

Fixtures from this week

Sport	Opponents	Year	Result	Extra Info
Football	Alde Valley	8	Won 5-3	After a long road trip to Leiston, the girls arrived ready for their game! We started off strong with Ebonie and Lauren showing great strength up front and lovely work from goal keeper Megan. By half time we were 3-1 up. A few changes, including new goalie in Ruby allowed us to keep a firm grip on game. Final score 5-3, with a hat trick from Lauren. Great play all round. Now through to quarter finals at East Bergholt next week.

Fixtures for next week

Date	Sport	Opponents	H or A	Year	Timings
27/3/17	Basketball	St Benedicts	H	U16	3.20-5pm
28/3/17	Trampolining	Various	A	U16	8.50am-2.40pm
29/3/17	Football	East Bergholt	A	U13	2.45-6pm

Other news from the PE department



Gifted and Talented Workshop

On Thursday we took 10 students to Thurston 6th for a Gifted and Talented workshop day. It was delivered through the Youth Sports Trust and was run by athlete mentor – Female GB sprinter Montell Douglas (Olympic Finalist, Former British World Record Holder, and Commonwealth Gold Medallist). She told her story and how she got to where she is today, which led to some very thought-provoking question sheets and team building exercises with others that attended. The students left feeling impressed and inspired.

Year 11 Practical Exams

This week the Year 11 GCSE PE students participated in their final practical exams. The students approached these exams extremely well which will hopefully be reflected in their results. The moderator commented on how well organised the exams were and how hard the students worked throughout the day.