

PE and Games Report Spring 2019

Rugby

Seniors - 1st XV Rugby P8 W4 L4

This season has been exceptionally positive so far with the boys focusing on improving their performance with every game. We started the season narrowly losing to Adam's Grammar school in the National Vase competition by 2 points. On a different day we would have converted our kicks and continued in the Vase competition. Following a defeat to a very strong King Edwards Fiveways team in a friendly the boys began their Bowl Competition with an away fixture to Bishop Heber Malpas. They secured the victory 26 -12 and started to believe in their ability which they took to a home fixture against NULS. The lessons learned in the previous two fixtures were used in this fixture and the boys grew as a team and with only a few minutes remaining were losing 26-22. Two further attacks on the opposition's line were defended heroically by NULS and unfortunately we came second but with the belief that they have the ability to beat NULS the next time they meet! In round 2 of the Bowl they beat Wrekin College at home 15-14, this time the kicking was on target to take us into round 3. An away trip to King Edwards Lichfield saw the best performance of the season beating them by 55 – 7 to take us into the last 16 of the National competition. The round 4 game was to be away against The Kings School Worcester. For the first 10 minutes of the game we dictated the pace and showed our ability to keep possession. On the very few occasions the opposition had the ball they gave us a lesson of the speed we should aspire to play at. They were able to get to the ball faster and recycle before our defence was organised. With a final score of 55-15 the boys should be proud of getting to this stage and proving worthy adversaries to a team that then went on to get to the Semi Finals by beating their next opponents comfortably to nil.

In other competitions the boys beat Tettenhall College in a well contested 10 A-side fixture and our combined Yr11 and 12 boys had a tough introduction to senior rugby losing to St Edwards Liverpool on the first fixture of the season. We have a number of games arranged this half term and I am sure the students will be ready for the County Cup when the organisation is finalised. (RC)

2nd XV / U16s P3 W2 L1

We have had a successful start to the academic year. The year 11s have progressed through to the ¼ finals of the County Cup with a convincing win over Walsall Academy, which ended 24-0. There have been many excellent performances this year with some fantastic rugby on show. The back line really is starting to develop their attack and the forwards are showing great resilience in defence. The whole squad are coming together nicely. Congratulations to Noah Hulme, Jay Haydock and Thomas Gibson who have represented Staffordshire County this year. (GB)



U15's P7 W 4 L3

The Year 10 Rugby team have developed nicely throughout the year. We have again increased our squad size from 18 at the beginning of the Year to 20 regular Year 10 players. The team have also used 3 Year 9 players once again to boost competition and as a result the squad is in a great position. The team have reached the 3rd round of the National Bowl competition and are currently still in the County Cup, the semi-finals are due to be played in February. A number of players are involved in the DPP system, Namely James Christopherson, Louis Ruoffet, Oliver O'Neill and Tobe Okolow and recently a further 4 boys have been nominated for County trials.

This is a fantastic squad with great potential and we look forward to seeing how the team progress in the next term. A huge well done must directed towards George Perkins, Elliot Smith and Keith Leeping who have played a year up on a regular basis for the U15s and they have never looked out of place. They have made the U15s squad even stronger and provided some magical moments on the field. (GB)



U14's P6 W3 L3

U14 are in the process of development, with some boys stepping into new positions and acquitting themselves well.

With the move to 15 man rugby we have managed to put together a nicely balanced and agile back row, with George Perkins, Elliot Smith and Joe Merchant. We have greater options at half back, With Joe Simpson showing potential to really develop into a skilful and brave 10, and the centre pairing of Will Tweets and Keith Leeping looks like it has the potential to be very destructive.

Our offensive work has been focused on not being predictable and easy to read. But it is our defensive work ethic which has most improved. A Loss to Newcastle in which we scored some excellent tries but came off the pitch knowing just how much harder they had made us work for our tries than we made them work for their tries has been valuable and formative.

We have strengthened the set piece since a poor start to the season in the scrum and the line out is developing into a good attacking platform, both for mauling and quick ball. (AW)

U13's Rugby - P.8 W.2 L.6

The U13's have made good progress so far this season and continue to work hard to develop their skills and understanding of the game. At the county cup the boys performed well in phases, but unfortunately they weren't consistent enough throughout the tournament to challenge for the trophy. They finished second in the group and went in to the plate competition where they finished as runners-up. The team has shown better commitment to fixtures on a Saturday morning during the last month and as a result they achieved their first ever win on a Saturday, followed by another

in comprehensive style against Tettenhall College. This will inspire the boys to come back after Christmas raring to go and continue their good form. (DB)

Rugby Continued

U12's P16 W8 L8

The Yr7 boys have made a tremendous start to their rugby journey at St Joseph's College. In most games we have managed to field 2 separate teams of 13 players to try and encourage all of the boys to challenge themselves to represent the school. We have a few experienced club players this season and this has made a big difference to how quickly the boys can progress in particular those that are new to the game. We still have many matches to play including the Staffordshire tournament at Lichfield Rugby Club in April. (RS/RC)

Girls Hockey and Basketball

Both the Hockey and Basketball practices have been well attended so far this year, 40 girls so far have been training in preparation for their matches during the spring term. Their commitment has been fantastic and all students are excited to represent the school. (JC)

Boys Basketball

U14's have played one game in the city league at the moment, which was against St Margaret Ward. The boys played really well, but unfortunately lost 12-19 in a high tempo end to end game. They have got games against Blythe Bridge and Ormiston Horizon coming up in the next couple of weeks. (DB)

The U15 boys played in the city tournament just before Christmas. They were one of three teams that had won 4 out of their 5 games but finished 3rd by virtue of baskets scored. All the team played exceptionally well throughout the tournament showing a great work ethic and enthusiasm. (DB)

U16 – P1 W1 L0

The Yr11 basketball practices have been well attended and the boys are making excellent progress. In the City league the boys have played some excellent basketball beating St Thomas More 52-20. There are still lots of games to play in the league this year. (RC)

U19

The 6th form basketball club has been well attended and the students have improved their knowledge and understanding of the game. We are hoping to organise some fixtures during the Spring Term but the boys are helping out with the administration and coaching of the lower years as part of their enrichment. (RC)

Sportshall Athletics

Both the Year 7 and Year 8 Boys and Girls Indoor Athletics teams competed at Fenton Manor before Christmas. All teams were victorious and go through to represent the City at the County Competition later this term.

Y7 – The boys put in a dominant performance to win the sportshall athletics to become city champions. The twins Rick and Ricky were on fine form winning all but one of their events.

Y8 – The team were once again prolific at the sportshall athletics and became city champions for a second year running. Special mention goes to Pablo Sargiovannis-Martinez who performed outstandingly in all his events. (DB)



Girls Football

Y8 & 9

From the beginning the uptake in the amount of girls wanting to take part in the football training sessions and ultimately, the competition for places has been outstanding. Each week there are 15 girls training on a Friday evening. On competition days, it was difficult to whittle this number down to the 10 that are allowed to participate.

The girls are a talented bunch, some playing for teams outside of the school, some had attended the football sessions provided in the previous academic year and some were taking part in football merely to try out a new sport. The atmosphere between the girls was also great to see; the more experienced members coaching and encouraging the less experienced as well as taking leadership roles on to organise the team during a game. (TW)

Fenton Manor Competition

Our first competition was held at Fenton Manor. This was a competition we were all looking forward to, as it posed the opportunity to see how the girls fared in an actual competition set-up. As always the girls were impeccably behaved and had a great attitude towards winning and towards their opposition.

The tournament started well, winning our first 2 games in comfortable fashion to put us in a strong place within the group moving towards the latter stages of the competition. Unfortunately we drew the third game and narrowly lost the penultimate and final games, leaving us just outside a place in the next round. The girls were disappointed but they had shown themselves in a great light, and it was the first time some of the players had been to a competition, therefore it was great experience for some of these girls moving into the next competition.

Discovery Academy Competition

The second competition we attended was at the Discovery Academy, on the 3G pitches rather than indoors which the girls were notably pleased about. The girls were absolutely outstanding from start to finish during this tournament, all 10 girls took part with a great attitude and will to win and were encouraging to their peers as well as gracious in victory/defeat. During the 'group stage' of the tournament the girls won every game comfortably, scoring vast amounts of goals and conceding 0 goals themselves.

The girls were nervous going into the next rounds of the tournament as they would come up against tougher opposition. The nerves were undue; the girls triumphed in the quarter-finals and semi-finals, in convincing fashion in both games. This left the girls in the grand-final with the opportunity of going to play at regional level if they beat the finalists, whom were Discovery Academy themselves. For the first time in the tournament the girls conceded a goal early in the final. They found themselves trailing for the first time; however they responded brilliantly and snatched the equaliser just before half-time. The girls were on top all through the second half, hitting the post on a number of occasions, missing numerous chances but it was not meant to be. Penalties would decide the final. With penalties being the lottery that they are, the girls ultimately lost on the decisive penalty meaning we finished 2nd out of 10 teams.

An outstanding achievement as the girls had only played together for the second time. (TW)



Boys X-Country

Y7 – The boys put in two good runs at Haywood and Trentham which resulted in them finishing 1st overall in the city. A number of the runners from the team have been selected to represent the city at the county finals. A special mention needs to go to Dan Jones who won all the races convincingly to become the individual city champion.

Y8-9 – Gianni Loska was once again crown city champion after winning both of the races. This helped the team to also win the team competition again this year.

Y10-11 – The KS4 team could only finish 2nd in the city competition this year as they didn't have enough runners in the last race to count for the last race, which was very disappointing. However, the boys who did compete were fantastic especially Elliot Smith who was also city champion.

The x-country boys were also taken to the county schools event at Stafford and were really challenged in a very competitive event. There were some excellent individual performances but none better than Gianni Loska who won the county Y9 competition helping the team to second overall. (DB)

Girls X-Country

The girls competed in two City X- Country events in the first term. The first race took place at Haywood Academy and the second at Trentham High School. The girls performed exceptionally well in both races and consequently 14 of the girls have been selected to represent the city at the county x-country at Rodbaston on Saturday 2nd February. The following students have all qualified to represent Stoke City at the County Cross Country Championships:

U12's Lucy Donnelly, Diontei Saunders, Millie Dundas, Lucy Wain and Olivia Tipping.

U14's Ciara Barker, Jess Mellor, Isobel Plant, Roisin Selby, Megan David and Kirsty Lowe.

U16's Georgina Hull, Mya Carnall, Hollie Maddox, Slaine Deakes.

In particular, the Yr 7 girls were exceptional within their qualifying rounds, as Lucy Donnelly, Diontei Saunders and Millie Dundas all finished in the top 3, which is an astonishing achievement. (JC)

NETBALL

The netball season kicked off with a bang in September with an impressive amount of girls turning up for to train and trial for their teams.

With Y8,9,10,11,12 & 13 training on a Monday, Y7 training on a Tuesday and extra sessions for Y11,12&13 on a Wednesday afternoon.

During the autumn term the following games were played:

U19

The girls started with a strong performance against NULS, leading for most of the game and then narrowly missing out for the win by 6 goals. The girls went on to compete in the county qualifiers and were successful in their mission by coming 2nd and therefore proceeding to the next round of the regional competition.



U16

The U16s also started with a very strong performance in the city tournament, they were overall champions scoring over 100 goals and only conceding 2. The team went on to compete in the county tournament where they won all of their games to qualify for the regional tournament in January.



U14

The Year 9 netball team have had their three major tournaments over the Autumn term. Their first event was the City Netball Festival, which they dominated throughout and were Festival winners. This was a good warm up for the County tournament, which would prove to be a much sterner test.

The County tournament took place on a cold Saturday morning, the girls played well with great passion and determination. It soon became clear that it would be Newcastle Under Lyme and King Edwards that were our biggest opponents. After losing to Newcastle, qualifying for the Regionals rested on our final game against King Edwards. Unfortunately we lost by 2 goals finishing 3rd in the County. Despite not qualifying for Regionals, to finish 3rd is still an outstanding achievement.

The final event of the girl's season was the City Tournament; they again dominated throughout scoring a total of 81 goals and conceding only 5! This meant that they had regained the City Winners title! (S Shorey)



Netball Continued

U13

The U13 team have worked exceptionally hard, they have been undergoing training in their Games lesson on a Monday afternoon and then straight into an hour of extra-curricular training after school. The girls have shown an enormous amount of progress since the start, joining in at times with the U16 teams to stretch and challenge themselves. The girls became city champions earlier in the year by winning all games within the tournament.

U12

At the beginning of the year we were delighted to see so many young girls turning up for netball training after school. With some girls already playing outside of school, some who had played at primary and some who had never heard of netball. All the girls have worked extremely hard in their training to improve their skills and knowledge of the game. The A team went to NULS open day to showcase their skills and compared very well to a strong NULS team. The girls are passionate and enthusiastic and are looking forward to the friendly games organised for them this term.

Netball Outstanding Performers

Since September we have had quite a number of our girls selected for the various age group Staffordshire County Academies and Satellites, from Year 7 right up to Year 13. Seren Redmond from the U16 team has been successful with her trials for the Ireland international team and will be representing them in the European champions in Gibraltar this March. Hollie Maddox (Year 10) has been successful with Wasps netball club and Darlene Munyaneza (Year 9) and Thea Redmond (Year 8) have both been successful at Loughborough Lightning. (SS)

Netball Leaders

Three girls from Year 10 have been extremely helpful this year by helping out with the training for our enthusiastic Year 7 girls. Bethany Harding, Abigail Grocott and Georgina Hull have all stayed late each night to help plan and lead sessions for the girls. They were all chosen to attend the young netball umpire award course where they spent the day umpiring and developing their knowledge of the game.

Leah Nolan (Year 12) has also been an exceptional help this year. She has attended all of her own training sessions as well as staying behind for all training and fixtures for the other year groups. She has travelled away and even given up her time on the weekend to coach and officiate for the school.

We hope to see all girls continually striving to improve their skills and knowledge and become successful in all of the future competitions. (SS)

Swimming

The swim team was fantastic this year and we managed to enter a full squad in all ages for the West Midlands Swimming Qualification Round. The most notable achievers were the Inter Girls team of Jess Mellor, Isobel Plant, Eleanor Smith and Tinashe Zinyemba. They won both of their events against strong opposition. The girls just missed out on reaching the national finals in London, places are given based on national times and placings and the top 50 get to attend. Even though the girls won their region, their times were just short of qualification. However, they have an excellent chance of qualifying next year. (GB)

The Senior Girls team also had the same outcome, Yasmin Emery-Hyson, Tawana Zinyemba, Emily Oxley and Niamh Mcateer won both of their competitions but once again missed out on reaching the National Finals due to their times. All the teams involved in this competition performed excellently and were a real credit to the school. The boy's teams had some excellent performers; most notably Elliot Smith, Dom Smith, Max Spragg, Alex Smith and Nima Ozimi produced superbly for their teams but just couldn't manage to find that victory. (GB)

Badminton

KS3/4 boys – The boys played their first fixture against Trentham academy at the end of the term. The KS3 team that is mainly made up of Y7 and 8 boys won a close battle and the KS4 boys unfortunately lost missing key player Tom Gauvin due to injury.

KS3/4 girls – The KS3/4 girls game against Trentham was cancelled but will be replayed in the New Year. (DB)

Table Tennis

The U13, U16s and U19s teams have all taken part in the Staffordshire team County Championships this year. The U16 team was the most notable success managing to win the competition and progress to the regional Zone finals in January 2019. The team was made up of Christos Fantis (Yr 7), Lukas Clarke (Yr 10), Owen Haycock (Yr 11) and Harry Ward (Yr 11). Lukas and Christos were exceptional in their performance throughout the afternoon and many staff commented on their excellent skill set. The team beat Clayton Hall in a tense final, the two teams only being separated on point's difference – well done and good luck in the next round. (GB)

The U13 and U19 teams found the competition a challenge and although both teams failed to reach the Zone finals, they all played some excellent table tennis and enjoyed their afternoon. All 3 teams will be back in action in February when they compete in the Individual County Championships – good luck to them all. (GB)



GCSE PE TRIP – Rock Climbing

Once again we turned our attention to Rock climbing in order to support our GCSE student's practical assessment. 24 students attended a day's rock climbing course where not only would it help their practical marks but they would also gain a Level 1 Climbing Qualification. The student's attend the course at Peak Pursuits, an indoor climbing centre in the heart of Cheshire. All students' passed the course and scored excellently for their GCSE Rock Climbing grade. Most notably was Drew Lowe who managed to access the highest banding at GCSE. This was certainly a worthwhile experience as student's tested themselves and their growth mind-set throughout the day. Friendships were also formed and others strengthened as a result of this experience and we look forward to taking another group next year. Hannah, who was our instructor, mentioned that our student's really were something special and she hoped to work with them again in the future.

The students were always focused and pushed themselves throughout the day, always looking for that next challenging climb. (GB)



Leicester Tigers Rugby Trip

On Friday 16th November the U15s rugby team set off to watch Leicester Tigers RUFC compete in the Premiership Cup against Sale Sharks RUFC. This was a fantastic opportunity and experience for many students and it was a great way to build relationship within the team.

The team set off from St Joseph's College at 3pm and made the trip to Leicester to take part in a coaching session. After the session the students made their way to Welford Road to watch the 1st team in action. The game was fantastic with some excellent rugby on show. A number of our students and staff were supporting Sale and others supporting Leicester, and so it made the atmosphere within the group very competitive. The only negative aspect of the trip was the fact that Leicester made a mistake with the timings and so the students missed out on their training session. However, Leicester were very kind and invited the students back for a training session and to watch a European match in January 2019 free of charge. The students are looking forward to the day and to see some great rugby on show again. (GB)



Fitness Suit Attendance

The fitness suit has been used thoroughly this term, Year 9 - 13 students have been using the fitness suit on a regular basis. Many students use the fitness suit for a variety of reasons, such as weight loss, increasing weight, building self-esteem and confidence. Well done and keep up the great work. (GB)

GCSE Revision Sessions

GCSE PE revision sessions have been active since the start of the new academic year. Students have responded positively and attend on a weekly basis. This is a great opportunity for our students to build more confidence and prepare themselves appropriately for the summer exams. Keep up the great work. (GB)

Extra-Curricular PE

The department prides itself on the number of opportunities they are able to provide for the students at St Joseph's College. The extensive extra-curricular provision always aims to provide students with a broad and balanced timetable in order to develop lifelong participation and to enhance the love of physical activity and to increase health.