

Rossett PE Newsletter

April 2019



Welcome to the fourth edition of our wonderful PE newsletter.

Well, that concludes our winter sport programme which has seen an amazing array of sports. We hope all of our students found something they enjoyed giving them an opportunity to succeed.

As a PE team we are determined to inspire all of our students to continue physical activity once they have left Rossett School. We have now launched our lunchtime Co-Curricular programme and we are sure there is something for everyone.

We now move into the summer activities programme where we will be entering into all local and regional competitions in Tennis, Cricket, Rounders and Athletics. We are particularly excited about a new partnership we have forged with a local tennis coach who is going to deliver sessions on a Tuesday to help us become a centre of excellence for Tennis...watch this space!

Mr Bradshaw
Head of PE



PE Staff 'Sizzle' In Match For Comic Relief!



Team PE were all prepared and everything 'clicked'- the first quarter result was 5-1 to the staff. The score was brought back to 5-4 in the second quarter with youth and energy really showing through. Despite the 'boos' from the crowd, PE remained calm to push the score on in the third quarter to 9-5 with a final score of 12-6 to the PE staff.



On Friday 15th March the mighty Team PE took on our most senior student netball team - all in aid of Comic Relief....and of course for a win fun!

COMIC RELIEF

The final 'bucket' total was a very impressive £64, with many students turning up to watch and cheer on the U18 team! Most importantly, the game was fun and enjoyable for all, with no injuries!



Football Finals!

Congratulations to the following teams who are through to the finals of the Area and County Cup:

Year 9A Boys -Area Cup

Year 10A Boys- Area Cup

U13 Girls- County Cup



The year **10A Boys** were beaten by a very determined St Aidan's squad, in the semifinal of the County Cup. However, our team will progress into the final of the Harrogate and Craven Schools Area Cup after a hard-fought battle against King James's.



The **U13 Girls** won a tight game against Northallerton College with the game going to extra time. Goals were scored by Abby Harland, Lydia Corner. A special mention for Year 7 striker, Lucy Wighton, who played well.



Good Hands! Jump into the Weekend



Mr Bradshaw's GCSE class attended Rossett's first ever Handball fixture at Nidderdale School in preparation for their GCSE PE assessment. It was a fantastic game which ended with Rossett narrowly missing out on a win.

MoM: Harry 'The Pivot' Lazenby!



Year 11s have been enjoying Trampolining club on a Friday lunchtime in the Sports Hall. Feel free to pop along!



HARROGATE GYMNASTICS



TRAMPOLINE CLASSES



Harrogate Gymnastics are running Trampoline classes at Rossett Sports Centre with both recreational and competition options. The classes start next month;

Friday 4.30-5.15pm/ 5.15pm- 6.30pm

Saturday 12.00- 12.45pm/ 12.45- 1.30pm

For more info call 01423 874793

Email: info@harrogategymnastics.co.uk

Spring Is Here and So Is Girls' Contact Rugby!



The Year 9 Girls have had the opportunity this half term to experience contact rugby. Rob Green from the RFU has been delivering expert coaching within lessons to increase participation of girls in this sport. All really enjoyed the sessions and have been putting their new skills into practice in Inter-Form rugby tournaments this week. Training will continue on Tuesdays 3.10-4.10pm with Mr Dixon.



Success for Bhogal

Harry Bhogal has had a brilliant hockey season for Hull HC and it isn't over yet! Hari was awarded Player of the Tournament at the National Hockey Indoor Finals and has been promoted as part of the Hull Men's 1st Team and was awarded Top Goal Scorer for the season. He has also recently achieved top marks in his hockey GCSE. moderation.



Hari is part of the North of England Hockey Performance Centre and is attending the U16 England Hockey trials at the end of this month. Good luck Hari!



Good Luck To Our Year 11s!



It has been a pleasure working with you over the last couple of years. Especial thanks to Cameron Rushworth for being an excellent Captain/ Tactician/ Selector/ First Aider/ Organiser/ Kit Man. All the very best to you ALL in the future. **Mr. Bradshaw**



Rossett vs Ilkley (Mr Wolfram)

This was definitely one for the spectator. Fourteen tries, big hits and plenty of carries kept the crowd entertained as the first twenty minutes saw both teams repeatedly lose, then gain the lead.

Year 11B Training sessions where 5 minutes of drills would give way to 45 minute 14-a-side matches... Adam Mohammed trying to break my leg at least twice... ("Just showing you who's boss innit") Sam Pearce absolutely pocketing the fullback of a Queen Ethelberga's team on his debut... Sam Street backflipping and breaking his wrist before training...JB Pickard's mind-blowing last-minute free kick against Harrogate High...and Jack Scruton discovering the Cruyff turn and using it again and again... and again... legend has it that he's still turning now.

Eventually, Ilkley's size and pace showed and they started to pull away before a spirited comeback ended in 29-53 at the final whistle.

But some of my very fondest memories are with all of the lads who attended football training after school; from all my captains to each substitute to every single person who put out a cone. You're a fantastically special bunch of people. Even when there wasn't a match on the fixture list for months, you'd all turn up and give it 100% (apart from Callum Grey, who never exceeded a cool 75%) and I genuinely will miss turning up to training and experiencing your jokes and pranks. I will miss you all tremendously. I'm so proud of all you have accomplished and all you will go onto achieve.

You'll Never Walk Alone **Mr. Matthews**

Special mention goes to Dan Lewis for some brilliant play and for organising the team so well all year. It was great to see them all come off the pitch at the end of the game with smiles on their faces. Sometimes you come up against a better team, but we never gave up and carried on scoring until the end.

Tantalising Tournament Time!

Rugby

The **U13 Girls** came second with some great games against HGS and Outwood Ripon.

A total of thirty seven **boys** from **Years 7, 8** and **9** represented Rossett in the White Rose Rugby Festival. All teams played well with wins across the board.



Hockey

Year 7 Girls- had a brilliant first two matches winning comfortably but unfortunately the tournament was rained off.

Year 8 Girls- finished fourth with some excellent teamwork. Player of the Tournament: Joanna Eyles.

Year 9 Girls- finished fourth showing some great resilience. Player of the Tournament: Elena Catania for her brilliant first performance in goal.

Year 10 Girls- finished fourth. Player of the Tournament: Anna Mitchell scoring a hat-trick on the final matching against KJS.



Netball

Year 7- finished fourth in the tournament with some excellent performances against RGS and QE.

Year 8- finished fifth showing some great team play up and down the court.

Year 9- came runners-up, narrowly losing to Ashville in the final.

Year 10- Some excellent play and close games saw the girls coming fifth. Special thanks to our own Lucy Hopkins (Year 13) for umpiring.



Football

The **U13 Girls** narrowly missed out on final at the football tournament at King James's School winning six; all girls showed a high standard of football.

The **U15 Girls** won the Harrogate and Craven tournament with two wins and one draw to finish on a +10 goal difference. Player of the Tournament: Hattie Black.



Rossett Reds...



We have been working hard in recent months to re-design our PE kit in readiness for our new Year 7 intake in September. The new designs are bright and fresh whilst maintaining our distinctive Rossett branding. We have introduced 'leggings' and track suit trousers; a new red Rossett 'hoodie' and updated PE tops, including a fitted option - all with technical fabric for sporting excellence!

The new kit will be phased-in over a period of time - it is not compulsory for current students, but will be for the new Year 7 cohort. In the interim our current PE kit will be offered for sale at a 50% discount - the perfect opportunity to grab a bargain!

Pick up your new PE kit at Rawcliffes Schoolwear Centre, on the corner of Bower St and East Parade, Harrogate.

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

Get Squashed!



We now have a specialist squash coach coming into school on Tuesdays 3:15-4:15 to deliver squash sessions for all years.

As well as providing you with a brand new racket and ball he will also provide specific coaching and the opportunity to compete in local competitions. If you are interested and want to know more about squash and the rules then scan the QR code below and feel free to pop along!





PE SUPERSTAR

For this Half Term

Harry Bandeira

Our Rossett PE SuperStar for this half term is Harry Bandeira Year 9. Harry plays football for Pannal FC and represents Harrogate and Craven. He is also an excellent student in PE lessons showing a great attitude and maturity. He is an exceptional learner in PE and is a fantastic representative of PE in Rossett School.

Basketball Players Wanted!

The **U15 Boys** team played Ashville and gave a good account of themselves in their first competitive game. MoM: Spencer Huggett for his ball - carrying skills across the court.



We are hoping to organise more matches in the summer term. If you fancy playing in our basketball team, then pop down to training on Fridays 3.10-4.10pm with Mr Wix. All years and both girls and boys welcome!

Meet Mr Dixon



About me:

I am a Trainee PE teacher currently studying my teacher training at Leeds Beckett University. Rossett is my third and final placement and I will be here until the end of June. I am looking forward to getting to know you all and will also be offering some Rugby sessions on a Tuesday after school.

Sporting success:

I have played Rugby for English Colleges, Yorkshire and have recently been promoted to the Wensleydale side.

Sporting hero:

My idol has to be Jonny Wilkinson.

Aims for the future:

My current aim is to become a PE teacher and in the future I would love to become a Director of Sport.



Education: I have a BSc Hons at York St John University and I am currently completing my PGCE PE with Geography course at Leeds Beckett University.

Sporting interests:

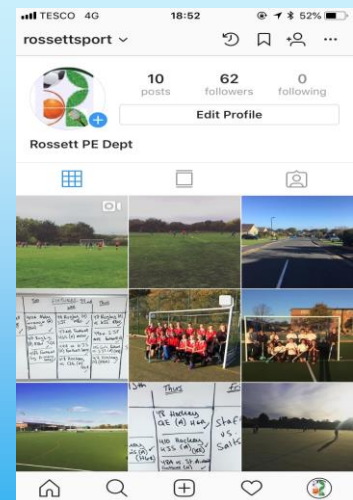
I am a player as well as a coach at Wensleydale RUFC, as well as being a coach for Yorkshire Carnegie ERDPP North.



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 Summer Term		
	Team	Staff	Facility
Monday	Year 7/8 Rounders	KFN/APN	Field
	Year 9/10 Cricket	RBW/PWX	Sports Hall
	All Years Softball: Boys & Girls	MBU	Field
Tuesday	All Years Rugby: Boys & Girls	MDN	Field
	All Years Tennis	External Coach & NMY/MFE/PWX	Courts
	All Years Squash	External Coach	Squash Courts
	Multi Skills Fundamentals	RSN	Sports Hall
Wednesday	All Years Tennis	NMY/MFE/PWX	Courts
	Year 9/10 Rounders	KFN/HGR	Field
Thursday	All Years Athletics	All Staff	Fields
Friday	Year 7/8 Cricket	MSW/CWN/PWX	3G/Sports Hall

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

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 (4.30pm) from Student Reception if you have an after school club.