

HAMPTON COLLEGE PHYSICAL EDUCATION DEPARTMENT

Introduction

We are well into the Spring term with regards the sporting programme for lessons and extra-curricular activities. Participation rates for 'out of hours' clubs remain as high as ever, with many more opportunities on offer this year for our girls. In the last few weeks, we have had the finals of the Year 7, 9 and 11 basketball leagues, Year 7 and 8 netball fixtures. We have also run boxing and football workshops provided by external coaches, rowing and mountain biking sessions within lessons, a number of indoor cricket practice and matches for boys and girls and the start of our gymnastics and trampoline clubs.

In lessons, Year 7 boys have been working on gymnastics, Year 8 boys on table tennis and Year 9 boys on trampolining. In Key Stage 4, the boys have been following our 'sports education' programme, by taking part in football competitions run and organised by themselves.

Year 7 girls have been doing a block of line dancing, Year 8 girls have been doing gymnastics and Year 9 girls have been honing their skills in singles and doubles table tennis. Key Stage 4 girls have again followed a 'sports education' pathway by designing and then running their own training sessions/programmes, with links being made to external fitness providers, such as Vivacity.

In GCSE PE, Year 11 students are now submitting their final external practical video evidence for moderation and are focusing in class on revision of the theory topics. In Year 10 BTEC lessons, students have been preparing for their Unit 1 First Award in Sport examination.

Lastly, I would like to thank a Mr Shortland (parent of Bailey and Taylor) for sponsoring the Year 7 rugby team. After our success last term (of which Taylor was a key part) he contacted the school to offer us some sponsorship for the team with a new set of shirts (see picture). As a team and College, we are really grateful and I am sure the boys will look fantastic in the new shirts next season.



Cheerleading Taster Sessions

One to watch! After February half term, we are looking forward to being able to offer some students the opportunity to take part in a cheerleading taster morning. Please keep looking out for further information in the coming weeks.



Basketball

As reported in the last newsletter the Year 7, under 14 and under 16 basketball teams were participating in the Peterborough Schools League. After some excellent performances the Year 7 and under 14 team qualified for the finals nights that were held at the start of January. The under 14 team unfortunately lost 26-8 to City of Peterborough Academy, but the Year 7 student's were crowned champions of Peterborough, winning 16-2 against Sir Harry Smith. It was a brilliant performance and the first time the College has won one of the basketball competitions for seven years. Well done boys!



Rowing

The third Peterborough rowing competition took place at The Peterborough School on 28 January. Mr Matthews took 15 students from Year 7, 8 and 9 for the competition, with some excellent performance from Lukas Kekstas (Year 9) and Barley Willbond (Year 7). Results at this point have not been published.

Indoor Cricket

The College have entered the under 13 and under 15 boys' into the winter Indoor Cricket League. This helps to prepare the teams for the summer season. At present, both teams have played two games, with a further two league matches to come against NPA and TPS. Results so far can be seen below.

U13	Stanground	W	Hampton 91-55
U13	Jack Hunt	W	Hampton 84-36 JH
U15	Stanground	W	Hampton 88-47
U15	Jack Hunt	L	JH 69-92 Hampton

The teams have been well captained by Daniel Conway in Year 10 and Bradley Gothard in Year 8.



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Football



The biggest game in the school's history took place on 13 January at Yaxley FC. The Year 9 boys reached the last 32 of the ESFA national competition. They had been brilliantly led by Mr Holland but found the opposition at this stage a little too strong going down 5-1 to a school from Milton Keynes. Despite going 1-0 down, they rallied and actually had three or four chances to get back into the game but this was not to be on the day. The boys' certainly did the College proud and we look forward to seeing if they can bring the Peterborough schools trophy back to the College later in the term, for a second successive season.

Girls Football

Girl's football continues on from the success of their coaching with the Youth Dreams Project before Christmas. On Monday afternoon, Year 7 girls travelled to Nene Park Academy to play their first round tie in the English Schools FA Cup. Despite a lack of players, the girls came out on top winning 15-0. This result sees the girls through to the second round, with a draw away to either St Ivo School or Burgoyne Middle School. Fingers crossed the girls get a good run in the Cup. Training continues at lunch-time on Mondays for Key Stage 3 girls.

Netball

Netball



The Year 9-11 season finished just before Christmas and Hampton College had a good range of results. The Year 9 team came third overall in League One. After being promoted to League One, the Year 10 team had another terrific season, taking second place overall. The Year 11 team had the biggest league and one of the most competitive, they ended up fifth place overall. Congratulations to the teams and thank you for all your hard work and effort.

This term has seen the start of the netball season for our Year 7 and 8 girls. The girls have shown a fantastic enthusiasm for netball so far, with between 40-45 girls turning up to training each week. The Year 7 team had their first fixture on Wednesday 27 January, winning 5-1, 2-0 and drawing 4-4. A great start to the season for them. We hope this good run continues. Wednesday 3 February sees the start of the Year 8 fixtures with the team away to Jack Hunt, St John Fisher and Nene Park Academy. With such high numbers we are looking to hold some in-house tournaments after half term, to give all the girls a chance of playing some competitive games.

SSCO Newsletter



Year 5 Netball & Basketball Festival

The Year 5 Netball and Basketball Festival happened on Thursday 28 January. 180 excited Year 5 students took part in a High 5 netball tournament and a 5 a-side basketball tournament. The Festival was led by Year 10 Sports Leaders, who did an excellent job of officiating and coaching. All students showed excellent sportsmanship and fair play throughout the day. Vale and Hargate went head to head in the basketball finals and it was an all-Vale netball final. Congratulations to Hargate who won the basketball trophy and to Vale for winning the netball.

Trampoline Club

Trampoline Club was launched this term and a team of dedicated students are learning new skills and routines in preparation for a fixture against Welland Academy in Stamford and the Peterborough Schools Trampoline Competition in May. Places for this club are currently full, but students may put their names on the reserve list in case anyone drops out.

Year 7 & 8 Girls Indoor Cricket

Year 7 and 8 girls have been taking part in some cricket training sessions with our coach from the Huntingdon Cricket Board this term, in preparation for the Lady Taverners indoor cricket competition held in March. This is now a weekly club taking place on Tuesday lunchtimes.

Sports Council & Silver Young Ambassadors

The Key Stage 4 & 5 Sports Council representatives all attended a sports leadership course held at Jack Hunt School on Thursday 11 February. The course was called 'Get Set, Community Action' which aims to use the inspiration of the Olympic and Paralympic Movements as a key driver in a programme to strengthen relationships between young people and their local communities, making those communities healthier, more active and more cohesive places. We look forward to see how the students will implement their training later on in the year leading up to the Rio Olympics.



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Year 7 & 8 Sports Hall Athletics

Year 7 & 8 student's entered the annual Peterborough Schools Sports Hall Athletics finals hosted at Stanground Academy. The competition consisted of adapted track and field athletics activities e.g. sprints, middle distance, standing triple jump, speed bounce and shot put. Each year this competition becomes tougher and unfortunately, neither team qualified for the county finals.

Results

	Boys	Girls
Year 7	Sixth	Fourth
Year 8	Third	Fifth



Street Dance

We currently have a specialist street dance coach in on Thursday lunchtimes from 1.30pm to 2.00pm, in the small gym. The girls have had fun learning a variety of new skills and dance routines to fun energetic music. There are still places in this club, you just need to bring your trainers. It will continue until the end of the Spring term.

Peterborough Schools Gymnastics Competition

Since December, several students have been working with our gymnastics coach to put together routines including sports-acro balances for the annual Peterborough Schools Gymnastics competition. This year, the event also included a vaulting competition for the advanced and intermediate categories to stretch the higher ability gymnasts who attend community clubs.

Results

Name	Category	Vault	Floor
Tanvi Shukla	Intermediate	First	Second
Olivia Manton	Advanced	Fourth	Second
Elysia Costanzo	Advanced	Third	Second