



DHFS EXTRA-CURRICULAR SPORTS NEWS

Christmas 2018

Issue No. 9

Physical Education

Department

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PE Department Sports Awards 2017-18

In recognition of our sporting role models across the whole school, at the end of the 2017-2018 academic year, the PE department awarded those students who have displayed commitment and outstanding sporting achievement. The Sports Personality of the Year awards were voted for by the PE staff from a shortlist of girls and boys in each year group (Y7-10). The winners of this award display a positive, committed attitude at all times, often in more than one sport, all through the year. The PE staff can rely on the winners at all times and find that they are great role models to other students in their year groups.

Congratulations to the following winners of Sports Personality of the Year 2017-18:

Year 7: Freya Hammett

Year 8: Billy Ash

Year 9: Eniola Ajagbe

Year 10: Tom Spencer

Manager's players awards were also awarded for each sport and are displayed on the school website.

Congratulations to all nominees and winners and keep up the good work throughout this year too!



Girls' football teams continue cup progress!

This year the DHFS girls' football teams have experienced a fantastic journey both in the County and National cups. This has seen the U18 team travel to Peterborough and win after penalties, whilst the U15 team travelled to Manchester and narrowly lost after fighting back to take the match to extra time!

The last few months of fixtures has culminated in the U12 team reaching the semi-finals of the County cup, the U13 and U15 teams still in the draw, the U16 team reaching the last 16 of the National cup and the U18 team reaching the quarter finals of the National cup! Both National fixtures will be at home in January, with dates to be confirmed. What a brilliant term it has been for girls' football and long may it continue! Best wishes to all the players in the next rounds.

Outdoor adventurous activities day: July 2018

On Monday 25th June, 2018, the DHFS PE department took Y8 students to Rother Valley Country Park to take part in several outdoor adventure activities; they got to explore new activities and develop their interpersonal and problem solving skills. Students chose either mountain biking or archery in the morning, and in the afternoon, they built rafts in groups of five and raced each other around the buoy in the middle of the lake. Inevitably, everyone ended up in the water, which was a welcome, and refreshing break from the blazing sunshine. One student remarked: "I really enjoyed this Y8 trip to Rother Valley and learnt a lot from going, creativity, teamwork and strength. I would go again and would advise anyone in the future who is offered the opportunity to go. I enjoyed the raft building and raft racing the most, as we got the chance to jump in the lake and have a blast."



DHFS hosts primary school athletics

On Thursday 8th November 2018, DHFS hosted the North East Derbyshire Primary School Sports Hall Athletics Competition for Y5/6 students. Our DHFS leaders were great role models and helped to make the event a success! Eight primary and junior schools from across North East Derbyshire were able to attend the evening. Over 150 athletes competed in events such as running races (obstacle, 2x2 lap relay and the 6 lap Paarlauf) and field events

(standing long jump, triple jump, chest push, vertical jump, soft javelin and speed bounce). One school tweeted about the event ... "Super sporting values shown #determination #passion." The event was a fantastic success and it was brilliant to see the young athletes having fun whilst also competing for the title. Congratulations to all involved.



Inspiring the next generation: visit from Team GB

On Wednesday 11th July 2018 our students were treated to three very special guest appearances from members of the GB boxing squad as part of a week-long effort to inspire and engage them with their studies. Dalton Smith, Natasha Gale and Lewis Williams took time out from their busy training schedules to speak to our students about their own experiences of education, the sacrifices and barriers they've encountered on their journey to becoming a member of Team GB, and the aspirations they each have within boxing and their wider lives. Similar themes emerged from each boxer's story: hard work, determination, confidence in yourself and people around you and absolute dedication to their end objective. The visit was organised by Assistant Head teacher Mr McGuinness and it is hoped that the visit will act as a precursor to introducing regular boxing provision to DHFS from September onwards.

Individual achievements: Gabriel Gisborne

Gabriel Gisborne has had a successful outdoor athletics season this year. He won a gold medal at the North of England U17 800m event in Liverpool. His other achievements this season include:

- Derbyshire County U17 men's 800m champion.
- Derbyshire Schools' U17 men's' 800m champion.
- Recipient of the Mike Peake Trophy at the Derbyshire Schools Championships.
- Silver medal at the U17 men's 800m Mason trophy inter counties event.
- Fourth at English Schools' U17 800m at Alexander Stadium.
- Ten sub two-minute 800m times.
- Personal best time for 800m: 1.54.30.

What brilliant achievements - keep up the good work Gabriel!

Mia's trampolining success

Congratulations to Mia Passingham who recently achieved second place in a recent trampolining club competition!

Mia is a dedicated member of Chesterfield trampolining club and regularly enters club and county competitions.

We look forward to hearing about your next result Mia!

Josh's fencing achievements continue...

Congratulations to Josh (Y11) who continues to achieve great success within his sport of fencing.

From first participating in a fencing club at school, to then joining a local club, Josh has progressed on to become the holder of three National titles:

- U16 British Champion
- U17 British Champion
- Elite U17 British Champion

We are very proud of your achievements Josh and look forward to seeing you progress towards the next competition!



Our first Duke of Edinburgh Bronze Award recipients!

Having spent the last year undertaking a number of activities and expeditions to gain their Bronze Duke of Edinburgh Award, DHFS students attended their presentation evening on Wednesday 5th December 2018 to formally celebrate their achievements. Now in year 10, the participants' experience was summarised during a short presentation, before they received their awards from Duke of Edinburgh Operations Manager, Kellie Ross, who was happy to attend the event to celebrate the students' successes! Congratulations to those who received their awards, and good luck to those undertaking the Silver award!



Dates for your diary...

- ◆ **Extra-curricular autumn/winter timetable has started!** Decide which clubs you want to attend - find the timetable on DHFS website and outside both PE offices.
- ◆ **NED cross country championships at Tupton Hall School - Thursday 10th January 2018.**
- ◆ **PE department school ski trip, Folgarida, Italy - Saturday 19th January 2018 until Saturday 26th January 2018.**

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Congratulations to our high fliers and triers from KS3 PE lessons this term!

Esme Nowell	Connor Gray
Tom Archer	Callum O'Connell
Liam Grundy	Oliver Barker
Jack Ballin	Karl Dent
Ed Conroy	Briony Wells
Holly Blackwell	Clare Wood
Brooke Burd	Grace Marathalingham
Amy Morton	Harvey Gadsden
Erin Bakewell	Lucy Kidd
Grace Burrows	Eve Roberts
Isobel Layberry-Smith	Charlie Hobson
Nell Taylor	Lydia Fuller
Ella Allen	Grace Froggatt
Isobel Gains	Lydia Hutchinson
Anna Fisher	Mollie Wyles
Lauren Marsden	Max Lovett
Lara Mellor	Charlotte Colley
Olivia Astley	Rhianna Collier
Ellie Mitchell-Morton	Harriet Wright
Lilly Wade	Jasmine Peet
Hannah Marsden	Will Platts

And there are more success stories!

September 2018: Year 8 boys' football team beat Shirebrook 5-3 in National Cup.

Y8, 9, 10, 11 netball teams and Y7 & 9 football teams victorious against Tupton Hall School.

October 2018: U16 girls' football team victorious against Wickersley school in National Cup.

U13 girls' and U16 boys' football teams defeated Bolsover School.

Y9 boys' football team beat Newfield 4-2 in National Cup.

U18 girls' football team beat Tupton 8-0.

U12 girls' football team defeated Shirebrook 6-0 in County Cup.

U13 girls' football team beat Westbourne 5-1 and U15 girls' beat Springwell 8-1.

November 2018: U16 girls' football team beat Tapton 2-1 in National Cup.

U13 girls' and boys' table tennis teams both NED champs.

U12 girls' football team victorious 2-0 against Highfields in the County Cup. Through to the semi-finals!

DHFS sixth form netball team beat Birkdale 15-9.

U15 girls' football team defeated Meadowhead 7-6 in a goal fest in the National cup.

U13 girls' football team won on penalties vs Wales High School in the National Cup.

U16 girls' football team beat Tupton Hall 1-0 in National Cup.

December 2018: U16 boys' table tennis team became NED champions.

U18 girls' football team victorious down in Peterborough in the National cup, winning on penalties! Through to the National quarter-finals!

U13 boys crowned county champions and girls runners up.

U16 girls' football team beat St George's Academy 2-1. Through to the last 16 of the National cup!

U16 boys' football team beat Belper 5-0 in the County cup. Through to the quarter-finals!