



SPORTING SPOTLIGHT



Meet the Team



Miss Clark
Head of PE



Mr Colvin



Mrs Sadler



Mr Patten



Miss Boswell



Mr Gordon



Miss Warne



Mr Thompson

Highdown Physical Education Department Newsletter

Welcome

Welcome to this weeks Sporting Spotlight.

Last week saw our Extra Curricular Clubs starting and it was great to see so many students coming along and taking part. It is still not too late to get involved in any of the PE clubs. Just come along to the changing rooms at the time of the club you would like to join and get involved. The more the merrier.

Last week also saw our first fixture taking place with the U16 Girls Football Team setting the bar high winning both their matches. Well done.

Thursday 26th September is the Schools Open Evening and we will be showing our sporting talent in the Fitness Suite and the pool as well as showing Trampolining and Table Tennis in the Gym. If you are interested in taking part in any of these activities then please do talk to your PE teachers about getting involved.

Extra Curricular PE Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School				7.45am – Running Club with Mr Colvin	
Lunch Time	Yr 9 Fitness Club with Mr Patten (Fitness Suite) Yr 7, 8 & 9 Boys Basketball Club with Mr Thompson (Gym)	Yr 9, 10 & 11 Girls Badminton Club with Mrs Sadler (Gym) Netball Shooting Club with Miss Clark (Netball Courts)	Yr 10 & 11 Fitness Club with Mr Colvin (Fitness Suite) Yr 10 & 11 Basketball Club with Miss Warne (Gym)	Yr 9, 10 & 11 Girls Fitness Club with Miss Clark (Fitness Suite) Yr 7, 8 & 9 Girls Basketball Club with Miss Boswell (Gym)	Badminton Club with Mr Colvin (Gym)
After School		Yr 7, 8 & 9 Hockey Club with Miss Clark Yr 11 Boys Rugby Club with Mr Gordon All Years Cross Country Training with Miss Boswell	All Years Girls Football Club with Mrs Sadler and Miss Warne Yr 7 Boys Rugby with Mr Colvin Yr 8 Boys Rugby with Mr Thompson GCSE PE Badminton Club with Miss Clark	Yr 10 & 11 Hockey Club with Miss Clark Yr 7, 8 & 9 Girls Rugby with Miss Boswell Yr 9 Boys Rugby with Mr Patten Yr 10 Boys Rugby Club with Mr Colvin	

FIXTURE RESULTS

Last Weeks Results

U16 Girls Football Vs. Oakbank won 2—1 and Vs. JMA won 2—0





SPORTING SPOTLIGHT



Upcoming Fixtures

This Weeks Fixtures

Wednesday 18th September U16 Girls Football Vs. Little Heath & Reading Girls Away @ Little Heath

Next Weeks Fixtures

Tuesday 24th September U16 Boys Football Vs. St Crispin's (ESFA) Away @ St Crispin's
Wednesday 25th September U16 Girls Football Vs. BHF & Denefield Home @ Highdown
Thursday 26th September U16 Girls Hockey Vs. St Joes Away @ Reading Uni

SPORTING SUCCESS OUTSIDE OF SCHOOL

Finn Hemmant's 9H

Finn trains regularly with Reading Swimming Club both before and after school.

Finn qualified for the Swim England National Summer Meet to race the 1500 metre freestyle in his age group (13 year old male/open category). On Monday 29th July Finn raced at the Ponds Forge International Sports Centre in Sheffield. Finn won his heat, taking a massive 35 seconds off his previous personal best, finishing in a time of 18 minutes and 22.47 seconds. He finished 6th in his age group overall, a wonderful end to his swimming season.

Iris Hajda 7J



Before starting at Highdown Iris had a very busy summer competing in the BMX race session.

She became National Champion and British Champion for the 2nd year running and then went on to compete at the World Championships in Rock Hill, South Carolina and in Verona for the European Championships and came

Please do continue to share your sporting achievements outside of school with the PE department so we can celebrate your success. Send your write ups, and photos if you wish, to Miss Clark (viclark@highdown.reading.sch.uk)