

# HAMPTON COLLEGE PHYSICAL EDUCATION DEPARTMENT

It has been an exceptional term for sport at the college. The quality of teaching and learning within the PE Department continues to be outstanding and the levels of participation in extra-curricular clubs has been higher than ever.



In recent teaching units, Year 7, 8 and 9 have been working in gymnastics or trampolining, table tennis and fitness; whilst the Year 10 and 11 students have been following a fitness programme, taking part in football, badminton or table tennis.

GCSE students in Year 10 have been completing assessed units in cross country and circuit training and during the collapsed day they completed an internal assessment in SAQ training. Year 11 GCSE students have now completed their internal practical assessments, with some very pleasing grades and are well on their way in theory lessons to preparing for the Summer examinations.

In BTEC, Year 10 and some Year 11 students are preparing to sit their Unit 1 (Fitness and Training programme examination) whilst finishing elements of their coursework.

Extra-curricular clubs at lunchtimes continue to be popular with recreational activities such as table tennis, indoor football and badminton being well attended. In addition to this, girl's netball, football, basketball, table tennis, rowing, cycling and gymnastics have been on offer to the students in a more competitive environment after school. We actively encourage all students to take part and the range of sports on offer

has certainly been helped by our generous grant from the Sport England Big Lottery fund of £9,750, to meet our aim of getting students to 'get fit and get active' at Hampton College.



## Rugby

Year 7 and Under 14's finished off their fixtures with a huge final game v Kings School. They reached the finals off the back of several excellent displays against other Peterborough schools. The final was contested under flood-lights at Peterborough Rugby Club and it was great to see so many parents in attendance. Unfortunately, neither team were able to lift the trophy and went down 45-15 and 45-5 respectively.

## Basketball

There has been a mini league season going on in Peterborough for the Year 7, Under 14 and Under 16 basketball teams (see results below). Excellent performances from the Year 7 team and Under 14's have seen them qualify for the finals night in early January.

Year 7	Tournament	W	v OBA 8-0/TPS 22-2 NPA 6-0
Under 14	NPA	W	35-10
Under 16	NPA	W	29-10
Year 7	Tournament		Beat OBA 8-2/Beat NPA
Under 14	OBA	W	32-22
Under 16	OBA	L	44-12
Year 7	Tournament	W	Beat OBA 16-0 Beat NPA 14-2/Lost to TPS 16-0
Under 14	Voyager	W	43-14
Under 16	Voyager	L	16-14
Under 14	Kings	W	35-20
Under 16	Kings	L	30-15

## Rowing

Hampton College entered its first team of the rowing season into the December fixture that was hosted at the college. 150 students from around Peterborough took part, all rowing for two minutes and in a 2K relay. We managed to finish second overall on the night, with notable performances from Taylor Shortland with a 94% average and Barley Willbond 93% average, both from Year 7.

## Peterborough Schools Cross Country at Ferry Meadows

Following the inter-house cross country competition students were selected to represent Hampton College at the Peterborough Schools Cross Country finals held at Ferry Meadows. It was a cold day, with no inside cover, yet Hampton students were exceptionally well behaved, braving the harsh conditions and all finishing their respective races. A particular mention must go to Nathan Copland in Year 10 who came third in the inter boys' race, taking home a bronze medal.



# HAMPTON COLLEGE PHYSICAL EDUCATION DEPARTMENT

The following students all came in the top 14 and have been selected for the County Cross Country in the New Year; Brooke Lawrence, Callie Tancred, Josh Wilson and Thomas Williams (Year 7), Ben Wright, Ethan Ho Yin Lee, Zoe Watts and Alex Devine (Year 9) and Rhiannon Loutit, Logan West Ley and Jack Szalajko (Year 10).

Final positions are:

Year Group	Position
7 Boys	Fourth
7 Girls	Fourth
8 & 9 Boys	Fourth
8 & 9 Girls	Fourth
10 & 11 Boys	Second

## Girls Football

This term a number of our Key Stage 3 girls have been taking part in a block of football coaching with our coach from the Youth Dreams Project. They have been training really hard and making excellent progress with their football skills. Some of the girls represented the college at the Girls Community Football Cup. This was a tournament with a number of other schools around Peterborough. The girls won three games, drew two games and lost one. This saw them through to the semi-finals, where they played Bourne. In the group stage they had drawn 1-1 against this side, so held strong hopes of getting through to the final. Unfortunately it wasn't to be and the girls lost a very well battled game 1-0.

After Christmas, the girls will continue with a few more fixtures, including the local Peterborough Schools Tournament and the English Schools FA Cup.

And lastly football.....

The main focus for this term's football has been the Year 9 football team. They were entered into the ESFA cup and are the first team in 10 years to represent the college in this competition. Mr Holland (Science Teacher) has led the team amazingly to the last 16 of the competition. We have had some great results, most recently a 3-1 win v Lancaster School from Leicester in the last round. We look forward to seeing how they get on in the next round with another home tie to be played in January. Well done boys!!!

## Key Stage 3 Inter-House Cross Country

Each year group in Key Stage 3 competed in a 1.2 mile run, criss-crossing around the school field. As usual, the conditions were extremely muddy but the students ploughed on, trying to get the highest positions possible for their House. Congratulations to the following Houses for winning the 2015 Inter-House Cross Country shield:



## Year 6 Cross Country Festival

On Thursday 12 November, 150 nervous and excited Year 6 students turned up from Hampton Vale and Hampton Hargate to take part in a cross country competition. Led by Sports Leaders from Year 10 and Year 13, all students had to run a course that zig-zagged across the school field for the duration of 1500m. Despite it being a very wet and muddy day, all students completed the course to the best of their ability. Well done to the top three girls and top three boys of each race and big congratulations to Hampton Vale, who took the trophy home for the first time in four years!

Year	Winner
7	Sirius
8	Polaris
9	Vega



## Netball

The Year 9, 10 and 11 netball fixtures have been completed this term. All teams have played very well, with a mixture of wins and losses. The final results for the league will be announced in the New Year. After the Christmas holidays, the Year 7 and 8 netball season starts and training will be on Wednesdays after school from 3.15-4.15pm.



# HAMPTON COLLEGE PHYSICAL EDUCATION DEPARTMENT

## JAE Programme

The Junior Athlete Education programme is now up and running with all students being assigned a mentor. Students on this programme must ensure that they speak to their mentor if they need any extra support and advice. All students will have had their second meeting before Christmas.



## Trampoline Coaching

On Tuesday 19 January 2016, the trampoline club will be starting. This club is aimed at preparing students to compete in the Peterborough Schools Competitions in March 2016. Letters for this club will be available after Christmas and students must return their permission slips by Tuesday 12 January. There are only 25 available places which will be allocated on a first come, first served basis. However, names can be put on a reserve list in case students drop out.

## Youth Sport Trust Silver Young Ambassadors

This year Ollie Carpenter, Jake Newstead and Gianni Forcellatti in Year 13 have taken on the role of Silver Sports Ambassadors for the Youth Sport Trust. They have been leading the Sixth Form Sports Council and planning and leading the Key Stage 5 inter-house sports programme. This included a basketball free throw

competition and a kingball tournament. In the New Year the SYA's will be planning and leading a Change for Life club for students in the Primary Phase.

## Gymnastics Coaching



Gymnastics coaching has started on Mondays after school and will continue until Monday 1 February 2016. Several students are preparing their floor routines for the Peterborough Schools Gymnastics Competition on Tuesday 2 February. Our elite gymnasts will also be entering this competition, however they are preparing their floor routine and vaults at their respective clubs. There are currently no spaces left in this club.

## Street Dance Club

In January we have a coach coming in on Thursday lunchtimes to lead a street dance course. Students will learn new dance skills and develop a street dance routine in preparation for the County School Games Opening Ceremony. Students just need to bring their trainers to the club or will be expected to participate in bare feet. There will be limited places available, so places will be offered on a first come first served basis. The club will start on Thursday 7 January 2016 from 1.30pm to 2.00pm, in the small gym.

