



# PE Newsletter

ISSUE 2 | 2023-24  
October 2023

## PE STUDENT OF THE FORTNIGHT

For outstanding attitude & application in PE!

Year 7: Harry S

Year 10: Charlie P

Year 8: Oliver M

Year 11: Summer B

Year 9: Madeleine P



Year 8 Netball before their home game against Cromwell.



Year 8 and Year 10 Football Teams

## SPARE KIT?

Do you have PE kit, trainers or football boots in a good condition going to waste at home as your children have outgrown them? Donations will be gratefully received at reception!

**Ely Tigers Rugby** coaching sessions, led by the club's Youth Chair James Balderson and supported by Mr Staley & Mrs Cameron, have been taking place every Monday after school. We encourage players of all abilities - boys and girls - to come along and give it a go.



**ANY QUESTIONS? GET IN TOUCH!**

Mr O. Hughes (Head of PE) - [ohughes@vista.tela.org.uk](mailto:ohughes@vista.tela.org.uk)



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## AUTUMN 2 CURRICULAR PE

Practical lessons after October half term:

Year 7 PE 1	Year 7 PE 2	Year 8 PE 1	Year 8 PE 2	Year 9 PE 1	Year 9 PE 2	Year 10/11 PE 1	Year 10/11 PE 2
Rugby	Fitness	Rugby	Gym (8A) Fitness (8B)	Rugby	Fitness (9A) Gym (9B)	World Sport	World Sport
Field	Sports Hall	Field	Sports Hall	Field	Sports Hall	MUGA/Field	MUGA/Field

\* Boots and a mouth guard are required items of kit for rugby. Details of this were sent home recently. Mouth guards are available to purchase via ParentPay for the discounted price of £1.50. Once purchased, students can collect mouth guards from the PE Office.

\*\* To comply with health and safety guidelines in gymnastics, students work in bare feet. If there is a medical reason for this not being possible, students must come in with a pair of gymnastic grip socks.

\*\*\* Year 11 students need to consult their exam timetables & bring in PE kit where exams do not clash with PE lessons.



**WILL B** of Year 7 is the current Eastern Area Champion for his weight group in Judo! He will be aiming to defend this title on 22nd October and we wish him all the best for this contest. Will is also attending the Minor Championships in London this coming weekend. He regularly trains with the talent squad in Bishops Stortford, and outside of judo, Will is somewhat of a daredevil! He is pictured here conquering the big jumps at Phoenix Cycleworks Bike Park in Kentford!

## Year 11 Sports Leaders

Congratulations to the 30 OCR Cambridge Nationals Sports Studies students in Year 11 who planned and delivered active and engaging practical sessions to KS3 classes as part of their controlled assessment last week. We observed some fantastic leadership and the Year 7-9 students who took part in the sessions provided lots of positive feedback. Well done all.

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