



# DHFS EXTRA-CURRICULAR SPORTS NEWS

Easter 2018

Issue No. 7

Physical Education

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## DHFS Ski Trip - a fantastic week of skiing, January 2018

Early one Saturday morning on the 13th January 2018, a group of 32 students set off on the school's annual ski trip to Italy. The group was made up of students from Year 7 to Year 12, and included a range of skiing abilities.

During the day, all students received 4 hours skiing tuition from our very enthusiastic Italian instructors, and as the week went on it was great to see all of the groups tackling more challenging slopes; our intermediate and advanced group even attempted the 'Little Grizzly' (a truly terrifying black slope). Watch the video to see how well everyone did!

During the evening there was a variety of entertainment including, quiz nights, a trip to the local pool and games arcade, and lots of card games between staff and students. Throughout the trip it was

fantastic to see how well students mixed between year groups and how caring the students were with each other. There was a real team spirit!

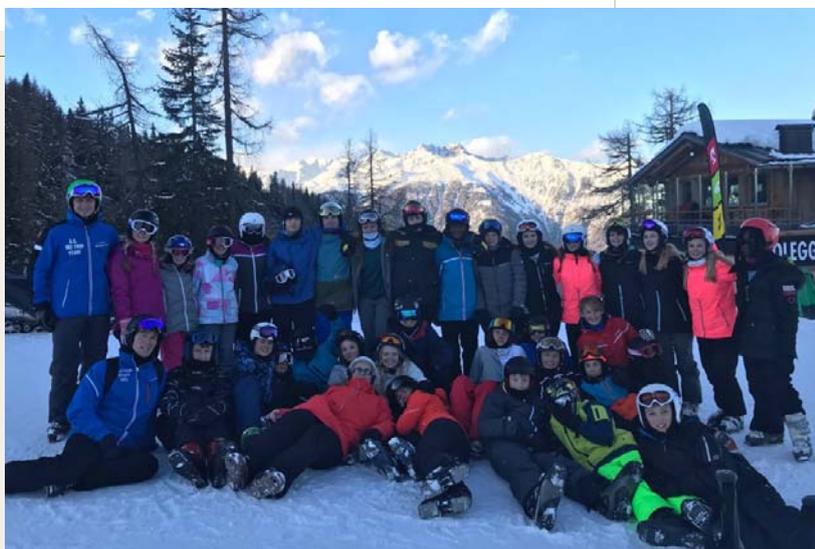
Meal times were the usual 3 courses of student-friendly food, including lots of pasta to provide plenty of energy for the slopes.

At the end of the week we attended the ski presentation event, where the instructors graded each student and certificates were awarded for all. There were also a few emotional scenes as some Year 11s realised that this would be their last school ski trip. Hopefully they will now have the confidence and ability to go on their own.

As we arrived safely back in Dronfield, exhausted students were reunited with their families, and the staff reflected on a truly fantastic trip.

During the week we received praise from the hotel manager, ski instructors, waiters, our tour rep, and members of the public who were on our flight, about how amazing our students were and how well they conducted themselves.

All of the staff would like to express our sincere thanks to all students for making it such a memorable experience!



## KS3 badminton success!

Leanne and Kate Nicholson (Y9) give their account of competing in the NED badminton championships...

On Tuesday 23rd January, 2018, teams of four boys and four girls went to Tupton Hall School to compete in the NED Badminton County Championships for KS3 students against Eckington School and Tupton Hall School.

**The girls' results:** 1st place North East Derbyshire champions! The Key Stage 3 girls competitors were Imogen Plummer, Imogen Pitt, Kate Nicholson and Leanne Nicholson.

**The boys' results:** 2nd place. The Key Stage 3 boys competitors were Luke Park, Ethan Kenworthy, Dan Sinclair and Ollie Limb.

**The game:** On the way there, the students had to rank themselves from 1 to 4 so that they could play someone with a similar

ability. The players who were ranked 1 or 2 played singles and doubles, and the players ranked 3 and 4 just played singles. The scoring was first to 11.

All the girls from DHFS won their games with an average score of around 11:4, and the boys won the same number of games as Tupton Hall School, which meant they had to go down to points at the end. The final score there was 102:91 to Tupton Hall School.

The final results were that the girls finished as North East Derbyshire champions, and the boys finished in second place.

In conclusion, we thoroughly enjoyed competing against the other two schools and the girls are looking forward to going into the next round.



## And KS4 badminton stars!

Our Key Stage 4 girls and boys teams went to Eckington School on Wednesday 31st January, 2018 to compete in the North East Derbyshire badminton competition.

**The boys' results:** 1st place: North East Derbyshire champions!

The boys team consisted of Year 10 GCSE students, Louis Gorell, Luke Turner, and Tom Bradbury, and Year 11 GCSE student, Jake Gorell.

**The girls' results:** 3rd place (by one loss)

The girls team was made up of Year 10 GCSE students Sophie Rumney, Maddie Cluxton, Ellie Salamousas and Louise Collins.

**The game:** Both teams competed in a number of singles and doubles games. The girls came up against a very strong Eckington School team and narrowly lost their doubles match to Tupton Hall School. Overall, however, the girls came out with the same total points, which meant that they finished in third place by one loss.

The boys played some very strong badminton, only losing one doubles match. This saw them once again become North East Derbyshire champions!

The boys represented the region in the county finals on Tuesday 6th February at John Port School.

Well done boys!



## Proud to support our fencing champion!

A year on from Poldiv, and now at the Olympic Stadium in Sochi, previous DHFS student Matt Cooper prepared for his fencing performance at the 2018 Junior European Championships!

Matt is still ranked British number 1 Junior and number 18 in the world. He is going to fence his last three major junior competitions before moving to seniors next season. Sochi is the first, next month is Verona and then Newcastle in July for the Junior Commonwealths! Matt and his coaching team believe that they can turn last year's 12th into a medal placing this year.

We wish Matt all the best in his upcoming competitions! If any student would like to have a go at fencing, please speak to Mr Curry in the PE department about attending the club with a specialist fencing coach.

## Impressive and encouraging performances from Cosmo in athletics and cross country events!

At the beginning of February, Cosmo Johnson (Y7) became U13 boys' Northern Indoor 800m champion! He had been working towards this for some time and was rewarded with a gold medal. Cosmo's real strength is multi events and he's a very good jumper. At the Northern Indoor Championships, he came 4th in both the high jump and the long jump, just missing out on medals.

Cosmo is also about to be awarded the silver medal for the U13 boys' combined open indoor series, which was held over three events from November to January in Sheffield. He gained the second highest combined score made up of long jump, high jump, sprint, middle distance run and

shot put. Earlier this year he set a number of PB's in high jump and the long jump.

Finally, he qualified and got selected to represent Derbyshire in the National Cross Country championships in Loughborough in March. He also finished 5th in the Derbyshire Championships at the beginning of January.

What a brilliant season you are having Cosmo - keep it up and good luck in your next competition!



## Eniola ranked top 20 in the UK for athletics!

Eniola Ajagbe (Y9) had a wonderful two days on 24th and 25th February, at the Nationals - England Athletics u20/u17/u15 indoor championships 2018.

She competed in the 60m, 60m hurdles and 200m races. She did very well and got through the rounds to the semi finals in 60m and hurdles. She also ran personal best times in all events! Her 60m race was live on TV!

She is ranked top 20 in the U.K. in various events and is now moving on to the next level with interest from two England coaches who have scouted her in the last few weeks.

Good luck Eniola and keep up the hard work! We are very proud of you!



## Fanshawe Y7s victorious in inter-house benchball!

Congratulations to all students who competed in the Y7 inter-house sports competition before Christmas.

After lots of enthusiasm and effort over the three days, the Fanshawe team were crowned overall winners!



## 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.
- ◆ **NED Swimming Gala:** Monday 16th April 2018.
- ◆ **Sports Hall Athletics Derbyshire Finals:** date to be confirmed after Easter.
- ◆ **Sports Day at the EIS, Sheffield:** Tuesday 20th March
- ◆ **Mums vs. Daughters rounders competition:** Friday 13th July 2018

## Our high fliers and triers from KS3 PE lessons this term!

Owen Parry	Jasper Hill
Millie Barnes	Katie Washbourne
Sam Burton	Cameron Hale
Talia Havenhand	Charlotte Tyler
Dan O'Connell	Patrick Milner
Ruby Sayles	Daniella Gratton
Michael Pearson	Leon Smith
Daisy Timms	Holly Kennie
Aiden Carey	Lucas Johnson
Maisy Stone	Connie Dyson
Seth Marshall Preece	Callum Davis
Tia Mappin	Libby Wass
Jack Hayes	James Pemberton
Lemona Banda	Ciara West
Declan Birch	Jack Godber
Carys White	Ellie Young
Sam Goff	Adam Brindle
Matilda Gunn Roberts	Leah Sapsford
Joe Reynolds	Ben Lunn
Ruby Pashley	Millie Dickson
Samuel Groarke	Jack Wareham
Ella Allen	Georgia Evans
Oscar Basher	Sam Pashley
Lauren Emmerson	Amelia Leather
Jodie Depellette	Cheryce Elliot
Olivia Shultz	Leonie Ward
Maryam Izhac	Eleanor Slater

## And there are more success stories!

### December 2017:

Fanshawe inter-house benchball winners!

Sixth form netball team beat Lady Manners 15-14.

### January 2018:

KS4 boys NED badminton champions.

KS4 girls finished third in NED badminton championships.

Y10 netball team beat Sheffield High School 25-13.

KS3 girls NED badminton champions.

KS3 boys second place in NED badminton championships.

### February 2018:

Congratulations to Emma Shipley (Y8) bronze medallist in U15 women's 800m race at English National Indoor Championships.

Amy Allcard, Leah Gregory (Y8), Sam Gilson, Josh Wragg (Y9), and Ewan Spencer (Y11) all qualified for English Schools' Cross Country Championships in March.

Fanshawe inter-house basketball winners.

Y7 netball team beat Eckington School 16-0.

Y9 netball team beat Eckington School 8-7.

Y9 basketball team beat QEGs 44-36.

### March 2018:

Y11 GCSE PE students attended a useful exam board revision course in Coventry.

Congratulations to Bobbie Waugh (Y7) who is Derbyshire Schools' Cross Country Champion!

Y7 girls' sports hall athletics team and Y8 boys' sports hall athletics team finished as champions in NED, qualifying for county event!

Emma Shipley (Y8) qualified for the Virgin Money London Mini Marathon, East Midlands team!

