



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

- Half term holiday has been and gone. Hope it was good for you. We are all set for another busy term.
- The PHS Run is the next Intra-School games event on Friday 10th of November. Check the PE bulletin next week to see how you enter!
- Well done to all students who represented the school in the week before ½ term. There was a lot of weather to contend with and it was brilliant to see the numbers and the great attitudes.
- Good luck to all our teams who are back in action this week. Check out the full fixture list later in the bulletin.

'Hard work beats talent when talent doesn't work hard'

PRIDE • RESPECT • SUCCESS

Football News

In pouring rain our year 7 female footballers played fantastically well to win well at home versus Peacehaven Community School. They progress through to the next round of the County Cup!



PRIDE • RESPECT • SUCCESS

Football News

We had a mixed set of results in what was our busiest week of football fixtures yet.

We have already celebrated the Y7 female victory in the county cup and there were additional wins for the U16 Female Football team vs Dorothy Stringer (who conceded) and the Y9 Male Football team over Blatch Mill.

Two Y9 Female Football Squads finished joint 3rd (with each other) having won, lost and drawn games.

Year 8 and Year 11 male cup runs were ended by two difficult games on the road in Bognor and Worthing respectively.

Great effort everyone!

Rugby News



Y7, 8 and 9 both saw action in the week before half-term.

In pouring rain Y7 secured a high scoring draw @ home versus Blatch, on the pitch next door Y9 battled bravely in defeat vs rivals Varndean.

Then on Thursday Y8 played a strong Downlands side scoring 3 tries in defeat.



In other news



Our swimming team made up of students from Y7 – 10 took on Hurst and Eastbourne College in the Swimming Super League. Well done to the 16 strong student squad who all swam brilliantly despite some very strong competition.

We are straight back into clubs and fixtures from the first day back so do check fixture lists and club timetables.

If you have any questions, do email the member of staff running that club/team.

The PHS Run

What: A 'cross-country' run. Score points for your intra-school games team by entering and your overall result.

When: Friday 10th November

Where: PHS School Grounds

Who: Y7, 8 and 9

How: See the bulletin next week to see how you can enter in tutor time.



Community Clubs at PHS

Our Community Clubs restart this week.

Sign up to either by clicking on this link <https://forms.office.com/e/4FaBttWX2f>

Community Netball at PHS

When: Every Thursday.

Where: PHS MUGA (New Netball Courts)

Time: 6:30 -7:30pm

Who: Keen Netballers in Year 9, 10 or 11.

What: Netball coaching & games with Brighton Netball Club

Community Table Tennis at PHS

When: Every Tuesday.

Where: PHS School Hall

Time: 6:30 - 8pm

Who: All keen Table Tennis players.

What: Table Tennis coaching & games with Brighton Table Tennis Club

Results

Monday	Tuesday	Wednesday	Thursday	Friday
<p>U16 Female Football Vs Dorothy Stringer Won</p> <p>Y8 Male Football Vs The Regis School Lost</p>	<p>Y11 Male Football Vs Worthing High School Lost</p>	<p>Y7 Female Football Vs PCS Won</p> <p>Y9 Rugby Vs Varndean Lost</p> <p>Y7 Rugby Vs Blatch Drew</p> <p>Y9 Male Football Vs Blatch Mill Won</p>	<p>Y9 Female Football Tournament @ PHS 3rd</p> <p>PHS Swim Team @ Hurst College in Sussex Swimming Super League 3rd</p> <p>Y8 Rugby Vs Downlands Lost</p>	

Fixtures

Monday	Tuesday	Wednesday	Thursday	Friday
Yr10 Male Football Vs St Pauls (H)	Yr7 Female Football Vs BACA (A) U14 Female Football Vs The Regis School (H) KS3 B&H Table Tennis Championships @ PHS Yr9 Male Football Vs Hove Park (A) Yr11 Netball Tournament @ PHS (TBC)	Yr9 Male Rugby Vs Lewes Priory (A) Yr8 Female Football Vs Dorothy Stringer (H)	Yr7 Male Rugby Vs Lewes Priory (A) KS3 B&H Table Tennis Championships @ PHS	Yr9 Basketball Vs Cardinal Newman (H)



PE Extra-Curricular Clubs 2023



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

The Intra School Games

Next Event: The PHS Run: Friday 10th November (during pd5).

View the PE Bulletin next week to see how you can enter.

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

'Hard work beats talent when talent doesn't work hard'

PRIDE • RESPECT • SUCCESS

The Intra School Games

September Standings 23/24

Position	Team	Points
1 st	Raducanu	20
1 st	Asher-Smith	20
1 st	Hamilton	20
1 st	Rashford	20

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

Honours Board

21/22: Team Rashford

22/23: Team Raducanu

'Hard work beats talent when talent doesn't work hard'

PRIDE • RESPECT • SUCCESS



**WELCOME TO
PATCHAM HIGH SCHOOL
PHYSICAL EDUCATION**

How can you support us?



**WELCOME TO
PATCHAM HIGH SCHOOL
PHYSICAL EDUCATION**

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

'Hard work beats talent when talent doesn't work hard'

PRIDE • RESPECT • SUCCESS



Donatello



Donatello

**WELCOME TO
PATCHAM HIGH SCHOOL
PHYSICAL EDUCATION**

PATCHAM
HIGH SCHOOL

**WELCOME TO
PATCHAM HIGH SCHOOL
PHYSICAL EDUCATION**

PATCHAM
HIGH SCHOOL

'Work Hard, Stay Humble'.

#ProudtobePatcham

'Hard work beats talent when talent doesn't work hard'

PRIDE • RESPECT • SUCCESS

Donatello

Donatello