



PE Newsletter



Queen Mary's High School

Spring 2018

8th Edition



Competitions Galore, Fundraising & A Trophy Cabinet Bursting At The Seams

How time has flown by over the last few months! I sit here writing my termly introduction with a very content baby sleeping next to me. As you may already be aware, I gave birth to my son Xander, better known as Seb by the Year 9 Netball team, in February. He clearly wanted more time to grow and prepare for a lifetime of sport, as he arrived two weeks after his due date. I was most thankful for this as it did give me an opportunity to go along to coach and watch the U14 netball team at the West Midlands Regional Netball tournament, on Sunday 28th January. I must say that the girls played superbly, even against the toughest of teams. To be ranked one of the top teams in the Midlands is amazing! I couldn't have asked for a better group of girls to have coached when heavily pregnant and look forward to the team progressing in this competition over the next few years.

As I adapt to motherhood, Miss Butlin has taken on my role as Head of PE and has been busy organising a wide range of competitions, delivering training, arranging fundraising events for Sport Relief and coordinating the house dance competition. Sport continues to play an important role in the life of our students and I would like to thank the PE staff for all their efforts in allowing our students to have the sporting opportunities that they clearly deserve.

I must admit it has been difficult to stay away from school, especially with all the current successes that students have had in netball, cricket and athletics but I am supporting from a distance and get daily updates about how students are progressing.

That leaves to me to say, keep up the good work and I look forward to my return. Just be mindful that I may be lacking in sleep!

Mrs Turner

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Acting Head of PE's Overview

Well this term has definitely been action packed and full of competitions. I can't quite believe where the time has gone.

Firstly, I'd like to say big congratulations to Mrs Turner on the birth of her beautiful baby boy Xander Turner. He is gorgeous and has already attended his first Wasps Netball game at the age of 4 weeks. I expected nothing less though. Everyone at QM are looking forward to a visit from Mrs Turner and baby Xander in the near future.

Pupils from Year 7 to Year 13 having been training exceptionally hard to achieve success in the following competitions; Walsall Netball tournaments (for Year 7 to Senior netball team), the Walsall Football league (Year 7 to Year 9), the U15 Walsall Futsal competition, the U13 & U15 Lady Taverners indoor cricket competitions, the Year 9 Indoor sports hall athletics qualifier and finally the Year 9 Black Country School Games indoor athletics final. All pupils that have represented the school should feel very proud of themselves and the success they have achieved. Well done girls!

The PE Department also managed to organise events to raise money for Sport Relief 2018, from 19th to 23rd March. Pupils were sponsored to complete one or more of five challenges organised. Each pupil that completed a challenge was put into a prize draw to win a sport related prize. The department would like to say a huge thank you to all the companies that supported the event and donated a raffle prize. Congratulations to all pupils who took part in the challenges and subsequently won a prize!

I am excited to announce that one of our netball courts was resurfaced over the February half term. The courts look great and are definitely very colourful. The new surface will certainly benefit our netball and cricket teams at training and when playing external fixtures. We cannot wait to put them into action over the summer term.

With Term 3 fast approaching, I am hoping for an improvement in the weather. Hopefully the sun will shine and we can look forward to lots of sport including a competitive house cricket competition, an entertaining Sports Day and a successful Walsall Schools Athletics competition.

The PE Department also look forward to taking Year 7 to Whitemoor Lakes Activity Centre in July. The trip has been a great experience for all pupils in the past and I'm sure this year will be no different.

Have an enjoyable Easter break!

Miss Butlin

Acting Head of PE



Fixtures News

Year 8 Walsall Netball Tournament

On Wednesday the 21st of March, the Year 8 netball team played at the Walsall Netball Tournament. We finished 3rd overall and I think that all the team should be proud as we played very well and showed great sportsmanship throughout the tournament.

Our first game was against Aldridge. This was our first match against another school in a few months, so we were all excited but also slightly nervous. Unfortunately, we lost this game 6-1, however, this only resulted to motivate us as we went on to play exceptionally.

Our next game was against Pool Hayes and we won 8-0! We then played against Shire Oak and won again, 3-1. Our final game was against Walsall Academy and we won 4-1!

Although we didn't win every game we should all be proud of how we played and conducted ourselves. I am very proud of the girls and I can't wait to see what lies in store next year!

Hannah Roche

Year 8 Netball Captain



We went down 2:0 to begin with and the title was slipping out of sight. However once again, we turned this around using the skills, techniques and team work that have driven our success this year. We beat Aldridge 7:2 making us tournament champions once again!!

This really was the icing on the cake for our team's most successful year to date, a team of which I am so proud to be captain. A massive well done to all of the first family players on a brilliant year!!

Year 9 Walsall Netball Tournament

Having had an extremely successful year in netball, the Year 9 first family were looking to go out on a high in our final tournament of this year.

Our first match was against our main competitor, Streetly Academy. We didn't start well, conceding a goal first, however, we showed determination and put our skill to work and turned this around to win 2:1!!

Feeling confident we went into our second match against Paul Hayes, a team we haven't played before. We demonstrated great technique and team work and won comfortably 11:1.

Our final match of this heat was against Walsall Academy. We needed to win this to top our group and go through to the final. Again, we proved ourselves worthy contenders for the title and won 12:0! This meant we were through to the final against Aldridge School. Having played them before we knew that this could be a tough match and a difficult team to beat.

Poppy Deakin

Year 9 Netball Captain

Senior 1st VII Netball Tournament

On the 8th March 2018, the senior netball team took part in the Walsall schools netball tournament. Despite the rain and freezing cold weather, we still managed to work together as a team.

Our first game was against Aldridge. They have always been one of our toughest competitors, but we communicated really well and as a team, we managed to score three goals in comparison to their 10. Although we lost by 7 goals, this was our first match and it allowed us to prepare for the other 5 games we were about to play.

Our second game was against St. Francis. Prior to this, we hadn't played many games against them so we weren't aware of their strengths and weaknesses. Despite this we still managed to work as a team and win our match, scoring 6 goals to their 5.

Our third game was against Streetly Academy. Just like Aldridge, Streetly has been one of our toughest rivals. Despite the hard work and determination of the team, we did lose 12 goals to 1. Although this was a huge goal difference, we weren't too disappointed as we knew how good they were.

Our fourth game was against Brownhills. Throughout this match the goals were really tight, however, we managed to pull it back in the last few minutes of the game, and we walked away having scored 7 goals to their 5.

Our fifth game was against Pool Hayes. It took a long time for the first goal to be scored, but after a while we scored and the game ended with us winning 3-2.

Finally, we played Walsall Academy. By this point, the weather had taken a turn for the worst, but everyone still carried on despite the weather. The game ended 5-0 to Walsall Academy. This was our first tournament together and to win half of our games was a huge success for us and we hope to continue this team spirit next year.

Aliya Levene

Senior 1st VII Netball Captain

Year 7 Football

Although we haven't been successful in all of our matches, I can see that we've improved a lot from last term and that we have been utilising those skills in games so that we are victorious. I think that as a team we are very strong and now that we know what positions we work well in, we are better than we used to be.

I hope that we continue to progress and strengthen our weaknesses to bring out our potential and make us the best team that we can be.

Hannah Ahmed

Year 7 Football Captain

Year 8 Football

This term we have continued to play football and we have improved so much. Everyone enjoys training and enjoys taking part in tournaments. Recently we have taken part in an indoor tournament and it was very successful. Everyone on the Year 8 team work incredibly hard to win matches and to improve as a whole. In my opinion, everyone has improved from the start of Year 8. Someone who has worked exceptionally hard is Amani. She is a brilliant goalkeeper and has saved many powerful shots. However, everyone has played really well this term.

Shaan Ghuman

Year 8 Football Captain

Year 9 Football

This season for the Year 9 football team has been incredible. All girls have stayed committed and played phenomenally throughout. As a team we have made tremendous progress, and this has shown in our results. Each member of the team has improved in game play and has played a huge part on the team. The games have been challenging and fun to play. The hours of hard-work at training that the girls have put in have helped us to develop on the weak areas of our play and certainly aided us when it came to games. Although not many games were won, our defence has developed and influenced the amount of goals conceded. It may have been a bumpy road, but nevertheless, a great season for the girls.

Simran Aujla
Year 9 Football Captain

U14 Football

On Wednesday 28th February 2018, QMHS were lucky enough to participate in a U14's futsal tournament held in Walsall.

Our first match was against Streetly Academy. The team battled hard, however, we lost 4-1, with Leisha scoring the goal for QM. The team played well, however, most of the players heads automatically went down as we conceded a few goals.

Then our next match of the competition was against West Walsall E-ACT Academy, which we unfortunately lost 5-0 but Gaby showed great determination in goal, as one of our youngest players on the team.

The next match we played was against Shire Oak. This game was our hardest because this was one of our strongest competitors. The team cooperated really well with Simran changing the team around to suit us best, however, despite these efforts we lost 6-0.

The final game we played was against Walsall Academy which was where the team showed great teamwork, tracking back all their players they were marking. We lost this match 3-1 with Leisha scoring a cracking goal close to the half way line.

Overall, the team played very well. Shaan showed great leadership skills and Amani in defence. As goal keeper Simran played amazing saving most shots that went to her.

Leisha Mistry

U14 Football Team



Indoor Athletics

Walsall Indoor Athletics Competition

On the 6th of March, the Year 9 indoor athletics team, which consisted of Lauren Cooper, Becky Cox, Poppy Deakin, Eliza Guest, Yasmin Nachif and Lizzie Poland, participated in the Walsall schools sports hall meet held at West Walsall Academy.

With a high reputation to withhold, with most of the previous year's winning the competition, we were eager to begin and compete with the hope to win.

The events consisted of standing triple and long jump, shot put, 1 lap sprint, 1 lap hurdle sprint, 2 x 1 sprint, 2 x 1 hurdle sprint, 2 x 2 lap relay, 4 x 1 lap relay, 4 lap sprint and 6 lap Paarlauf.

There were a multitude of success across the track and field events that were on offer to participate in and overall, we came 1st with 100 points; followed by West Walsall with 74 points. Along with being first overall, there were numerous first place finishes by our competitors. We had successes with Lizzie Poland in the 4 laps, Becky Cox in the 1 lap sprint, Yasmin and Lizzie in the 2 x2 relay, the quartet of Eliza, Poppy, Yasmin and Becky in the 4 x 1, Yasmin and Eliza in the 2 x 1 relay, Lizzie and Poppy in the paarlauf, Becky in the shot put and Yasmin in the standing triple jump.

Overall, it was a very enjoyable competition with lots of athletics prowess on show and we look forward to the up and coming next round.

Elizabeth Guest

Year 9 Indoor Athletics Captain



Black Country School Games Indoor Athletics Final



As we all boarded the minibus we were nervous and excited for the day ahead. When we arrived we went into the sports hall and started warming up, practicing change overs and getting to grips with the events we were going to be doing. As we were warming up, the day started with a bang as the fire alarm went off.

After we came back in, the introductions were done and the events started. We started on the track events with the 4x1 hurdles relay, which Lauren Cooper, Poppy Deakin, Eliza Guest and I competed in. We were off to a good start and felt happy with our performance in the first heat of the first race. The next races were the individual 1 lap sprint, the 2x2 lap relay which was expertly ran by Yasmin Nachif and Lizzie Poland and the 4-lap individual, which caused some

confusion in the first heat as no one was truly sure how many laps they ran. The track events were speeding by and as a team we were having fun cheering each other on and cheering for another school, which was part of an inside joke from a previous cricket competition, go Green Grove!

Next were the 2 lap individuals and the 6 lap paarlauf, in which 2 competitors Lizzie and myself ran 6 laps between ourselves. We ran 2,2,1,1 alternating numbers so we each ran the same amount and were able to have a rest in-between laps.

After the track events were completed we moved onto field events: shot put, speed bounce, vertical jump, standing long jump and standing triple jump. Lizzie and I competed in shot put, Poppy and Yasmin competed in speed bounce, Lizzie and Eliza in vertical jump, Eliza and Poppy in long jump and Yazmin and Lauren in triple jump.

After we finished our field events we went back over to the track to watch the end of the boy's field events and got ready to compete in the 4x1 relay. Eliza, Lauren, Yazmin and Poppy did an amazing job and just like that the events were all completed.

As we all sat down to hear the results we had no idea where we had place and were expecting 6th or 5th. 7th was called then 6th and then 5th and we still hadn't heard our school. 4th was called and still no placing. We were all excited at the fact we had placed high enough to earn medals and didn't care what colour they were. We all sat patiently waiting for 3rd place to be announced. Even when QM was announced as 3rd place we couldn't believe we were bronze medalists. It was the perfect end to a great competition.

Becky Cox

Year 9 Indoor Athletics Team

Other Sporting News

Sport Relief Challenge Week 2018

On the week commencing on the 19th of March 2018, the Queen Mary's High School PE Department were proud to announce the beginning of a week full of fun and challenging daily Sport Relief activities which were to be completed in order to raise a money and awareness to the noble cause. Over 5 days there was a selection of 5 challenges for students to complete and for each of those which were completed the students name would be entered into a raffle, with the chances of winning one of many sports-related prizes. The raffle posed as both a form of reward and motivation for those completing the challenges over the course over the week, inside the beautifully decorated school gym which featured the easily recognizable white and red combination of colours that is easily associated with Sport Relief itself.

The challenges which were completed during the week were as follows:

19.3.18 - Cross trainer challenge - The exciting week was kicked off on Monday with the challenge of travelling 1 kilometre on the cross trainer, a both fun and fulfilling activity which many enjoyed taking part in.

20.3.18 - Rower challenge - The second challenge of the week, which was equally as intense and rewarding as the first, was the Rower challenge which was to row 1 kilometre on the rowing machine as fast as you possibly can!

21.3.18 - Treadmill challenge - The third challenge which was to be completed on Wednesday was the demanding Treadmill challenge which, like the others, was to run 1 kilometre on the treadmill in as little time as possible.

22.3.18 - Bike challenge - The penultimate challenge out of the 5 was the enjoyable Bike challenge which once again was to try and travel 1 kilometre on one of the many exercise bike available in our school gym.

23.3.18 - Squat challenge - The final challenge, which was to be completed on Friday, was slightly

different to the others and rather than being challenging in terms of the stamina needed to complete it, alternatively, challenged the muscular endurance of those who completed it. The challenge itself was to complete 100 squats consecutively, a hefty challenge indeed!

Throughout the eventful week, I completed the first 3 out of the 5 challenges which were the Cross Trainer, Rower and Treadmill challenges. I can honestly say were very fun, rewarding and provided an excellent opportunity for those completing the challenges to socialise, enjoy themselves and complete their daily exercise in order to stay fit and healthy!

On behalf on both the QMHS PE Department, those who completed the challenges and the entire school itself, I would like to thank the following for generously donating both time and resources as prizes for the raffle. Companies and facilities have offered the following wonderful prizes:

- 1 activity session voucher for up to 12 people kindly donated by Whitemoor Lakes
- One month all inclusive membership for one person kindly donated by West Bromwich Leisure Centre
- Two x 1 hour free jump voucher kindly donated by Jump Xtreme trampoline Park
- Two x 1 family swim voucher kindly donated by West Bromwich Leisure Centre
- Two x 1 hour court hire for badminton courts kindly donated by West Bromwich Leisure Centre
- Tobogganing session for 2 people kindly donated by the Snow Dome
- Private 45 minute dance lesson for 1 or 2 people kindly donated by Zig Zag Dance School
- Golf vouchers kindly donated by Calderfields Golf Club
- Free one week leisure club membership kindly donated by Village Gym Walsall

Congratulations to Grace in Year 7 for taking part in the week of challenges and winning first prize on the raffle.



Extra-curricular PE

Spring Term 1 2018 Timetable

Please note that cricket fixtures and inter-house competitions will be taking place next half term and, as a result, PE clubs will occasionally need to be cancelled or rearranged. Check our department Twitter page, @QMHSPE, to keep updated with our fixtures and club cancellations.

The following clubs will be taking place from the week beginning Monday 16th April:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8- 8.30am	FITNESS SUITE BADMINTON	FITNESS SUITE TABLE TENNIS	FITNESS SUITE BADMINTON	FITNESS SUITE TABLE TENNIS	FITNESS SUITE BADMINTON
Lunch 12.45- 1.25pm	FITNESS SUITE CRICKET CLUB (ALL YEARS)	FITNESS SUITE QMHS HIGH JUMP COMPETITION	FITNESS SUITE QMHS HIGH JUMP COMPETITION	FITNESS SUITE ATHLETICS CLUB (ALL YEARS)	FITNESS SUITE QMHS HIGH JUMP COMPETITION
After School 4- 5.15pm	CRICKET CLUB YR 7&8 ATHLETICS CLUB YR 9-13	CRICKET CLUB YR 9-13 ATHLETICS CLUB YR 7&8	SOCIAL ROUNDERS/ STOOLBALL CLUB	BENCHBALL CLUB FITNESS SUITE CRICKET FIXTURES	

Inter-house Competitions

House Dance 2018

House Dance 2018 has seen our four houses show their appreciation of travel and cultural dance with their interpretation of the chosen theme, “Come Fly With Me”. After weeks of preparation and training, the house dance performers showcased their talents to parents at the Evening of the Arts event on Monday 26th March. We were delighted to be able to again showcase several our arts subjects, with the art studio displaying students’ work, soloists from music department, stories read from our school Storytellers and our Poetry by Heart team performing poems that they had recently rehearsed. It was a delight to see how gifted our students are both academically and within creative subjects. The evening was a resounding success and enabled the dancers to have a final run through of their routines before the judges see their performances.

The house dancers are now looking forward to performing the dances four more times for the final competition on the last day of term (which is today 29th March). Keep your eyes peeled as the results will be tweeted and emailed at 3.35 pm on the 29th March 2018.

Summer Term Competitions

Date:	Sport:	Year:
Tuesday 24th April	High Jump	10
Wednesday 25th April	High Jump	9
Friday 27th April	High Jump	8
Tuesday 1st May	High Jump	7
Tuesday 19th June	Sports Day	7, 8, 9 & 10
Thursday 28th June	Reserve Sports Day	7, 8, 9 & 10
TBC	House Cricket Competitions	7, 8, 9 & 10