



DHFS EXTRA-CURRICULAR SPORTS NEWS

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Physical Education

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Inside this issue:

Individual successes	2/3
Inter-house basketball results	2
Derbyshire Schools' cross country, Moorways	3
'This Girl Can' with athlete mentors	3
KS3 high fliers and triers this term	4
Even more success stories!	4
Dates for your diary	4

Successful DHFS annual ski trip: January 2017

On Saturday 14th January, 2017, thirty-five DHFS students, and four PE staff, set off on their annual journey to Folgardia, Italy, to experience a fantastic week of skiing.

After a long journey, the coach carrying the DHFS group arrived at the busy Hotel Annamaria and they quickly settled down to their evening meal. On the first day, the group were awake bright and early to sort out their ski boots and hire equipment which they were to look after for the whole week. During the first day's skiing, the group were split into beginners, intermediate and advanced skiers to cater for their differing abilities, as some had been before and for some it was their first experience of skiing.

Each day the group were met by their instructors and they were challenged by the various slopes on the resort. Around mid-week, the ski instructors set up a slalom race in which the students had to complete the course with good technique in the fastest time. Special shout out goes to the top skiers in each group during this course - James Weightman, Josh Burlin and Sam Pinder! The evening entertainment consisted of various general knowledge, geography, music, sport and brainteaser quizzes

created by the PE staff. Winners of the quiz received prizes and a trip to the local pizzeria and ice cream parlour - which they enjoyed! Just Dance was also a popular evening activity, which allowed the students to show off their dance moves, leadership and choreography skills!

The PE staff were proud of the DHFS students who behaved impeccably and were exceptional in their attitude and organisation throughout the week. The majority of the students progressed and the ski trip 2017 was that popular that during the way home the students were already discussing their plans for next year's trip!



Y9 boys' football team reached last 16 of National Cup!

Congratulations to Ryan Evans, James Denton, Jay Nicholson, Luke Copley-Dunn, Cameron Millward, Tom Spencer, Joe White, James Taylor, Yusuf Izhac, Josh Morley, Matt Leggitt, Josh Booth-Sell, Will Timms, Dan Brown, Gabriel Gisborne and Mr Hibbert for contributing to the Y9 boys' football team reaching the last 16 of the National cup. This is an amazing achievement considering that over 600 teams enter the cup in the first round! Captain Joe White and James

Taylor said: "After coming from behind in all but two games, we hoped that our winning ways would continue past the last 16. Team spirit is great and we think that this has helped to secure this fantastic cup run. Every player has given their best in all games." Although the boys gave their all in the match, the boys unfortunately lost to Wickersley.

However, they are determined to go even further next season!



Year 8/9 Inter-house Basketball Results: 9th February 2017

As the end of term 3 approached, the next inter-house competition leapt upon us. The Year 8 and 9 Basketball competition, which this year ran from the 7-9th February, 2017, is one of the most highly sought results for the House teams.

Day One: The first day saw a fantastic turn out for the opening three games; all highly competitive and eagerly cheered on by the rest of the squads. Gosforth and Buxton started strongly and were undefeated after day one.

Day Two: On Wednesday, even larger numbers attended and this increased the standard as well as the noise levels!! Fanshawe started to dominate with some excellent results.

Day Three: On day three, the final group games left a very close battle for 5th place between Baggaley and Spaven, who couldn't be separated, so it

had to come down to the toss of a coin. This meant that the 5th place play-off was between Millican (after their first win) and Baggaley.

3rd place play-off was between Spaven and Buxton, and the final between the rivals, Fanshawe and Gosforth! Both play-off games ended in draws which led onto the final being played on the full basketball court. This gave Fanshawe, and their team of stronger basketball players, the advantage. It was a tense first few minutes, with Fanshawe dominating possession but unable to get the ball in the basket. Gosforth then charged down the court, with Luke Copley-Dunn bulldozing his way through to set up the opening points. After another few evenly contested minutes, Gosforth became the Basketball inter-house champions for the term!

Well done to all who took part, and look out for the next competitions for Y8 & Y9 again; football and gymnastics.



Cross country success for dedicated runners Josh and Sam

Josh Wragg and Sam Gilson (Y8) ran in a gruelling cross country race on Saturday 17th December 2016 at Graves Park, Sheffield. Josh won the race completing the 3km course in 10mins 55secs and Sam came third completing it in 11mins 01sec. Both boys train with Rotherham Harriers and this was their first success and podium finish. Well done boys!



Isaac Rushworth aiming high

Congratulations to Y10 GCSE PE student Isaac Rushworth who won a silver medal at the Northern Athletics Indoor Championships recently which for the bottom year of the U17 age group was a brilliant achievement. Isaac hopes to take part in the Youth Games in Sweden at the end of June 2017 where he will still be classed as an U16 and this would be a wonderful opportunity for him. Well done Isaac and good luck!

Scuba diver completes training course

Year 11 student Brenton Rodgers has completed a two-day course to progress his scuba diving. The first day required him to complete skills and drills associated with CPR, towing, and finding a missing diver in the water. The second day included scenarios which allowed Brenton to put

everything he had learned into practice. To progress further in his diving Brenton needs to complete some more training which will allow him to become a Master Scuba Diver then, when he reaches 18 he can become a Divemaster. Well done and good luck Brenton!



Promising athlete Eniola

Eniola Ajagbe (Y8) runs for Sheffield Hallamshire harriers and since starting last year she has made a fantastic improvement.

She has now moved up to the U15-U13 age group and although on the younger end of the scale is already competing at a high level with the older girls. She has recently been running personal bests in most of her indoor competitions. She managed to get to the indoor North of England Athletics championships semi-finals in both the 60m and 200m on the 5th February 2017.

On 25th February 2017, she made her debut on the national stage at the England Athletics indoor championships in the 60m at the EIS in Sheffield!



Hard work pays off for Emma & Isobel

In December, Emma Shipley (Y7) was successful for the South Yorkshire cross country league; she gained silver for the U13 girls' championship, the silver for the U13 girls' league and a team gold with two other Hallamshire Harriers team mates. It was a tough course and very windy, plus it was her first year at this age group. Also, both Emma and Isobel have qualified for the British Modern Schools Biathlon Championships in March at Crystal Palace. Emma is ranked equal second in her age group in the country. Emma also recently won silver in the 800m U13 Northern Indoor Championships. She is now ranked first in her age group in the UK for the 800m event. Some inspirational performances and great achievements. Well done!



Busy indoor season for Gabriel

Gabriel ran and won a 1000m indoor race recently and one of his coaches has advised:

"although we can't be 100% certain...we believe his run of 2.43.48 to be the fastest indoor 1000m All-Time for an U15 boy".

Gabriel had a busy month recently, he had an 800m and high jump competition which was the prelude to the Northern Indoor Championships. He then competed at the English open championships, doing both events. The best competitors from Scotland, Wales and of course England were allowed to enter so it was a great competition for him! He finished as 800m champion running a very steady and organised race and crossing the line first by a fair margin. Congratulations Gabriel and well-deserved!

Derbyshire schools' cross country finals: Moorways, Derby

The Derbyshire Schools' Cross Country Finals were held at Moorways Stadium, Derby on Saturday the 21st of January, 2017. DHFS had 29 students qualify for this round - an excellent achievement. The students and their parents braved a chilly morning to attend a good-looking cross country route around the stadium grounds. Some of the names mentioned have now qualified for the national competition in March: **Dan Brown** (Year 9): Ran an excellent race and won his age group.

Emma Shipley (Year 7): Battled against her NED rival to finish in second place.

Reece Allen (Year 11): Came 5th in a very strong field of inter and senior boys.

Also finishing in the top 10 in their age groups: **Amy Allcard**: 8th place in the Year 7 girls race.

Tom Spencer: 9th place in the junior boys.

It was a wonderful achievement for all of our students to perform so well and represent North East Derbyshire in such a competitive and respectful manner.



'This Girl Can' with Sky Sports athlete mentors: Feb 2017

On Friday 10th February, 2017, two Sky Sports 'Living for Sport' athlete mentors came into school to talk to some of our Year 7 footballers about how to increase their chances of success, both in school, and on the football pitch. Anna Fitzpatrick, a tennis star, and Racheal Mackenzie, a former boxing champion, delivered the 6 key steps to success through theory and practical sessions. Our students were in awe of the stories they told and gave it their all in the practical tasks.

This session links really well with the 'This Girl Can' project that we focus on in school, trying to make our students believe that with hard work and a positive mind set they can achieve whatever they want in life.

We hope that the students really enjoyed this experience and look forward to applying the skills that they have learned today throughout the rest of their lives.



Dates for your diary...

- ◆ **Extra-curricular summer timetable** starts after Easter. Decide which clubs you want to attend - find the timetable on DHFS website or outside both PE offices.
- ◆ To purchase a **'DHFS Sports Team'** top please return your reply slip and pay on ParentPay by Friday 17th March.
- ◆ **Barcelona football tour:** Sunday 9th April - Thursday 13th April 2017.
- ◆ **Y8 adventure week:** Monday 26th and Tuesday 27th June 2017.
- ◆ **DHFS Race for Life:** Friday 9th June 2017
- ◆ **Mums v Daughters rounders:** Thursday 23rd June 2017
- ◆ **Sports day at the EIS:** Monday 3rd July 2017
- ◆ **Sports presentation evening at the Double Tree Hilton Hotel:** date to be confirmed.

Our high fliers and triers from KS3 lessons!

Lilly Malliner-Austin	Katrina Schwalowsky-Monks
Maayan Birtles	Jodie Depellette
Aimee Hodder	Jessica Hayman
Mya Smith	Autumn Wilde
Kelsey Thompson	Lauren Holmes
Emily Register	Lola Hill
Amelia Lee	Daisy Knox
Lani Kettley	Beth Messer
Gabby Talbot	Olivia Hayes
Jessica Allen	Olivia Smart
Imogen Pitt	Imogen Plummer
Eniola Ajagbe	Leanne Nicholson
Mollie Hardwick	Tilly Martin
Finley Davy	Baylie Garfitt-Clark
Kieran Blanksby	Niks Seps
Henry Cooke	Jasper Hill
Ethan Wilkinson	Tom Stowe
Ben Jones	Josh Wragg
Emma Oldfield	Caitlin Froom
Amelia Hill	Chloe Bird
Eve Pilcher	Daisy Collins
Emma Stead	Talia Havenhand
Darcey Rawson	Serena Parrinello
Oliver Lilleman	Lucas Milnes
Billy Clayton	Jack Cheetham
Oliver Edwards	Declan Birch
Adam Bagnall	Marcus Furniss
Will Sanders	Lewis Henshaw
Junayd Burgess	Brendan Collins

And there are more success stories!

November 2016: Y11 basketball team beat Frederick Gent 54-39 to reach second round of cup.

Y9 footballers won 4-3 in last minute v Penistone School.

December 2016: Y8 basketball team finished second in rural and NED tournament.

Emma & Isobel Shipley both qualified for British Schools' Mod Pentathlon Champs 2017.

DHFS swim team were overall champions at the Derbyshire swimming gala.

Y9 football team reach last 16 beating Meadowhead 4-3.

Josh Wragg and Sam Gilson finish first and third in Sheffield cross country race.

January 2017: U13 girls' football team reach semi-final of East Midlands EFL cup.

DHFS cross country runners braved the weather at the annual NED championships at Mount St. Mary's School.

Annual DHFS ski trip set off for a week in Folgarida, Italy.

29 DHFS students represent NED at Derbyshire cross country finals at Moorways, Derby.

Y8 boys' basketball team beat QEGS 42-21 in the county cup.

Hallamshire Harriers 2017 Northern cross country team U13 Gold (congratulations to Emma Shipley as a member of this team).

February 2017: KS3 mixed indoor rowing team crowned NED champions at annual indoor rowing championships at Queen's Park Leisure Centre.

Gosforth house win Y8/9 inter-house basketball competition.

