

Rossett PE Newsletter



December 2018

Welcome to our second newsletter and the last this year, in what has been an amazing year of sporting achievements for our school and PE faculty. We hope you enjoy reading of our most recent success' and news from the faculty. Thank you to the Sports Council and Miss Goacher for producing this latest update.

On behalf of the PE team I would like to thank all the students for representing our school around the country, and to all the parents for their continued support. We all hope you have a peaceful Christmas and a prosperous New Year. Our next edition will be published in February.

Mr Bradshaw

Rossett Staff do...

MOVEMBER



A group of Rossett teaching staff took part in this year's Movember charity event.



Movember is an annual fundraising event which sees men growing a moustache during the month of November. The Movember Foundation aims to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and suicide risk to young men.

Displaying some (very questionable) moustaches, the staff raised an amazing total of £1870 with £1225 raised in PE alone - Mr Bradshaw raised the winning individual total of £290. Well done!

Christmas in PE

In the last week of the Christmas term, students have been taking part in inter-form dodgeball and football games during lessons, as well as taking part in Christmas-themed country dancing.

We held a Christmas -themed hockey and netball club practices where players decorated their hockey sticks with tinsel and wore something Christmassy.

The PE department also got involved in Christmas Jumper Day on the 14th December to raise money for Save the Children; the school raised over £1700.



Rossett Football Mentoring Programme

The football mentoring programme at Rossett is now in its second year. This programme sees some of our great young talent being mentored by one of the country's best one-to-one coaches, Simon Clifford. Simon provides support to the students in all aspects of the game including food diaries and helping them with advice on their training plans.



Students:

Abbey Harland
Liv Johnson
Charlie Lumsden
Eddie Crossley
Jakub Szymkowiak
Joel Barker
Gidi Pliener
Anouska Dresser
Alfie Dean
Lucas Gough
Leo Georgallis
Aaron White

Netball My Experience

By Holly Sadler (Yr11 Student)



U15
team
v
St John
Fisher

Who do I play for?

I play for Wike Golf Club where they have recently started a two-year ladies' programme aimed at getting more girls into the sport.

How did I get into golf?

My Dad plays a lot of golf and he wanted us to have a similar interest and something we could do together.

My achievements:

I now have a handicap of 24, and am playing and winning regular ladies competitions – both at the Club and against other golf Clubs.



U18 team
v St John
Fisher.



The Year 7 team also had their first match against St John Fisher – a great performance by all players.



What do I enjoy golf?

It is a very sociable sport and I meet new people every time I play. I have made several friends and we have fun as we play a sport we enjoy.

Advice to others?

Even though not many girls play golf, it is getting a lot more popular. My advice is to give it a go! Even have a go at a driving range, it's so much fun!

Climbing Wall

Our BTEC Outdoor Pursuits students welcomed Iain Murray to school to deliver a six week climbing course. The students loved their first session learning how to use a harness, how to check the health and safety of the ropes and how to belay. They are all looking forward to the next session and experiencing the different climbing routes on our Rossett climbing wall.



Climbing Success

By Sarah Walker-Palin
(Year 7)

Selected for the British
Climbing Development
Squad 2018



How did you get into climbing?

I started climbing when I was five years old. There was a testing wall in the Cotswold store in Harrogate where they would test climbing gear; I used to climb up it in party shoes and trainers so my dad said, 'Right, I am taking you to the climbing wall.' I have been climbing ever since!

How often do you climb?

I climb five days a week at four different climbing centres. I climb for the British National Climbing Team as well as the Depot Climbing Team. I have competed in many competitions including: Imst Colour Festival in Austria; the Petzen Climbing Trophy in Austria; the Arco Rock Master Juniors in Italy; and The Youth Open in the UK.

What do you love most about climbing?

The thing I love about climbing is that it has all the fun of football or rugby but is practical and challenging. If you were stuck at a long boulder for example, then you need to work out a way to be able to get past it. My hope is that if climbing stays as an Olympic sport then I hope to compete in a future Olympic Games.

Advice for others?

I would suggest that anyone who is interested in climbing should go to the local wall and book a session. It's a lot of fun!

Football and Rugby



The Year 10 A Boys' Football Team progressed into round 5 of the National Cup, which will be played after Christmas in a local derby against St Aidans. They are also competing in the County Cup against Risedale, also after Christmas.

Year 9 A Boys' Football Team played Settle to win in the first round of the area cup.

U13 Girls' Football Team are through to round 4 of the County Cup and play Thirsk after Christmas.

U13 Girls' Rugby Team won the North Yorkshire School Festival and the U15 Girls came second.

Well done to all players!



Join a club out of school!

Hockey-

Leeds Adel HC
Harrogate HC



Netball-

Phoenix
Ripon Rockets
YMCA
Leeds Athletic
Halos
Hilites

Cricket:

Bilton CC
North Leeds CC

Rugby-

Harrogate
Moortown
Roundhegians

Football-

Harrogate Railway
Harrogate Town
Beckwithshaw
Pannal Sports
Wetherby
Nidderdale
Scotton scorchers

Basketball-

Harrogate Raiders
Leeds Tigers

Running club-

Harrogate harriers
Valley Striders Leeds
Abbey Runners

See the PE Team or look on the appropriate website for contact details.

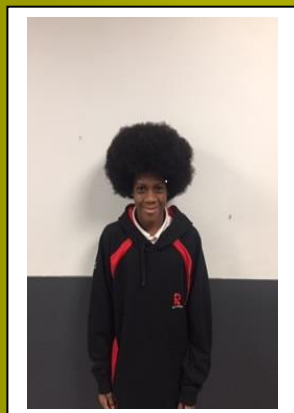
U18 Mixed Hockey

The U18 mixed hockey team had their first match of the school year against Queen Ethelburga's.

The game started with strength in defence, in midfield and in the forward line for Rossett, all players were able to work together to 'pressure' the QE team.

QE managed to score a goal just before half time, however Rossett were ready to fight back and continued to apply pressure to the QE defence. On the full-time whistle a short corner was awarded and Rossett were able to score making the final score line 1-1. Well done team!





PE SUPERSTAR

For this Half Term

Ricardo James

Our Rossett PE Superstar for this half term is Ricardo James in Year 8. Ricardo has been a regular member of hockey club each Monday night and is looking forward to playing in the first hockey match after Christmas. He also attends rugby club and is a brilliant dancer, taking part in a recent show. He is an exceptional learner in PE and is a fantastic representative of PE in Rossett School.

Cross Country



Congratulations to all those who competed in the event. All students gave 100% effort in their 'age group races' with some excellent individual performances.

Following on from the Park Run results in the last newsletter, students were selected from each year group to compete in the Harrogate and Craven cross-country trials.



George Couttie was placed third for his age group.

Meet Mr Wix



About me:

I spent three years living in America (New York and Boston), where I coached football in the local communities.

I am currently coaching at York City FC Academy.



Education: BSc (Hons) Sports Coaching. I will be starting my PE Teacher Training in September 2019 at Leeds Beckett University.

Sport: At high school, I played football and represented North Yorkshire School Boys from U14 to U18. I also represented Harrogate and District schools athletics in the 200m. I currently play football for Boroughbridge 1st team and play cricket in the summer.

Favourite Food: Anything spicy

Favourite Drink: Pepsi Max

Sporting hero: Steven Gerrard

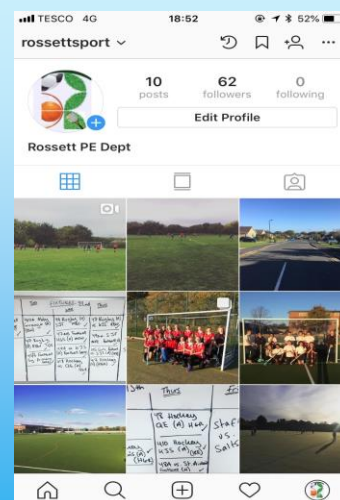
Interests: Playing and coaching sports. Watching TV - you can't beat a good series (Game of Thrones).



Rossett PE Department is on Twitter and Instagram!



@rossettpe



Follow us to keep up to date with weekly fixtures, team sheets, results and achievements.

AFTER SCHOOL CLUBS

2018/19	After school opportunities 3.30- 4.30pm		
	Team	Staff	Facility
Monday	Year 7/8 Netball Year 10/11/6 th form Hockey	KFN/NMY HGR	Sports Hall/Courts 3G
Tuesday	Girls Rugby (all years) Year 11 Football	APN/MBU RBW/SBL	3G Field
Wednesday	Year 7/8/9/10 Girls' Football 6 th Form Football Year 7/8/9/10/11 Rugby Netball fixtures (all years) Hockey Fixtures (KS4/5)	MSW/IRE MFN RBW/SBL/CWN/MFE/MBU/JCG/JWM	3G Fields Fields
Thursday	Year 7/8/9 Hockey Year 9/10/11 Netball Year 9 Football Year 10 Football	IRE/HGR KFN/APN/NMY MFE RSN	3G Sports Hall / Courts Fields/MUGA Fields/MUGA
Friday	Year 7/8 Football	MSW / RSN	Fields/3G/MUGA

If you are interested in joining any of our clubs, please ask your PE Teacher or come to the PE Office at break or lunchtime for further details.

To play in after-school fixtures, you will need to complete a consent form which you can get from the PE Office.

You can get a 'late bus' pass for the 4.30pm service from Student Reception, if you have an after-school club. Remember to request your 'late bus' pass by lunchtime where possible.