7	6	2	3	1	2					50%116.7	
4 Charley Songer	33.315	not out	12	11	9	7	1	2	1				36%109.1	
5 Leon Essam	W	c Rahul b Reuben	0	4	1	4							0.0	
6 Samuel DIXEY	3.33	not out	6	10	5	8		2					20%60.0	
7 Reggie Hayward (W)														
8 Will Stratton														
9 Ollie SONGER														
10 Jake Packham														
11														
6.0 OVERS			EXTRAS: 23 (18wd 3nb 0lb 4b 0p)			TOTAL		54		RUNS				

BOWLER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	O	M	R	W	WD	NS	ECON	
Jacob Lambert	R 6 W 1 WD 1 NS 1																1	5	1				5.00
Mac Marshall	R 2 W 1 WD 3 NS 3																1	5	1	3			5.00
Leon Essam	R 3 W 1 WD 3 NS 3																1	6	1	3			6.00
Will King	R 3 W 2 WD 3 NS 3																1	6	2	3			6.00

SCHOOL GAMES INDOOR ROWING

Giving their all for gold; St Kath's take rowing competition by storm!

On Friday 25 January 16 students were lucky enough to have the opportunity to attend the Winter School Games to take part in an indoor rowing competition. Back in Sports Week 2018 we had Tim Down from British Rowing come in to school to deliver taster sessions where students took on the Power 8 Sprint Challenge. Based on their performances in those sessions and some other relevant exercise data that we have on students we selected four teams to represent Years 7 to 10. Each team consisted of 2 girls and 2 boys who were faced with the toughest of physical challenges.



Each year group had a separate competition which consisted of two parts. The first part of the morning was an individual race where students rowed for a set period of time and had to cover the greatest possible distance. Year 7 students would row for 2 minutes and the length of time increased by 1 minute with each year group meaning that Year 10 had the pleasure of being strapped in to the machine for 5 minutes. The second part of the competition was a team relay race where teams had to cover a distance of 2000m in the fastest possible time and were allowed to change over as many times as they liked knowing that each change over would cost them valuable rowing time just as much as fatigue would slow down a rower who had been on the machine for too long! The overall competition was decided on a combination of

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the performances across both events.

Year 10 were first on to the machines for the individual races and quickly discovered that there was no place to hide at this event. The 8 machines were placed directly in front of a large screen which was projecting rower names, distances and times – everyone who walked passed including all of the other competitors could see exactly what pace you were rowing at, where you were in the race and how far in front or behind you were! Then if that wasn't bad enough there was a real audience behind you full of interested onlookers. For some reason our students seemed to relish the challenge and used the brutality to their benefit starting with Freya, Molly, Kyle and Jazper. All of the rowers performed superbly with Kyle and Molly winning their respective races closely followed by their team mates. Molly in particular stood out for her technical ability on the rower with a perfectly straight back and hinging at the hips. Meanwhile Kyle relied on his superior fitness and his ability to push himself when it hurts and after starting at slightly too quick a pace the last 3 minutes on the rower must have seemed like a lifetime for him.

Year 9 took to the machines for their individual races and were up against tough competition in the form of our new Trust partners Bristol Cathedral Choir School. Toby and Issy called on all of their endurance to finish in very respectable positions while Ben and Asha pushed themselves further still. Ben made the most of all of his natural height and frame to row himself into an impressive second place finish while Asha left nothing on the machine to win gold in her race – so great was Asha's effort that she paid the price for a good while after she had crossed the finishing line!



The Year 8 team were strong but up against equally strong opposition. Kanye, Daisy and Jemima finished well and all three demonstrated some really excellent technique on the machines keeping their back straight and making sure they were as efficient as possible. All three finished high up in the placings but all finished behind Kenny Newbury who excelled on the machines winning his individual race by some distance after an impressive row. A really consistent and solid performance by all of the Year 8 athletes from both schools meant that the team relay was looking far too close to call between BCCS and SK!

Last of the individual races were the Year 7 athletes. For all of the athletes this was the first time that they had ever sat on these machines and so it was fair to say it took them a while to get to grips with how to stay on the seat – let alone the best technique to use! Leah and Ruby both quickly got into the habit of using the machines and both girls placed right in the middle of the standings alongside Jake Packham who's competitive desire carried him over the line to an equally strong finish. The standout performance in the Year 7 individual races came from Charlie Topp who rowed his way to an emphatic victory with a whole lot of clear water between himself and the athlete finishing in second place. Charlie was interested in only one thing right from the start and that was crossing the line first – before he set off he turned to team mate Jake and said 'I am so nervous ... first and second Jake, first and second'. It was great to see so much team spirit between the SK rowers and it was this that stood them in great stead for the relays.



Having impressed in the individual races the rowers headed in to the relays. If the performances in the first half of the morning were anything to go by then the races would be close; especially with strong competition from BCCS in Year 8 and 9.

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First up were the Year 10 team who absolutely nailed their race to finish first comfortably. All four of the rowers were strong on the machine and there was a real calmness about their changeovers which meant they wasted little time. The relay means that rowers don't have time to strap themselves in to the foot rests and rely on their team mates to hold them down so they can go all out for short periods. Often rowers close their eyes too and rely on their team mates again to keep them informed about their pace and when the next change is coming. Well done to the Year 10 athletes for taking the gold medal.

Next up were the 9s who had just as much chemistry. Issy, Asha, Ben and Toby gave their all over the whole of the 2000m course but were beaten by a well-drilled and impressive team from BCCS. It was a good race but the stronger of the teams took the gold on the day meaning that SK finished in the silver medal position ahead of other strong outfits from competing schools. Special mention to Asha who hauled herself back on to the machine having spent herself earlier in the morning to gain victory in her individual race. It would have been easy for her to sit and watch her team mates navigate the course but she did no such thing!

With BCCS 1 nil up in the relay battle between the trust schools the Year 8 team were hoping to level things up. Jemima, Daisy, Kanye and Kenny found themselves engrossed in a monumental battle that drew in quite a crowd in the closing stages as there were only single digit metres between the two teams who were also side by side on neighbouring machines! Each of the rowers gave their all as they watched the lead change hands numerous times before Daisy did the penultimate turn. Handing over to Kenny to finish with a minute lead of 2 metres and with 250 metres to go forced him to find another gear. Exhausted from his previous turns Kenny somehow managed to summon more and held out for first place at the line – just! At the end of the race I don't think any of the Year 8's were in a position to take much in but they were surrounded by team mates who had come over to cheer them on in the last half of the race!

Last up on the machines was the Year 7 team who were determined to demonstrate the knowledge they had gained from earlier in the morning. All four had slick changes (almost) and in combination with much improved technique they cruised to victory in a relay competing against teams with rowers who had beaten them earlier in the morning. Charlie was the driving force behind the team on and off of the machine giving just as much in encouragement and motivation as he did in physical effort during his turns. Only time would tell whether Leah, Ruby, Jake and Charlie had given enough over the course of the morning to see off the opposition.



The Year 10 team spurring Kyle on to a healthy lead (top left), The Year 9 team working in tandem (top centre) and the Year 7 team cruising to victory (top right).

Students getting drawn in to the finish of the Year 8 relay (right) and the drama that unfolded in the last 500m. Kenny was on the machine in the last 250 which was only just over 30 seconds of rowing but it must have felt like a lifetime!

In the background (right) you can see Issy and Charlie giving an interview to BBC Radio Bristol!



After all of the rowing had been done the students gathered for the final results. To make the presentation even more special we were joined by Tim Hollingsworth CEO of Sport England to present students with their medals. Amazingly St Katherine's took gold in 3 of the 4 competitions with the Year 9 team taking the silver and losing only to a very strong BCCS team. What a morning! It was great to see the characters really come to life around these machines and to really find out who the competitors in the group are! Which students can summon that little bit more when it is needed? Which students can push themselves when they know how much it is likely to hurt? Which students club together when they are involved in team competitions? Which students support their peers when they are competing individually? The answer ... all of this lot!!

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Results

E0 Year 7 Boys Results

#	NAME	TEAM	RESULT
1	Charlie Topp	St Katherins School	498
2			459
3			440
4	Jake Packham	St Katherins School	436
5			434
6			416
7			370
8			345
9			342
10			63

E2 Year 8 Boys Results

#	NAME	TEAM	RESULT
1	Kenneth Newbury	St Katherins School	730
2			729
3	Kanye Christie	St Katherins School	721
4			677
5			668
6			595

E4 Year 9 Boys Results

#	NAME	TEAM	RESULT
1			1071
2	Benjamin Lumoso	St Katherins School	1029
3			1015
4	Toby Rice	St Katherins School	857
5			781
6			712

E6 Year 10 Girls Results

#	NAME	TEAM	RESULT
1	Molly Jackson	St Katherins School	1148
2	Freya Barnett	St Katherins School	1099
3			1018
4			1012

E8 Year 7 Relay Results

#	NAME	TEAM	RESULT
1	St Katherins		09:00.9
2			09:51.6
3			10:11.6
4			10:20.4

E10 Year 9 Relay Results

#	NAME	TEAM	RESULT
1			07:28.3
2	St Katherins		08:15.1
3			11:20.2

E1 Year 7 Girls Results

#	NAME	TEAM	RESULT
1			440
2			430
3			429
4	Leah Wardingley	St Katherins School	422
5	Ruby Gray	St Katherins School	420
6			410
7			404

E3 Year 8 Girls Results

#	NAME	TEAM	RESULT
1	Jemima German	St Katherins School	662
2			658
3			618
4	Daisy Medder	St Katherins School	615
5			601
6			549

E5 Year 9 Girls Results

#	NAME	TEAM	RESULT
1	Asha Storer	St Katherins School	990
2			981
3			921
4	Isobel Taylor	St Katherins School	849
5			754
6			749

E7 Year 10 Boys Results

#	NAME	TEAM	RESULT
1	Kyle Barrett	St Katherins School	1204
2			1198
3	Jasper Peacey	St Katherins School	1178
4			1040

E9 Year 8 Relay Results

#	NAME	TEAM	RESULT
1	St Katherins		08:32.4
2			08:35.6
3			09:57.9

E11 Year 10 Relay Results

#	NAME	TEAM	RESULT
1	St Katherins yr 10		08:00.6
2			08:37.3

Well done to everyone involved in a fantastic morning. Special thanks also to British Rowing and the Young Leaders who supported the rowing event.

Mr Cook

SPORTSHALL ATHLETICS COUNTY FINALS

Leaders and athletes star at Winter School Games Sportshall Athletics Finals

After a series of stunning qualification events, a trio of St Katherine's teams secured their places at the West of England Winter School Games Sportshall Athletics County Finals. On Monday 28 January more than 20 student athletes and 25 leaders attended the games and were set for an action-packed day of sporting competition. Finals day in the sportshall athletics competition sees both primary and secondary events taking place throughout the day. This is the sixth year running that St Katherine's have provided leaders for this event but only in recent years have our athletes begun to stand out amongst the competition! This academic year has been a record-breaking one in terms of the performances of our athletes so there was a real sense of anticipation ahead of the competition.

Before I relive the event itself I must give a special mention to the Year 8 girls team who so agonisingly missed out on a place in the finals after finishing in joint second place in the NS finals only to miss out narrowly by 4 points on countback! Having won the North Schools event the girls were effectively unbeaten and desperately unlucky not to go to the finals. If the rest of the athletes needed added motivation, the misfortune of the Year 8 girls would do perfectly!



Gabriel ANTOLIC-FURLONG, Coby BARBOSA-GOA, Ryan BUNDY, Kanye CHRISTIE, Samuel DIXEY, Ruby GRAY, Mattijs KORSWAGEN, Hannah LANGE, Ruby MAGNUM, Frank MCCANN, Nahla MENGOU, Kenneth NEWBURY, Jake PACKHAM, Madison PRICE, Charley SONGER, Oliver SONGER, Will STRATTON, Madeline THOMAS, Layton THOMPSON, Jack VINE, James WAMULO, Leah WARDINGLEY

The County Finals include 2 representative teams from each unitary authority in the WESPORT area which consists of North Somerset, South Gloucestershire, Bristol and Bath & North East Somerset. The standard of competition is extremely high with the 8 best teams from across the county coming together in each competition. St Katherine's had taken the North Somerset events by storm picking up medals left right and centre but couldn't possibly expect the same level of domination at this standard. They just needed to fall back on their hard work and dig deep to summon the best individual & team performances they could find.



Max ANDREWS, Freya BARNETT, Jolie BREAKWELL, Fergus CRETON, Louie DUN, Chantelle HAWKES, Amelya HOBBS, Molly JACKSON, Bo MARSHALL, Charlie MEDDER, Leah MILKINS, Jazper PEACEY, Caolan PEARCE, Amelie PURVIS, Toby RICE, Lara ROPER, Ariel RUGMAN, Louis STRATTON, Isobel TAYLOR, Daisy TILEY, George TURNER, Chloe WEADEN

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The first part of the morning involved our Year 9 & 10 leaders getting a quick briefing on the primary school finals that would take place before lunchtime. With 12 competing schools, the event is always a stressful one and throws the leaders right in at the deep end. In no time the sportshall is swarming with primary competitors and there is no time to waste. Leaders were busy explaining events, collecting & recording results and entering them onto the dreaded computer! Thankfully the leaders absorbed the wealth of information given to them in the briefing and quickly set about their jobs. It was lovely to wander around the track and field events and see St Katherine's students at the heart of everything that was going on. They were demonstrating track events in front of hundreds of people, setting out equipment, explaining rules, officiating performances, offering coaching and feedback, recording results, motivating athletes, placing races on the track as well as inputting all of the figures to get the final results. What amazed me was the abandon that they showed in volunteering themselves to take responsibility for things when they didn't really have any idea what they were letting themselves in for. The students were just putting themselves out there and getting stuck in!

I wish that I could have walked around the primary competition with all of the parents and teachers of the leaders without any of the students noticing because the leadership and the manner that so many of them engaged the primary children with was 100% organic and 100% genuine. There were so many lovely moments and everywhere you turned, there were our leaders in yellow shirts (which they all loved wearing) standing out for all the right reasons. It was amazing to see them working so hard and managing to really enjoy all of the rewards that leadership and volunteering has to offer.

The only way that I can share just a flavour of the atmosphere is from a few photographs! I hope these do justice to the amazing work that our leaders did on that day!



Chloe and Isobel counting furiously



Jazper giving out some quick tips



Amelya collecting all important results



Dave T, Max and Louie watching carefully



Chantelle preparing the next thrower



Toby getting stuck into some coaching



Freya and Charlie on overall results



Ari preparing for the next competitor



Amelie doing some final checks

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Once the primary competition was over the students had a 15-minute lunch break before being thrown right back into the action for the secondary finals. In the afternoon the leaders maintained all of their energy and enthusiasm and bought a fantastic sporting competition to a close in style. Not only was it an absolute pleasure to watch our leaders blossom, it was also great to see local feeder school Crockerne at the finals! Well done to all of the leaders who stood firm to the challenge superbly all day long. There aren't many teenagers who would have coped so well thrown into the same circumstances, they exuded enthusiasm, confidence, energy and competence throughout the day – St Katherine's students at their very best!

Year 7 Girls



It was clear from the outset that the level of competition had gone up a notch, but the girls remained calm and came in joint fourth position for the opening relay. This was a perfect way to settle the nerves and there were plenty of those in the group. The anxiety was perfectly understandable – a bigger competition, a higher level and a new venue! The mid-field finish in the first race despite some mistakes with changeovers and obstacles gave the girls recognition that they deserved their place in the final and from that moment on they didn't look back and ploughed on. Ruby Gray shook off any pre-event nerves she had with a phenomenal performance on the track in her 2 lap race to cross in 26.7 seconds for her silver medal in the A race. Ruby saved enough for the paarlauf race where along with team mate Leah Wardingley, the girls ran to an impressive fourth placed finish and just 3 tenths of a second off of bronze which is inches in that race!

In the field the girls really came into their own and picked up some hugely valuable points. Leah Wardingley and Madeline Thomas bounced their way to double gold with an amazing 74 bounces each in their 30 seconds. It was as if the girls spurred each other on as they competed on adjacent mats. Madison Price leapt to an impressive silver medal in the vertical jump B competition with a score of 44 centimetres and there were only 4 scores higher than that in the whole competition. We have already mentioned Ruby Gray once but her performance only got better in the field with an amazing double gold which took her individual medal tally to 3! Ruby leapt out to a new PB of 6 metres and 84 centimetres in the standing triple jump with the next highest score back at 5.94. To have that level of dominance at this standard of competition is hugely impressive – Ruby would have been challenging for bronze in the Year 8 boys competition too! Ruby can also leap up and hit 55 centimetres on the vertical jump!

The character of this group of girls was on display right until the end of the competition in the 4 x 2 lap relay. The girls took silver and more vital points from their second-place finish and some immaculate changeovers. The girls were always in contention in every event and rounded their competition off superbly. Every single one of the team should be proud of their achievements competing at county level.

7 Girls	OR	2A	2B	4A	4B	6	Pa	R
		15						22
	18		5	9	1	10	18	

S1	S2	SB1	SB2	SL1	SL2	ST1	ST2	V1	V2
		16	8			16		16	
									7
12	3			11	2		2		



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8 Teams: Track 98 from 132 points – 74% | Field 93 from 120 points – 78% | Total 191 from 252 – 76%

Year 7 Boys



The boys kicked off their campaign at full throttle with a dramatic second place finish in the obstacle relay. The foursome finished just 0.5 seconds behind the team that would go on to victory overall. There were clearly some athletes in the field that had some serious raw speed and power, in actual fact there was a marked size difference between quite a few of the schools! The agility and sheer determination of the boys got them through; a pattern that would repeat itself on numerous occasions during the afternoon!

The going was tough on the track as the sprinters found quickly in their races – it is possible to get away with awful turning technique if you had unbelievably good speed in between the turns! Gutsy runs from Jake and Sam in the 4 lap races gave the boys some hope but it was Layton Thompson who gave the run of the afternoon with a show stopping performance in his 6-lap race. The effort was painted all over that boys face while he was running and if anything Layton still had some in the tank as he hunted down the runner who eventually beat him to second place. The gap was closing and had the race gone on for a few more metres Layton would have had silver.

The boys came alive in the field events and medals came aplenty! Frank McCann launched his shot 6 metres and 40 centimetres to take bronze and was followed by Ollie and Jake in the long and triple jump respectively. Coby and Frank teamed up brilliantly in the vertical jump for a bronze and silver combination but the performance of the afternoon in the field belonged to the speed bouncers. For some reason St Kath's seemed to have a pedigree for producing athletes for this exhausting event and Jake and Samuel were no different bouncing 93 and 84 respectively for maximum points on this event. I have only ever seen a handful of athletes bounce over 90 so to watch Jake comfortably pass the marker was great to see!

As ever SK finished strongly in the relay with some immaculate changeovers which set them apart from other teams. The raw speed from the Orchard boys was a real problem but the SK boys pegged them back slightly at each hand off. The boys strung together 4 technically great hand-offs to secure bronze and finish the competition on a real high!

7 Boys	OR	2A	2B	4A	4B	6	Pa	R	S1	S2	SB1	SB2	SL1	SL2	ST1	ST2	V1	V2
	22											16	8					
					6	14		20					14	6	14		14	
	10	5	13				14			3						5		

8 Teams: Track 104 from 132 points – 79% | Field 101 from 120 points – 84% | Total 205 from 252 – 81%



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Year 8 Boys



The Year 8 boys were hoping to call on all of their experience from last year where they were crowned champions but there is always a huge amount of pressure on the title defenders with everyone else out to get them; especially when their winning margin last year was just 2 points! Everyone was commenting on the standard of the competition for the Year 8 boys and as you can see from the results below, any one of the top 4 schools was in contention for gold!

The Year 8 boys started well on the track in the obstacle relay and crossed the line without major hiccup on obstacles or changes. This helped to settle the nerves in the camp and relieve some of the pressure that the boys were under. They kept wanting to tell themselves that they are a better team this year but there is always the unknown 'what if the other teams are better still'. As you can see below, their results on the track didn't exactly help their cause either. I use the word results deliberately because so many of the performances were excellent runs. Kanye ran superbly to finish in fourth position, James was up against some top-class sprinters and Ryan and Kenny pushed themselves to the limit in the paarlauf for fourth place. They weren't bad results, they just weren't medals which is what this group of boys are used to.

In the field it was a different matter but this was completely unknown to the boys because so many of the field events happen out of sync due to events running simultaneously. The boys put in some show stopping performances but had absolutely no idea that was what they had done and neither did!! Double golds came from Ryan and Charley in the speed bounce as well as James and Kanye in the standing long jump. James leapt a humungous 2 metres and 40 centimetres to surpass Kanye in the event for the first time but the standout performance from the team came from Ryan Bundy in the speed bounce. I mentioned earlier that I could count on one hand the number of occasions I have seen an athlete go above 90 in the event and probably four of those occasions were Ryan who is consistently up there. That makes his new PB of 100 all the more special especially given that he produced it on the biggest stage. Ryan was so nonchalant about his century of bounces but this was athletic prowess at its finest. Fellow competitors wouldn't believe that Jake bounced 93 and were simply left stunned with Ryan's 100 – no surprise that both Jake and Ryan bounced the two highest numbers of the whole competition! The boys' points tally was boosted further by Kenny in the shot, James in the standing triple and Kanye in the vertical jump but they had absolutely no idea they were back in contention. The boys ended the afternoon on a high with a gold medal performance in the 4 x 2 lap relay. They still had plenty of work to do against some hugely talented natural sprinters and were down in third when James Wamulo picked up the baton. James ran an unbelievable two laps and handed off to Kanye in gold medal position. Give Kanye a challenge and he won't turn it down and you could see from the determination on his face that the top spot belonged to him and his team! The boys thought this little more than a consolation prize but little did they know!

8 Boys

OR	2A	2B	4A	4B	6	Pa	R
							24
22							
	11	4	13	4	10	18	

S1	S2	SB1	SB2	SL1	SL2	ST1	ST2	V1	V2
		16	8	16	8				
						15			7
14								14	
	4						5		



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8 Teams: Track 106 from 132 points – 80% | Field 107 from 120 points – 89% | Total 213 from 252 – 85%

Summary

Area	7 Girls	7 Boys	8 Boys
Track %	74	79	80
Field %	78	84	89
Overall %	76	81	85

The Year 7 girls waited nervously for their results and were hoping for a respectable finish in the top half. When the results were read out in reverse order the tension grew with each passing team until finally the girls were announced as having finished in fourth place with 191 points. At the time the girls were delighted with their achievement but when they found out the team in third place, Priory had finished with 192 points they couldn't help but feel that they had missed out running through 'what if' scenarios. Without letting it plague them for too long the girl's thoughts quickly turned to celebrating their achievement and rightly so!

The Year 7 boys were also nervously awaiting their scores and were hoping for the same sort of thing as the girls. When the top 3 teams were left to stand and wait to hear their final positions there was already loads of excitement around the group. When the boys were announced as bronze medallists they were absolutely delighted and they completely deserved it for all of their hard work across the afternoon!

The Year 8 boys were hoping for nothing more than a top three finish and were judging that based solely on their track performances. Everyone else thought exactly the same – there was just no way that the boys were defending their title! When the results were announced the boys were slightly stunned to get their wish of a top three finish, amazed to be announced in the top two schools, astonished to win and left gobsmacked to have won by an even bigger margin than last year! To have earned that victory in that field of competition for the second year running is a super human achievement and one which those 8 boys should be mighty proud of!

We were the only secondary school to have teams qualify for the finals in 3 of the 4 competitions and as already mentioned, were desperately unlucky that our Year 8 girls didn't qualify too! To make the achievement even more impressive all of the teams put in huge performances for North Somerset with 2 of them medalling and the other missing out by the very smallest of margins!

Year 7 Girls	Year 7 Boys	Year 8 Boys
210 Mangotsfield	224 Gordano	213 St Katherine's
205 Ralph Allen	212 Orchard	199 Oldfield
192 Priory	205 St Katherine's	193 Bristol Met
191 St Katherine's	201 St Gregory's	190 Orchard
182 Hayesfield	186 Ralph Allen	173 Beechen Cliff
174 St Mary Redcliffe	169 St Bernadette's	169 Downend
160 Castle	139 Hanham Woods	168 Sidcot School
159 Redland Green	128 Yate Academy	159 Yate Academy

A special mention to those Year 8 boys – you know who you are! Champions for the second year running!!

A huge thanks to all of the leaders who helped make the event the huge success that it was. It would be all too easy to let this group of leaders get overshadowed by the performances of the athletes but this group did a fantastic job! I am really grateful to every single one of them, not only for their efforts on this day but also for giving up their time for the qualifying events too!

At these Winter School Games you couldn't move for St Katherine's students which is something that our school community should be hugely proud of!

A massive thank you to all involved.

The PE Faculty

U15 GIRLS INDOOR CRICKET V HAYESFIELD

Girls narrowly miss out on spot in next round after upping their game against strong Hayesfield



Playing last year's outdoor county champions, the girls knew they were in for a tough match against Hayesfield.

Fielding first Leah Porter opened the bowling with a straight dot ball. Throughout her over, Leah bowled consistently but the Hayesfield batters were also picking up some runs.

Next bowling was Sophie who suffered 5 off the first ball after some misfielding, after that the fielders made some excellent stops to stop wall runs adding to the Hayesfield total.

Daisy Money followed with a steady over, which saw the opening batters from Hayesfield retire on 15.

Issy Taylor was next up and again bowled consistently straight.

When Chloe Weaden bowled, she managed to take 2 wickets. One of which was a great catch by herself and another by Sophie Weaden.

Leah bowled her second over and was to bowl the Hayesfield facing batter out and in her final over Chloe got her third wicket by bowling out the batter on the innings' final ball. Hayesfield finished on a credible 88-4.

When batting Chloe and Issy opened the innings for St Kath's. Chloe batted well and managed to make some excellent wall shots to reach 14 before she was caught nearly making a 6 off the boundary wall. Issy lost her wicket to their extremely quick bowler who bowled Issy out with a direct ball at the stumps. Sophie made a credible 13 runs, moving quickly between the wicket and linking well with Leah Porter who made 9, 8 of those made with two boundary shots. during the close of the game, Jolie Breakwell, Issy Howie and Jess Stanley joined the crease to bat and added some vital runs, however it was Hayesfield who were victorious by 11 runs, with St Kath's finishing on 77-6.



Player of the match was voted as Leah Porter

Miss Ball

8 & 9 BOYS BASKETBALL V CLEVEDON

Boys string together some of their best basketball since they first started

On Wednesday 30 January the Year 8 & 9 boys basketball team played host to Clevedon School and were looking forward to testing themselves against different opposition. Danny & Louis from Sixth Form came along to lend a hand for which I was really grateful. Between the two of them they took responsibility for the scoreboard and looking after the team leaving me to enjoy watching the boys get stuck into their basketball. Recent weeks have seen a number of new boys come and get involved with the team with each of them offering something slightly different on court. This match was another opportunity for them to showcase what they were all about!

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Nana GYIMAH-SARPONG, Ian ISAAC, Hugh LEWIS, Benjamin LUMOSO, Djafar MENGOU, Toby RICE, Ariel RUGMAN, Will STRATTON, Mansur YILMAZ, Najib YUSUF

Before the game we spoke about intensity and tempo on offence because athleticism is one of the boys best attributes on the basketball court and all too often in previous matches they haven't used it! The boys started with some real venom to their play, hassling the opposition and running the ball up the court at speed. Ben and Toby led the boys brilliantly from the front scoring the lion share of their points in the first quarter. The boys made the most of the opportunities that they were presented with and fed off of the hard work of their team mates. Numerous boys notched up steals in the first period, but Hugh Lewis led the way and used his anticipation to great effect to secure the turnovers. As pleasing as the opening tempo was the boys were still a little reliant on driving to the basket and making their lay-up and we wanted more variation on offence in the second period.

At quarter time we spoke about trying to pass the ball to a player who has made a really good basket cut and offering some variation with the possession that we had. Hugh continued to steal the ball well in the second period notching up 4 more steals for his count. The SK boys started to think about how they could use their possession more smartly and started to mix things up really well. When they got it right they put together some really impressive plays. Najib was enjoying arguably his best performance on court for the school. Najib has always been a ball handling menace and was causing the Clevedon boys a lot of problems with his agility and speed. He created countless opportunities for team mates by shifting the position of the ball on court while working just as hard without the ball. When he got into great positions he made space to put up his jump shot and enjoyed good levels of success. The boys were starting to



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understand the idea of cutting to the basket with Ian and Mansur getting in to some great positions in the restricted area. Their team mates just couldn't quite pick the ball up and make the pass quickly enough to make it count.

In the third period of the game the boys really started to string things together and it all started to click. Ben Lumoso was handling the ball superbly and working some brilliant openings for his team mates. One superb play in particular was finished well by Ari Rugman. Ben drove the ball up the court before finding Ari with his pass. Ari moved the ball after coming around and lost his man to receive the pass. After giving another pass to team mate Ian, Ari made a brilliant basket cut and completely lost his defender. Ian acknowledged the move with a great pass which Ari finished in smart fashion. It was great to see the younger boys really contributing to the team effort. Will Stratton was also in on the action with 5 great rebounds, one of which gifted him a 2-point opportunity which he duly took advantage of!

The boys with less basketball experience really grew in confidence during the last period of the game as Nana, Mansur and Djafar all contributed to the points tally with some finishing of excellent team moves. The boys tried to add some screens to their offensive plans and their efforts paid dividends on some occasions allowing a team mate to get free to put a shot up or drive in to the basket. Ari in particular had a sharp finish to the game racking up 3 rebounds as well as setting some excellent screens.



It was great to see the boys really starting to put things together on court. MVP was a tricky decision with so many boys playing so well! Toby was lucrative in typical fashion, Hugh was something of a turnover machine and Najib arguably had his best ever match for the school. Najib finished one basket after a really neat spin move inside the restricted area that left his defender helpless on the wrong side. The boys on the bench at the time jumped up and loved every minute of the show that this hugely talented basketball athlete had given them! Despite all of these great performances MVP went to Ben Lumoso – not only was he top points scorer but he was also the only player to get a mark in all five columns. Not only did Ben top the statistics he also topped the subjective measures – he handled the ball brilliantly, gave great energy to his team mates and set the tone with and without the ball. A superb all-round performance from this ever improving sportsman!



Well done to all involved.

Mr Cook

Player	Points	Assists	Steals	Rebounds	Blocks
Ben Lumoso	13	1	6	6	3
Toby Rice	10	1	0	3	0
Mansur Yilmaz	2	1	2	3	0
Djafar Mengoud	6	0	1	4	0
Nana Gyimah-Sarpong	4	0	1	1	1
Hugh Lewis	0	0	5	3	0
Ari Rugman	2	0	2	4	0
Will Stratton	2	0	0	5	0
Ian Isaac	4	0	2	0	0
Najib Yusuf	6	1	2	4	0

7 GIRLS FOOTBALL FESTIVAL

Girls perform well in the North Somerset 5-a-side event

On Wednesday 30 January the Year 7 girls headed to Gordano School who were playing host to a girls 5-a-side football competition. With girls regularly taking part in football on Monday's we were able to field two teams for this competition.



St Kath's A v Backwell A: 2 - 2

This was a game full of chances and a real mix of possession for both sides. Nahla Mengoud broke away from the Backwell defence to score the opening goal, however this was quickly followed by an equaliser by Backwell which gave keeper Leah Wardingley little chance. Buoyed by their goal, Backwell furthered their scoring to take the lead 2 - 1, but a tremendous long-range effort by Ruby Gray saw St Kath's level the game and finish on a well-deserved draw.

St Kath's A v Nailsea: 5 - 0

From the start of the game it was clear that St Kath's were going to dominate play and Nailsea had very few chances, if any on goal. Jena Walker provided a calm head in goal and was used effectively to switch play. Ruby Gray scored 2 of the 5, with Nahla, Leah and Maddie Thomas also getting on the scoresheet with one each. A convincing victory for the girls.

St Kath's A v Gordano A: 0 - 0

Frustratingly, despite being the better of the two teams, St Kath's could not score against the Gordano side, who had their entire team defending for the 20 mins played. There were several chances for all players, with Jena providing some excellent crosses into the box. But despite the chances, the ball would not cross the line, hitting the post on numerous occasions. Overall, the girls finished 2nd of the 4 schools there.



St Kath's B v Backwell B: 0 - 4

After a couple of early goals by Backwell, the St Kath's side soon settled into their playing positions and began to make chances. Nelly Hall in goal made some excellent saves and Maddie Price dribbled the ball well to make ground for the St Kath's side. Despite strong tackling by Sophie De Wet, they couldn't stop the final 2 goals by Backwell and lost by 4 goals.

St Kath's B v Gordano B: 0 - 4

Again, despite plenty of opportunities, the goals just wouldn't come in this game. Gaby Marcovitch played well down the left to cross in opportunities for the girls, whilst Emily Earle used the right wing effectively to make ground for the St



Kath's side. St Kath's dominated possession but were caught on the break a number of times, which the Gordano side capitalised on.



Well done ladies.

Miss Ball

6F BOYS BASKETBALL V NS STARS

Snow and sub-zero temperatures put aside as contest heats up on basketball court

On Sunday 3 February the 6F boys took to the basketball court once again for a match up with the North Somerset Stars basketball club. Before the game the boys decided to stick to what they do best on court and that was to bring some serious heat off of the ball and to move the ball as quickly as they could on offence. There are some seriously talented athletes and sportsmen in this group of boys so it is always great to watch them in full flow on the basketball court. Having been the wrong side of the result on the last few occasions the boys were determined to go for the win!



Danny CONWAY, Matthew CRUTCHLEY, Bailee FARLEY, Ashya GRAY, Tom GREEN, Abdulahi JAMA, Zakaria MOHAMOOD, Dexter MOTT, Caolán PEARCE, Mason SMART, Louis STRATTON, Hao Hao ZHANG

The game started at a decent pace with defence winning out for both sides in what proved to be an extremely low half time score. SK trailed by 6 at the half way period but had only scored 10 points themselves so it wasn't exactly a

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mountain to climb! Louis, Danny and Ashya added the points for the first period and all five of the boys on court bought good intensity and tempo to the game. Caolán, Ashya and Matty were top of the rebounding stats at the end of the first period and made sure that the Stars boys didn't get a second look in if they missed their first shot. The boys started brightly and found themselves up by 2 points at quarter time having enjoyed their most lucrative period of the match.

Although they were trailing at half time by 6 the second period was their best in terms of tempo and intensity. The boys pushed the Stars hard in all aspects of their game. They forced them to move the ball quickly, they made them work for every space on the court and left them little choice but to run and run on defence! Their efforts were helped by little individual gems such as two monumental blocks from Ashya which did nothing other than gee everyone up! One of his blocks was textbook as he tracked backwards with the oncoming player before timing his leap to perfection and swatting the attempted shot out of play in one brutal blow! The boys were using their substitutions smartly and ensuring that they always had fresh players on court which made life yet more difficult for the Stars. Credit to the opposition because they kept their calm when the pressure was on and orchestrated several excellent plays which allowed them to continue to keep the scoreboard ticking over.

In the third period of the game the Stars boys really started to lay down more offensive control as they built their lead smartly and efficiently with the ball. Coupled with a slight drop off in intensity the SK boys found the game slipping away from them. Caolán, Ashya and Matty once again dug in and took a vice like grip of the rebounding and point scoring in attempt to claw back the ever-increasing lead of the Stars. Danny and Zak combined nicely for an assisted two-point play to give the boys in red something to shout about before the quarter was out!



Staring down the barrel of a sizable deficit the boys took to the court for the final period determined to find another gear. Unfortunately in their haste they conceded too many fouls after some tired looking defensive work which meant that the Stars could stretch further into the lead with their bonus shots. Danny was determined not to throw the towel in and unbelievably managed to rack up every single one of his steals in the final period of the game alongside four of his points! The boys were looking to Danny to set the example and lead them back into the game but the Stars remained stoic and refused to yield under the pressure. The SK boys grew in frustration and lost some of their quality under the basket as well as some of their patience in defence. Some ill discipline cost them more vital points and the Stars were able to run out winners 43 points to 30.



In all honesty the SK boys had left quite a few points out on court as well as being confused by the same play on at least five occasions each yielding two points for the opposition. It was true that the Stars left points out there too but SK knew they could have made it a closer game with a little more composure in the second half of the contest! MVP was a joint award shared between Caolán and Danny – both boys bought bags of energy to the court and their significant contributions in different areas of the game were greatly received by their team mates!

Well done gentlemen – as always, it's great to see so many up, out and productive on a Sunday morning! Thank you all for your efforts.

Player	Points	Assists	Steals	Rebounds	Blocks
AJ	0	0	1	6	0
Ashya Gray	6	0	0	6	2
Bailee Farley	2	0	1	0	0
Caolán Pearce	6	1	2	10	0
Danny Conway	6	2	6	5	0
Dexter Mott	0	0	0	1	0
Louis Stratton	2	0	0	4	0
Matty Crutchley	2	0	0	6	0
Tom Green	2	0	0	1	0
Zak Mohamood	2	0	2	0	0
Zhang Zhihao	2	1	1	2	0

8 & 9 GIRLS HOCKEY V CLEVEDON

Girls epitomise determination and effort as they represent the school admirably

St Kath's 0 v 2 Clevedon

On Tuesday 5 February the Year 9 Girls Hockey Team travelled to Clevedon, knowing that their opposition were strong and well versed in playing on their home Astro-Turf pitch. As usual, this fantastic group of Year 9 sportswomen, consisting of Ayyan, Jolie, Hetty, Molly, Isabelle, Ella, Maya, Millie, Daisy, Issy, Isra, Isobel, Sophie and Chloe, met the challenge of Clevedon's massive home advantage head-on.



Playing with grit and determination Millie, Isabelle and Jolie linked well on the left, with Sophie, Maya and Issy strong in the midfield. Despite this excellent work, Clevedon scored a breakaway goal. Undeterred by this set back, St Kath's rallied and Molly, Daisy and Isobel attacked well on the right hand side. The team gelled well as Ella, at sweeper, distributed well and Hetty (as Keeper) stemmed the Clevedon attacks with several high quality saves. During the second half St Kath's took the game to Clevedon. Ayaan liked strongly on the left with Jolie. Both players always trying to find the great lead runs made by Isra. Despite the positive attacking performance, it was Chloe who excelled at sweeper, making fine tackles and clearing the ball well. It was unfortunate when Clevedon claimed their second goal towards the end of the match as St Kath's efforts went largely unrewarded.

The determination and effort displayed by this team was a credit to the school. Everyone played with commitment, team work and sportsmanship. Player of the match was Chloe. Captain in the day was Maya and her vice was Daisy.

Well Done girls.

Year 8 v Clevedon 0-4

Year 8 travelled to Clevedon for their first Hockey fixture and came across a strong Clevedon side out to score goals!

Clevedon stamped their dominance on the game early on with strength in tackling and powerful accurate passing leading them to dominate the opening plays, putting Helana Mills and Jemima German under pressure in defence. It was clear the Clevedon players were far more used to the astro surface and took a quick 2-0 lead. St Kath's grew in confidence in

their tackling and passing and began to foray out of their own half and make some chances for themselves with good interplay between Scarlet Newby and Jamie Packham, however they couldn't break down Clevedon's strong defence. Clevedon took their chances well and doubled their lead to 4-0 just before the final whistle.

Mrs Price and Miss Wilsher

7 BOYS FOOTBALL TOURNAMENT

First group of our youngest footballers make successful school debuts

On Tuesday 12 February a lucky group of boys were chosen to represent the school for the first competitive footballing opportunity that was available to Year 7 boys. With 50 different boys having been to football practice in the lead up to the tournament it was fair to say that I had a bit of a selection headache! I was really excited about seeing this year group take to the football pitch for the first time and equally excited by the prospect of having two or possibly even 3 Year 7 football teams for friendly fixtures after half term! There were 10 schools in attendance at the competition and the boys were drawn in a pool of 5 alongside Backwell, Hans Price, Worle and Clevedon. The matches were 15 minutes one-way which meant that there wasn't much time at all for the boys to find their footballing feet. To make matters even more challenging they were playing 11-a-side on full sized pitches which changed the dynamic of the game quite a bit!



Buster BARNES, Cosmo BROWNE, Dominic DA SILVA, Samuel DIXEY, Jack JANSEN, Mattijs KORSWAGEN, Frank MCCANN, Harvey NIEMCZYK, Jake PACKHAM, Oliver SONGER, Billy STRINGER, Jack VINE, Ayman ZAGHDANE

Their first match was against Backwell School and both sides had chances to go ahead in the game with neither able to capitalise on them. Right from the first whistle, the standard of football was really impressive as both sides looked to establish possession with some neat intricate passing. As good as the football was, neither side was really direct enough and the bigger pitches meant that the battle took place firmly in the middle third! As the time wore on the teams managed to work the ball forward and to create some chances. The first of them fell to Backwell and goalkeeper Mattijs made two exceptional saves to keep his team in the match. For the first he stood tall for as long as he could and forced the Backwell boy into action and his second was a superb reactionary stop as he was falling away from the ball. Backwell started to build a little pressure in the closing minutes of the game which meant that Jack, Frank and Harvey had to remain resolute in tandem with their midfield team mates. St Kath's best chance of the game came from an excellent early through ball from Billy Stringer that was weighted perfectly into the path of Dom Da Silva who forced an excellent covering tackle from the Backwell defender. In a game of small margins, Dom arriving a split second earlier would have meant a foul and a penalty but as it was the scores remained level and SK were pleased with their start.

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Just before their second game against Hans Price we spoke about getting the ball out from under the feet and looking to use the extra width. St Kath's had some serious pace out in wide positions but struggled to find it for the first game. Immediately from kick off the SK boys looked brighter and began to impose themselves on the game. Jake, Samuel and Cosmo took control of the middle of the pitch and penned in the Hans Price boys. The pressure was always going to tell and when Jack Vine capitalised on a loose ball in the Hans Price penalty area the boys were relieved to have scored their first goal of the competition. With a lead the boys started to play some impressive football; Buster and Ayman were dangerous in wide positions with the trio in the centre of the pitch linking it all together. Moments later Jack Vine struck again and the boys found themselves in well in front and dominating the game. With just a minute to go until the end of the match the boys watched as Hans Price played a ball down the touchline that looked to be heading out of play. The boys were guilty of almost completely stopping while the ball refused to cross the white line! Hans Price pounced on the lapse in concentration and despite the best efforts of Frank McCann, conceded a late soft goal that would come back to haunt them!



Next up the boys faced Worle who went on to win the competition by winning all of their matches. The Worle boys were physically much bigger but also played excellent football. They started the stronger of the two sides and so SK were forced to defend with their backs to the wall. On numerous occasions Jack and Frank found themselves in the right place at the vital moment and managed to snuff out any goal scoring opportunities that arose. Ollie Songer looked solid in goal and on occasions where the Worle boys managed to get a shot away and on target, Ollie's positioning and handling was spot on! When SK had the ball they showed some excellent composure, Harvey Niemczyk in particular was really impressive on the ball under pressure. Jake, Cosmo and Sam were battling hard in the middle of the field but it just seemed as though every time they got on the ball they were forced into a pass that wasn't quite on or knocked off of the ball. Worle were knocking on the door loudly yet with just 90 seconds left on the clock the score was still level. Mattijs had put in another incredible performance in goal and made two more saves that undoubtedly kept the boys in the game. One last mazy run from the athletic Worle number 4 went unchallenged by the boys in red which allowed him to slot a ball through for his striker who nudged it agonisingly passed the goalkeeper. The boys were gutted but had a break to digest their disappointment before their final group game.

Before their last match the boys watched Backwell lose to Hans Price and Worle beat Clevedon. They knew that other results meant that they had to beat Clevedon if they wanted to finish in second place as Clevedon had beaten Hans Price 2-0 and we had conceded to them. The boys went all out attack in their last group game and dominated the game. Buster linked up well with Jake down the right-hand side and the boys managed to get in behind a couple of times but just couldn't work the ball to a position where they could get a shot away. The boys had a couple of corner kicks and one in particular was delivered superbly by Dom and travelled completely across the face of goal untouched. The score finished level and this meant that SK were unlucky to finish third in their group after winding up level on points with Clevedon. Clevedon had the better goal difference by just a single goal and the boys were left ruing the error they had made in their second match.





For the final game the boys were playing Priory who had finished in the same position as them in the other pool. We decided to mix things up in terms of personnel and position and the boys played with a real freedom. Samuel and Frank were the only two boys who hadn't been off of the pitch until that point and so both started on the side while others filled in for them in defence! Fortunately for the boys most of the game was taking place in the Priory half and Jake and Ollie up front were causing real problems. Jack Vine, Dom, Ayman, Billy and Buster had loads of space and began to play excellent football. The boys dominated the final exchanges in this game and Ollie Songer finished excellently on two occasions for a comfortable final victory. The second of Ollie's goals was particularly impressive as he leant back on the turn to lift the ball over the Priory keeper and into the roof of the net.

The boys were fortunate enough to have their matches refereed by Louie Dun who came along to support them. Louie refereed excellently all afternoon long and showed a lot of maturity in his ability to officiate. Louie is a qualified referee and you could see his training and experience showing through. Louie was clear with the whistle and then straight in to fill the empty space with a clear explanation after making his decision. Lots of young referees aren't as confident on the whistle and leave the space after blowing up to be filled by appealing players or coaches!! Louie didn't just referee brilliantly he also warned the boys up and gave Jake lots of support as captain.

The boys were pleased at the end of their afternoon and made a great start to football at secondary school. Man of the tournament had to go to Mattijs Korswagen for his efforts between the posts – Mattijs made several superb saves to keep his team mates well and truly in the mix! There is HUGE potential with this year group and they turn up to training in their masses. I am really looking forward to next term where more of the boys will get their opportunity to represent the school.

Congratulations to those boys who were lucky enough to be chosen for the first run out!

Mr Cook

7 & 8 BOYS BASKETBALL V GORDANO

After weeks of practice second run out for Year 7 boys sees big improvements

On Wednesday 13 February the Year 7 & 8 boys teamed up for the second time on the basketball court to take on Gordano. There were a few of the Year 8 boys unable to play which meant that there were more Year 7 boys in the squad. Having been practicing hard for a number of weeks, the boys were excited about showing what they could do on the basketball court. The Year 8 boys may have been smaller in number but their experience was hugely important. To add to that knowledge, Ben Lumoso also travelled with the boys and was given the responsibility of organising the team which he did brilliantly!



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Cadnan AHMED, Yahye CARAYE, Reagan DREWETT, Henry FAIRHOLM, Nas GYIMAH-SARPONG, Kiyan LITSON, Benjamin LUMOSO, Joseph M'CLOUGHLIN, Trysten NMAI, Jake PACKHAM, Harvey PEARCE, Will STRATTON, Jack VINE, Najib YUSUF, Muhammed ZAID

The boys came out in the first period like the fallout from a nuclear blast – they were all encompassing and just took out everything in their path. We have been talking in recent weeks about intensity and tempo but this was like nothing I had ever seen from them before and the Gordano players didn't know what was hitting them. The first seconds of the game saw debutant Jake Packham steal the ball with a well-timed interception before going straight to the basket to make his jump shot. The rest of the boys followed suit as their dominance told in the first period. Najib in particular was unplayable in the first quarter notching up an unbelievable 7 steals and 6 points! Najib is a phenomenally talented athlete and the Gordano boys just couldn't get the ball passed him. Just about the only thing they could do was foul him and they did on one occasion where he was unlucky not to make them pay for the contact. As impressive as Najib was stealing the ball he wasn't alone; Trysten, Will, Zaid, Jake and Cadnan all joined in which made for a suffocating early performance! Jake didn't stop at his first two-point effort and racked up another later in the period along with Zaid and Yahye who added more to the total. At quarter time the boys had stretched out to a 12-point lead.

The boys dominance continued in the second period despite a complete change of personnel. Zaid's rebounding was off the chain in the second period and he seemed to have an ability to get on almost every ball under the Gordano basket. He managed to pop one back in for 2 points but couldn't quite fully extend to convert the rest of his rebounds. Will Stratton's work rate was exceptional during the second period and he was setting a great example to the younger boys of the sort of effort you should be churning out on the basketball court. Will rebounded almost everything at the defensive end while turning provider for Jake and Harvey who each added 6 more points between them. Jake's movement off the ball was really sharp and he often worked himself into a good shooting position and got open for the pass to make his shots count. Harvey went about his scoring in a different manner and after handling the ball superbly demonstrated that he was quite happy to make jump shots from near enough anywhere inside the 3-point line. The boys listened to Ben brilliantly at quarter time and worked hard to beat the ball handler up the court on offense. Kiyan, Henry, JJ and Reagan were all busting a gut to get ahead of the ball handler and on two occasions Kiyan assisted baskets thanks to Harvey's sharp shooting! The boys continued their great performance and at half time had a 16 point lead.



Things showed no signs of letting up in the second half as the boys continued their dominance in stealing and rebounding. Najib, Trysten, Will, Nas and Jake all picked up rebounds but regathering possession was far more lucrative for Trysten than anyone else on court as he scored a quickfire 8 points all from getting into good positions right in at the low post and using his physicality to pop the ball in. Nas also popped a shot in for two after rebounding which just kept the scoreboard ticking over. Cadnan and Will continued to dominate the stealing stats in the third period with Will managing to assist yet another basket. Najib came back into the game during the third period was just as devastating in his performance as he had been during the opening of the match. The boys had a 25 point lead at three quarter time and were looking to continue their scoring deep into the match.

The boys played more excellent basketball in the final period with Najib and Jake scoring early baskets once again! Harvey Pearce continued to demonstrate why you just can't let him have space inside the arc. In their haste to cut down his time and space the Gordano players fouled Harvey which gave him both time and space from the free throw line which he made them pay for – you can't put a price on a guilt-edged shooter! Athleticism really is the secret to great basketball foundations and Jack Vine has athleticism in abundance. Nowhere was this more evident than in the final passage of play where Jack rebounded the ball and had the awareness and the speed to get the ball up the court to Kiyan who made an impressive buzzer beater to round off an excellent performance. The final score was 47-17 to the boys in the red jerseys.

MVP was a difficult decision because of the performance of the team but more specifically two boys within it. Jake Packham had put in a huge shift in his first game for the school and just seemed to take to the basketball court like he had been playing for years. Jake listened to the older more experienced boys and called upon all of his natural sporting ability to prove that a true sportsman can play any sport! As good as Jake was in his first game the award had to go to Najib for all of his stats including his double points. Najib's performance was a cut above the rest and there wasn't a single player on court from either team who could have lived with him! This boy is a huge talent and it is always a real treat to watch him play!



Special mention to Ben Lumoso who's guidance and experience was of great benefit to the boys! Ben has a lovely relaxed manner with younger students and the boys really listened to him when he called them in.

Well done to all involved.

Mr Cook

Player	Points	Assists	Steals	Rebounds	Blocks
Cadnan A	0	0	4	0	0
Harvey P	8	0	4	4	0
Henry F	0	0	1	1	0
Jack V	0	0	1	1	0
Jake P	12	1	3	2	0
Kiyan L	2	2	1	0	0
Najib Y	10	1	8	4	0
Nas GS	2	0	1	1	0
Reagan D	0	0	1	1	0
Trysten N	8	1	4	7	0
Will S	0	2	6	5	0
Yahye C	4	0	0	2	0
Zaid M	4	0	3	6	0

8 & 9 GIRLS HOCKEY V NAILSEA

Girls dig deep to discover amazing improvements in performance against strong Nailsea

Year 8 visited Nailsea for what they knew would be another difficult challenge with many of the Nailsea girls playing outside of school in ladies league teams. This experience was evident from the outset and Nailsea completely dominated St Katherine's for the whole first half, with St Kath's unable to get into the game. After a stern half time team talk from Miss Wilsher the girls actually began to play in the second half! Although the game was already lost the improvement and effort in the second half was amazing! With everyone working hard to put in tackles, track back and clear the ball strongly out of defence the second half was more even only conceding 2 goals. A tough game but lots learnt and looking forward to the next game to put in practice what we learnt.

Year 9 Girls 1 - 0 Nailsea

St Katherine's started off with strong passes and confident dribbling, allowing the midfield diamond, consisting of Issy Prime, Isobel Howie and Daisy Money and Maya Mathews (cpt) to distribute the ball to the attacking forwards who placed Nailsea's GK under pressure. Within the first five minutes, St Katherine's created several scoring opportunities, and had a goal disallowed.

Following on from this, the team stepped it up another level and passed with more conviction. It was this play that led to the goal. The play was transferred from the right side of the pitch, starting with Molly Green, moving to Chloe Weaden (the rock in defence) who played it to sister Sophie. As the ball moved over to the left, Jolie, accelerated with the ball, and made a lovely pass to Mays in the attacking shooting D. The Nailsea GK made a great first save, but Maya followed through with a second shot which the GK failed to respond to - text book tactical play!

Congratulations to Isobel Howie who was nominated as player of the match but the whole team did amazingly well and are going from strength to strength.

Miss Wilsher and Mrs Price

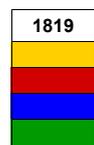
WINTER HOUSE SPORT

Senior students battle it out in all-stars format basketball competition

On Thursday 14 February attentions momentarily turned from love and affection to athleticism and sporting prowess as students from Years 11, 12 and 13 formed teams to take part in House Basketball. Having visited the All-Stars BBL Championships earlier this year we took inspiration for our very own short, sharp basketball competition format which saw the four houses pitted against each other in a double round robin competition. Matches lasted for 6 minutes with a running clock for the first five minutes of each match. Time restrictions and fouls were strictly enforced (and needed to be!) in addition to a 5-point line which made 'some' of the shooting interesting!



Year 11, 12 and 13 Basketball



In an added twist to the competition houses were ranked for final standings based on their average points scored across all of their matches and matches were picked out of the hat at random. This meant that the standings could change with each and every game and it would always be difficult to gauge how you were fairing. The only thing that houses could do was just keep scoring!



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Pankhurst had a mixed afternoon on court winning three of their matches and losing three! Unfortunately for the players in green they scored a point fewer than Turing over the course of the afternoon which meant they found themselves in fourth place with an APS of 6.33. Their victories came over Turing twice 11-5 and 9-5 and also strangely against eventual winners Yousafzai 6-5. They were the only team to beat Yousafzai throughout the competition alas even that was not enough for any more than 1 point. Standout Pankhurst players were Bo Marshall who used all of her netball talent to great effect and Jay Spicer who was their most lucrative player scoring more than any other in green.

Turing house won just a single game, drew another and lost 4 of their matches. Despite having the worst results record in the competition they scored 1 more point than Pankhurst which meant that they finished in third position with an APS of 6.50 after their six matches. Their best result was a victory over Stephenson 10-8 and then strangely a draw with Yousafzai 11-11 in a thrilling match! Standout Turing players were Lewis Mason who actually worked really hard to play by the rules for once so as not to concede unnecessary points due to fouls and Caolán Pearce who did foul a fair bit but made up for that with more points than any other in blue!



Stephenson house were in the contest all the way up until their final match against Yousafzai but had some serious points to overturn with only 6 minutes to do it! Stephenson also won 3 and lost 3 but scored a total of 42 points giving them an APS of 7.00 after all of their games. Interestingly Stephenson conceded exactly the same number of points that they scored but that was irrelevant in this competition. Two of their victories came over Pankhurst and the other against Turing. Standout players in red were Ashya Gray who in one unbelievable moment almost managed to dunk mid-game to the amazement of everyone watching! Ashya was Stephenson's most valuable player over the course of the afternoon and was ably assisted by Zak Mohamood on several occasions. Yousafzai marked Ashya out of the game which made it tricky for him to score at the same rate he did against other houses.

Yousafzai's balance was yet again their reason for victory. The yellows complimented each other excellently on court and deserved their overall victory. They had the best results record and scored far more points than any other house finishing with an APS of 11.00 after scoring a total of 66 points. In this competition one game can make a huge difference and Yousafzai's demolition of Turing 20-4 really cemented their place in top spot. Yousafzai made double points in four of their 6 matches hence their reason for topping the tables. Standout players in yellow were AJ for his defensive hustle and Louis for his point scoring and ball handling!

Results

Full results for House Basketball can be seen [here](#).

Thank you also to all of our House Captains for organising their teams and congratulations to everyone who took part for their houses!

The PE Faculty

	House	Year 11, 12 and 13	
		Points	Rank
BOYS	Pankhurst	1	4
	Stephenson	3	2
	Turing	2	3
	Yousafzai	4	1
GIRLS	Pankhurst	1	4
	Stephenson	3	2
	Turing	2	3
	Yousafzai	4	1
OVERALL	Pankhurst	2	4
	Stephenson	6	2
	Turing	4	3
	Yousafzai	8	1

PRIMARY SPORTSHALL ATHLETICS

Leaders support inaugural Team North Somerset v Team South Glos event

On Thursday 14 February a group of leaders from St Katherine's volunteered several hours of their time to support a brand new sportshall athletics event. Representative sport has seen somewhat of a decline over recent years but Mr German has been working hard with colleagues and with local primary schools to revive the fantastic opportunities that these types of events give to youngsters.



Hetty CLEAVER, Danny CONWAY, Molly GREEN, Bo MARSHALL, Maya MATTHEWS, Dexter MOTT, Jazper PEACEY, Caolán PEARCE, Ariel RUGMAN, Louis STRATTON, Isobel TAYLOR

This competition involved truly representative teams from North Somerset competing against the equivalent teams from South Gloucestershire. There were 90+ athletes, representative of over 30 primary schools from across North Somerset and South Gloucestershire. Due to the fact that athletes travelled from a huge variety of schools there were probably more parents and spectators in the sportshall than competitors, but this made for an amazing atmosphere and one in which leaders and athletes thrived.



Several of our younger leaders supported the scoring and officiating of the field events and received great praise from numerous staff members associated with the competition. The leaders were left to their own devices in the gym but collected scores from all of the competitors in a friendly, efficient and mature manner helping to ensure a high-quality

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experience for everyone involved. Our older leaders took ownership of the North Somerset teams and were given full licence to manage their teams. It was great to see the engagement and energy from the team managers that helped contribute to an overall victory for North Somerset.



Leadership is right at the heart of PE at St Katherine's and I know that our students leave us having had experiences that will set them apart from other people their age! I am extremely grateful to Mr German and the North Somerset Primary PE Association for all of the opportunities that they afford our students. I am equally grateful to all of the students for the way that they grab hold of them and act as amazing ambassadors for the school.

Mr German commented ...

'A big thank you to St Katherines School for generously hosting this event and provided young leaders to support the efficient running of the competition. I think it is important to show our genuine appreciation for the young leaders that have supported the event and we are very grateful for the team management of the St Katherines Sixth Formers who managed TEAM Farah and TEAM Asher-Smith so ably, contributing to the overall success of TEAM North Somerset. We also need to thank the Year 9 leaders who officiated the field events and supported track races. All of these students gave up their time to support this event and in some cases took time off work to be there.'



Thank you to each and every one of the leaders who supported this event.

Mr Cook

AVON SCHOOLS SPORTSHALL ATHLETICS

Sportshall athletics and St Kath's are at it again with leaders and competitors

On Saturday 16 February a group of talented athletes from Year 7 & 8 attended Avon Schools Trials in the hope of being selected for more competitive opportunities later this year. For some the event was about testing themselves against more of the strongest opponents whereas for others it was just about getting out there and enjoying competing! As well as athletes, three girls from Year 9 also volunteered their services to help support the morning and took responsibility for the long jump and the triple jump.

Athletes were encouraged to compete in at least one track and one field event but many couldn't pick their strongest events so competed in more than one. I am really proud of all of these athletes who went out of their way to attend the trials on the weekend and test themselves against some of the best! This year has been a bumper year for sportshall athletics and here's to hoping that the journey isn't over for some of this lot as they wait to find out whether or not their performances warrant selection for more competitions!

Full results below.

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Event	2 Lap	4 Lap	6 Lap	SLJ	STJ	VJ	S	SB
Kanye Christie		55.10 s		2.36 m	7.12 m	54 cm		
Kenny Newbury					6.12 m		10.00 m	
Will Stratton	26.50 s B Final Winner				5.72 m		9.20 m	
Ryan Bundy			1:35.2					67
Layton Thompson			1:34.3	1.72 m				73
Jake Packham		57.8 s			5.94 m			74
Samuel Dixey			1:32.6	1.82 m				
Jamie Packham	28.8 s			1.88 m	4.78 m		6.90 m	63
Ruby Magnum	29.6 s				4.42 m			



Special mentions to Will Stratton who won his B lap final after a fantastically close finish and to Jake Packham who was crowned Year 7 County Champion in the standing triple jump and the speed bounce. Finally a very special mention to Kanye Christie who was crowned Year 8 County Champion in the 4 lap race, standing long jump and standing triple jump!

Well done everyone!

Mr Cook



HOUSE RESULTS UPDATE FEBRUARY 2019

Yousafzai extend lead at top of sport standings heading into Spring competitions

Yousafzai have extended their lead at the top of the sport standings after victory in both senior badminton and basketball competitions. The yellow house were quick to play down their chances on the basketball court but put out yet another well balanced side that served them well. Pankhurst tied for top spot in the badminton competition after a standout performance by their girls which has held their position at the foot of the table still well in contention heading into the Spring competitions for the lower school.

Current Standings		
Position	House	Points
1	Yousafzai	112
2	Stephenson	105
3	Turing	94
4	Pankhurst	90

“ Yousafzai extend lead at top of standings after senior students put on badminton & basketball show ”

Previous Standings		
Position	House	Points
1	Yousafzai	98
2	Stephenson	95
3	Turing	86
4	Pankhurst	82

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	Pankhurst	3	4	7	3	12	2	10	3	7	3	39	4
	Stephenson	13	1	7	3	14	1	6	4	12	2	52	2
	Turing	10	3	16	1	7	3	11	2	6	4	50	3
	Yousafzai	13	1	9	2	7	3	14	1	14	1	57	1
GIRLS	Pankhurst	12	2	13	1	10	2	6	4	10	2	51	3
	Stephenson	14	1	9	3	8	4	8	3	14	1	53	2
	Turing	6	4	8	4	9	3	14	1	7	4	44	4
	Yousafzai	8	3	12	2	13	1	12	2	10	2	55	1
OVERALL	Pankhurst	15	4	20	3	22	1	16	3	17	3	90	4
	Stephenson	27	1	16	4	22	1	14	4	26	1	105	2
	Turing	16	3	24	1	16	4	25	2	13	4	94	3
	Yousafzai	21	2	21	2	20	3	26	1	24	2	112	1

Month	Event	*
September	HOUSE CAPTAIN APPLICATIONS	✓
October	CROSS COUNTRY (7-9)	✓
November	AUTUMN HOUSE SPORT: DODGEBALL & BENCHBALL	✓
December	WINTER HOUSE SPORT: RUGBY & NETBALL	✓
January	* WINTER HOUSE SPORT: BADMINTON	✓
February	* WINTER HOUSE SPORT: BASKETBALL	✓
March	* NINJA WARRIOR & BOCCIA	
April	SPRING HOUSE SPORT: FOOTBALL & HOCKEY	
June	SUMMER HOUSE SPORT: STRIKING & FIELDING	
July	SUMMER HOUSE SPORT: ATHLETICS SK SUPERSTARS	



KEY PE AND SPORT UPDATES

The latest updates and information from the PE faculty at St Katherine's

Please see below for the latest PE and sport updates. If you have any questions about any of the information below then please contact Mr Cook (Head of PE) - cookd@skrive.org

PE Clubs and Practices

We have a comprehensive range of lunchtime and after school clubs on offer to students and would encourage them to get involved in as many additional PE and sport opportunities as possible.

Clubs are for girls and boys in all years unless stated otherwise.

If students wish to take part in any club they will need their full PE kit. Some clubs may require additional items i.e. gumshield or shin pads.

Clubs and practices are always subject to change, please check the weekly update for the latest information.

Older students interested in helping with clubs for younger students should speak to their PE teacher – all help is welcome!

PE Clubs and Practices

Below are details for clubs & practices.

Clubs & practices may be subject to change – please follow @StKathsPE on Twitter for the latest information.

Clubs are for girls and boys in all years unless stated otherwise. If students wish to take part in any club they will need their full PE kit. Some clubs may require additional items i.e. gumshield or shin pads.



Day	Lunchtime [1325 – 1405]	After School * [finish time]
Monday	Captains Meeting @ Break – CR3 Senior Boys Basketball – Sportshall 7 Boys Basketball - Gym	Girls Football BCFC Coaches - Outdoor [1630] 9-13 Girls Fitness (Monday or Wednesday) – Gym [1630]
Tuesday	8 & 9 Boys Basketball - Sportshall Girls Cricket - Gym	8 Boys Football – Outdoor [1700] 7 & 8 Girls Hockey, Outdoor [1630] Senior Boys Late Basketball – Sportshall [1800]
Wednesday	Senior Boys Football - Outdoor Girls Basketball - Sportshall	9 & 10 Boys Football – Outdoor [1700] 9-13 Girls Fitness (Monday or Wednesday) – Gym [1630]
Thursday	Boys Indoor Cricket - Sportshall	7 Boys Football – Outdoor [1700] 9 Girls Hockey – Outdoor [1630] 10 & 11 Girls Netball – Sportshall [1630]
Friday	7 & 8 Boys Rugby 7s - Outdoor	Badminton & Table Tennis - Sportshall [1700]

Notes:

* Variable fixtures – ask a member of PE staff for more details regarding dates/times.

Older students interested in helping to lead clubs for younger students should speak to their PE teacher – all help is welcome!

PE & SPORT NEWSLETTER

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Exam Courses

We have reached the time of the school year where students in Year 9 and Year 11 are considering which exam courses to continue to study. We offer students the option to study examination PE and sport at St Katherine's in Year 10 & 11 as well as in our Sixth Form.

Students interested in finding out more about our examination courses should speak to their PE teacher or Mr Cook.

Key Stage 4 Options - BTEC Sport

BTEC SPORT @ SK



BTEC Level 1 / Level 2 First Award in Sport

Good balance of practical & theory lessons

80% + A* - C since course started

Equivalent of 1 GCSE grade

100% A* - C last year

Unit	Weighting	Assessment	Indicative Content
Fitness for Sport and Exercise	25%	Computer Based Examination	Components of fitness, exercise intensity, principles of training, training methods and fitness testing
Practical Sports Performance	25%	Coursework Assignments *	Rules, regulations, scoring systems, officiating, practical performance of skills, techniques and tactics and performance analysis
Applying the Principles of Personal Training	25%	Coursework Assignments *	Designing training programmes, learning about body systems and completing, monitoring and evaluating a training programme
Leading Sports Activities	25%	Coursework Assignments *	Attributes of sports leaders, planning sessions, practical leadership, reviewing sessions and leadership of primary school students
Core unit		Optional unit	

* Coursework assignments can take a variety of forms including: newspaper articles, posters, practical sporting performances, practical leadership demonstrations, presentations, videos, portfolios and the creation of interactive resources.

For more information please speak to Mr Cook or your PE teacher

[Online stkaths.org.uk](https://www.stkaths.org.uk)
[Twitter @StKathsPE](https://twitter.com/StKathsPE)
[Instagram stkathspe](https://www.instagram.com/stkathspe)
[Snapchat stkathspe](https://www.snapchat.com/add/stkathspe)

BTEC SPORT @ SK



BTEC Level 1 / Level 2 First Award in Sport

Good balance of practical & theory lessons

80% + A* - C since course started

Equivalent of 1 GCSE grade

100% A* - C last year



Do you play sport and have an interest in the sporting world?



Do you enjoy working as part of a bigger team and enjoy leading other people?



Do you enjoy learning about the practical and theoretical aspects of sport?



Are you well organised, and able to complete work on your own?



For more information please speak to Mr Cook or your PE teacher

[Online stkaths.org.uk](https://www.stkaths.org.uk)
[Twitter @StKathsPE](https://twitter.com/StKathsPE)
[Instagram stkathspe](https://www.instagram.com/stkathspe)
[Snapchat stkathspe](https://www.snapchat.com/add/stkathspe)

Key Stage 5 Options - A Level PE / Vocational Sport

PE & Sport @ SK

PE

INDICATIVE CONTENT

Anatomy and physiology
Exercise physiology
Biomechanics
Skill acquisition
Sports psychology
Sports development and society
Contemporary sporting issues
Sporting performance
Performance analysis

Teaching, physiotherapy, coaching, performance analysis, sports psychology, exercise physiology



Our courses comprise a variety of challenging & engaging topics assessed using a range of different methods to suit all

SPORT

INDICATIVE CONTENT

Body systems and exercise
Adaptations to exercise
Sports coaching
Sports leadership
Sports development
Sports media and administration
Performance analysis
Practical skills in sport
Organising sports events

Teaching, coaching, fitness training, exercise instructor, sports media, sports development

For more information please speak to Mr Cook or your PE teacher

[Online stkaths.org.uk](https://www.stkaths.org.uk)
[Twitter @StKathsPE](https://twitter.com/StKathsPE)
[Instagram stkathspe](https://www.instagram.com/stkathspe)
[Snapchat stkathspe](https://www.snapchat.com/add/stkathspe)

PE & Sport @ SK

PE

A level qualification

2 year course (1 A level)

70% exam | 30% coursework

Suggested complimentary subjects
Biology, geography, maths, physics, chemistry, psychology



SPORT

Vocational qualification

2 year course (equivalent to 1 A level)

40% exam | 60% coursework

Suggested complimentary subjects
Applied science, health & social care, business, hospitality

← SCIENCE

PE

SPORT

→ ARTS

For more information please speak to Mr Cook or your PE teacher

[Online stkaths.org.uk](https://www.stkaths.org.uk)
[Twitter @StKathsPE](https://twitter.com/StKathsPE)
[Instagram stkathspe](https://www.instagram.com/stkathspe)
[Snapchat stkathspe](https://www.snapchat.com/add/stkathspe)



Staying Up To Date

We are always trying to improve our communication with students and parents and are currently trialling a number of ways that you can stay up to date.

All of our PE fixtures and events are publicly available on our PE calendar.



GOOGLE CALENDAR

Calendar for all PE events, fixtures & competitions

ST KATHERINE'S SCHOOL PE EVENTS CALENDAR

This calendar is public!

Access the calendar at

goo.gl/hraF7T



Events are always subject to change!

For up to date information please check our Twitter @StKathsPE!

We are also trialling a new platform to improve the communication with students who are involved with particular teams. The new platform is called Showbie. Students can sign up for a FREE account using their school Google account details. There is an iOS App or an online platform.

SHOWBIE

NEW platform for communicating key information for major school sports teams

INSTRUCTIONS!

- 1) Download the FREE iOS App or visit showbie.com
- 2) Create a Student account using your school Google details i.e. 18cookd@skdrive.org
- 3) Speak to your team captain to get the Group Code - there is a group for all major teams
- 4) Join the Group by entering the Group Code
- 5) Keep up to date with instant info!



We are using Showbie on a trial basis and only for major teams at the moment - all feedback welcome!



Spring House Sport 2019

Next term we will have the next instalment of our House Sport competition. A timetable for the competition can be seen below. Full details including rules, format, scoring and minimum number will be released nearer the time. If you are interested in taking part, please speak to your house captains.

SPRING HOUSE SPORT

Boys Football | Girls Hockey

Monday 25 March 2019 – Friday 29 March 2019



Year	Day	Start	Finish
7	Friday 29 March	0905	1105
8	Wednesday 27 March	1330	1520
9	Wednesday 27 March	1125	1325
10	Monday 25 March	1330	1520



Unlimited squads!
Speak to your house captains for more info!
Follow us on Twitter @StKathsPE for the latest house sport news & information!

SK SPORTING STUDENTS

We are really proud of all of the sporting achievements of the students in our school. Below are some updates on some of our sporting students.

Mursal Sharif (Cross Country)

Mursal runs for North Somerset at Avon Schools Cross Country Event



Earlier this year Mursal raced to selection when he finished inside the top 10 runners at the North Somerset Cross Country competition. For the last couple of years Mursal has just missed out on a place but this year was determined to qualify and did!

Mursal certainly made the most of his opportunity to run for the UA and turned up at Bristol Cathedral Choir School playing fields well ahead of his scheduled start time in order to make sure his preparation was spot on.

Mursal ran superbly in cold, wet, miserable and foggy conditions to earn himself a really well deserved and respectable finishing position in a very strong field of runners - the top 40 across Avon in his age category.

Well done to Mursal for stepping up against the best!

SK SPORTING STUDENTS

We are really proud of all of the sporting achievements of the students in our school. Below are some updates on some of our sporting students.

Amelya Hobbs (Rugby)

Amelya selected for Gloucester County Rugby Football Union



We are really pleased to be able to share with you that Amelya Hobbs in Year 10 has been selected for the GRFU after a successful trial earlier this year.

For those that know Amelya they will already be aware that she is a fiercely determined character who uses all of her drive and more on the rugby pitch playing anywhere across the back three!

We wish Amelya the very best of luck going forward as she continues to represent her club side Hornets as well as the GRFU!

Congratulations Amelya!

Will Stratton (Rugby) and Kanye Christie (Rugby)

Boys to trial for Bristol Rugby Developing Player Programme during half term

Will Stratton and Kanye Christie from Year 8 will both trial for the Bristol Rugby Developing Player Programme during the half term holiday.

Those of you who have followed the boys since they started St Katherine's more than a year ago will already be aware of their rugby playing talents!

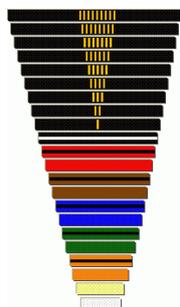
Both boys are fantastic sportsmen and are already brilliant rugby players. Knowing these two characters as we do, we are sure they are ready to learn a whole lot more about the game they love and we wish them the very best of luck for their trial.

The very best of luck to both boys!



Harrison Roberts (Taekwondo)

Harrison achieves Black Stripe Belt in Taekwondo



Many students may have spent this half term getting back into the swing of things after the Christmas holidays but not Harrison Roberts from Year 9! Harrison has been training for a number of years in his chosen sport of taekwondo and earlier this term was awarded the black stripe belt and was given the grading award.

We know that Harrison has worked really hard for this and that his efforts haven't been without set backs. Harrison's hard work, dedication and resilience are a fantastic example to all students at St Katherine's and these qualities are particularly important for all of our sporting students!

Well done Harrison!

Does your son / daughter deserve to be recognised for their sporting achievements? If so we want to know about it!

If they don't tell us about their sporting achievements then we probably don't know! Please feel free to send us updates and photographs as regularly as you like!

Email cookd@skdrive.org to tell us more!

The PE Faculty



CLUBS AND CAPS TERM 3

A look back at student achievements in the third term of the academic year 2018/19

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! Top overall clubber highlighted!

Includes attendance at any lunchtime or after school PE club

Leah Wardingley	Year 7	Jake Packham
Jemima German	Year 8	Matthew Brennan & Will Stratton
Issy Prime & Isobel Taylor	Year 9	Toby Rice
Jess Atkinson & Pannie Dilokwanitchakorn	Year 10	Tom Evans, Isaac Lomax & Jazper Peacey
Jo Bradley, Grace Brown, Stella Crocker, Priscilla Lumoso, Ellie McCarthy, Abbie Ring, Lucie Robertshaw, Wren Talbot-Ponsonby, Ruby Webber	Year 11	Hamza Bulaleh
Bo Marshall	Year 12 & 13	Caolán Pearce

School Caps

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

Includes any occasion whereby a student represents the school in a competition against other schools (excluding house competitions, trips or other events not involving competition i.e. leadership events).

Leah Wardingley	Year 7	Jake Packham
Jemima German & Jamie Packham	Year 8	Will Stratton
Isobel Taylor	Year 9	Toby Rice & Ari Rugman
Molly Jackson	Year 10	Louie Dun & Jazper Peacey
Jo Bradley, Grace Brown, Stella Crocker, Priscilla Lumoso, Ellie McCarthy, Abbie Ring, Lucie Robertshaw, Wren Talbot-Ponsonby, Ruby Webber	Year 11	Bailee Farley, Ashya Gray, Abdulahi Jama, Zak Mohamood
Bo Marshall	Year 12 & 13	Caolán Pearce & Louis Stratton

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

Ruby Webber	107	Most Capped Students	Danny Conway	137
Bo Marshall	83		Caolán Pearce	129
Molly Jackson	74		Tom Green	118

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

Thank you all for your contributions.

The PE Faculty

ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

1819 - Term 3 Newsletter



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Students can stay up to date with all things PE using Google Calendar & Showbie



The PE Faculty

Mr Cook
Head of PE

Miss Ball
Head of Girls PE

Mrs Price

Mr Thomas

Miss Wilsher



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