



## The Bulletin

**Our aim:** To provide **PE, Sport, Dance** and **Physical Activity** opportunities **for all**.

A round up of what's happened & what is happening in the week ahead.

### Headlines

- U13 cricketers narrowly lose in County finals.
- Excellent attendance to after school clubs as full program begins this week.
- A Tuesday morning Trampolining club is the latest opportunity for all students.
- Swimming Gala's and Football fixtures take centre stage this week.

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# Cricket



Our U13 Cricketers who were unbeaten throughout the Summer in their group stage games contested the county finals. In a close run chase they lost by just 5 runs meaning they did not progress.

A season to be proud of though and we are already looking forward to next year's indoor and outdoor seasons.

# After-School PE Clubs



Most of our after-school clubs began last week. Well done to all our students who came to Netball, Swimming, Basketball, Table Tennis, Rugby, Cheer and Football clubs. It was brilliant to see all year groups represented. Remember to check clubs to see who has football training on a week 1!

Remember, apart from bouldering, all our clubs are free, and you don't need to sign up.  
You just turn up in your PE kit!

# Intra School Swimming Gala

**Y7-9 Male Swimming Gala**

**3-4pm**

**PHS School Pool**

**Tuesday 19th of September**



**Y7-9 Female Swimming Gala**

**3-4pm**

**PHS School Pool**

**Thursday 21st of September**

The Intra-School Games returns this week. With our new Year 7's added to the 4 teams.

The first event is a male and female swimming gala. Both take place after school. You don't need to be a swimming superstar just someone who is willing to give it a go. There will be events over 1 length for freestyle, breaststroke, back stroke and Butterfly. Students can choose which they enter. Points for participation and placing!

# Trampolining Club

**When: Tuesday before school**

**Where: Gym**

**Who: Year 7-11**

**Time: 7:40 – 8:20am**



What a way to start the day. No previous experience necessary

# The PHS Open

Mr McDowell to defend his title...

**When:** Friday After School

**Where:** tbc



**Who:** Year 7-11 students (parents can caddy) and staff who play golf (have own clubs)

**What:** 9 holes (Stapleford rules)

**How:** Email or speak to Mr Brookes to say you would like to play. Further info to follow.

# Fixtures

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Year 7, 8 &amp; 9 Male Intra-School Swimming Gala</p> <p>U16 Female Football vs PCS (H)</p>		<p>Year 7, 8 &amp; 9 Female Intra-School Swimming Gala</p> <p>U16 Female Football Brighton Schools Tournament (H)</p>	<p>Y8 Male Football Vs Worthing High (A)</p> <p>PHS Golf Open Venue TBC</p>

# Results

Monday	Tuesday	Wednesday	Thursday	Friday
<p>U13 Female Cricket Lost to Bexhill Academy by 5 runs</p>				



# PE Extra-Curricular Clubs 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Before school		Year 7-11 Trampoline (Gym)			
Break	Year 9, 10 & 11 Football (3G)	Year 7 & 8 Football (3G)	Year 7 & 8 Football (3G)	Year 9, 10 & 11 Football (3G)	Year 7 & 8 Football (3G)
	Year 7 & 8 Dodgeball (Gym)	Year 9, 10 & 11 Volleyball (Gym)	Year 9, 10 & 11 Dodgeball (Gym)	Year 7 & 8 Volleyball (Gym)	Year 9, 10 & 11 Basketball (Gym)
Lunch	Year 7 & 8 Football (3G)	Year 9, 10 & 11 Football (3G)	Swimming	Swimming	Swimming
	Table Tennis (Hall)	Table Tennis (Hall)	Year 9, 10 & 11 Football (3G)	Year 7 & 8 Football (3G)	Year 9, 10 & 11 Football (3G)
	Year 9, 10 & 11 Basketball (Gym)	Year 7 & 8 Basketball (Gym)	Table Tennis (Hall)	Table Tennis (Hall)	Table Tennis (Hall)
	Dance activities (Studio)	Dance activities (Studio)	Year 7 & 8 Basketball (Gym)	Year 9, 10 & 11 Basketball (Gym)	Year 7 & 8 Basketball (Gym)
			Dance activities (Studio)	Dance activities (Studio)	Dance activities (Studio)
After school (3 – 4pm)	Bouldering (invite only)	Year 7 – 11 Lane Swimming	Table Tennis (Hall)	Year 7 & 8 Rugby (Field)	Year 7 – 11 Female Football (3G)
	Year 7 - 11 Male Football (3G) Year 7 & 10/11: Week 1 Year 8 & 9: Week 2	Year 7 – 11 Basketball (Gym)	Year 7 –11 Female Rugby (Field)	Year 7 – 11 Water Based Games	Year 7-11 Female Table Tennis (Hall)
	Year 7 - 11 Netball (Courts)	Year 7 – 11 Open Football (3G) Subject to 3G availability	Year 9 & 10 Rugby (Field)	Year 7 – 11 Project Female (Dance Studio)	
	Cheerleading – Sky Blue (Gym)	Dance Company (Dance Studio)	Intra School Games (See PE Bulletin for dates)		
			Cheerleading – Royal Blue (Gym)		



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# The Intra School Games

First event of the Year: Swimming Gala

Male: 19th Sept

Female: 21st Sept

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## Team Rashford



**7EMD  
7HKF  
8FRE  
8APN  
9GWI  
9SHR**

## Team Raducanu



**7HWE  
7JGS  
8MCN  
8RD  
9NLM  
9LCH**

## Team Hamilton



**7ML  
7LCY  
8MGO  
8RES  
9LCN  
9SAP**

## Team Asher-Smith



**7EF  
7LGC  
8SDO  
8SR  
9NM  
9MMA**

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**Donatello**

**Donatello**

# The Intra School Games

## Final Standings 22/23

Congratulations to Team Raducanu

Position	Team	Points
1 <sup>st</sup>	Raducanu	122
2 <sup>nd</sup>	Rashford	116
3 <sup>rd</sup>	Hamilton	92
4 <sup>th</sup>	Asher-Smith	82

16 points for a tournament win; 12 for 2<sup>nd</sup>; 8 for 3<sup>rd</sup>; 4 for 4<sup>th</sup>.

### Honours Board

21/22: Team Rashford

22/23: Team Raducanu

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# Duke of Edinburgh at PHS

Students at PHS get the opportunity to do their Duke of Edinburgh Bronze Award. The award is introduced mid-way through the school year to our Year 9 students. To complete the award, they must independently complete a Physical, Voluntary and Skills section. The school then facilitates training and a 2-day expedition so they can complete their expedition section.

Below is a list of students past and present who have completed their Bronze Award. Congratulations to **Toby, Shrey and Kitty** who are the most recent student to achieve their Bronze Award

## Duke of Edinburgh Bronze Award Honours Board

Iona Jenkins  
Sam Alcock  
Mai Cordery  
Charlie Morton  
Poppy Snelling  
Finley Stranack  
Cameron Suter  
Lennon Wilkins  
Alex Wilkins  
Stan Robertson  
Isabelle Rodgers

Billy Marshall  
Holly Chubb  
Alice Bowman  
Hebe Guilford  
Douglas McClaren  
Harvey Evans  
Oscar Lenton  
Maia Allouche  
Jago Polwin  
Mateo Edmondson  
Daniel Grassie

Jessie Faires  
Becky Wickham  
Bertie Carver-Prue  
Nicole Trapano  
Eva Cassidy  
Annie Haufek  
Artie Snowdon  
Pippa Fisher  
Max Slater  
India Rose-Dell  
Alex Kavouras

Taylor Millis  
Stanley Bravery  
Ethan Sinfield  
Herbie To  
Tiarnan West  
Alfie Beau Carter  
Kim Fairway  
Matilda Dudley  
Madoc Dudley  
Olivia McCoy  
George Jose  
Wilf White

Matilda Woodford  
Eloise Franks  
Jane Mouton  
Amelia Tanswell  
Ed Bowley  
**Toby Holman**  
**Shrey Thakkar**  
**Kitty Anyon**

If you need support to  
complete DofE speak to or  
email Mr Brookes.

[tbrookes@patchamhigh.org.uk](mailto:tbrookes@patchamhigh.org.uk)



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# How can you support us?



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**In addition to the fantastic support on the side lines and the commitment towards PE, Sport and Physical Activity we always welcome feedback and any other support you can give to ensure the best provision possible.**

**Spare PE kit:** If there is PHS PE kit that is no longer needed then all donations are welcome, this includes football boots etc. Just bring in and hand to PE staff or the front reception.

**Sponsorship:** If you, or someone you know would like to support us by sponsoring us then we would love to hear from you.

**Local Clubs:** We want our students to be as active outside of school as possible... if you are involved in a local club and want to share information with the PHS community then please get in touch as we would like to support you.

[tbrookes@patchamhigh.org.uk](mailto:tbrookes@patchamhigh.org.uk)

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*'Work Hard, Stay Humble'.*

#ProudtobePatcham

Music Credit

The Weeknd: Can't Feel My Face

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