



# Greenford High School's PE Department Autumn Newsletter #1



It is fantastic to have had a whole half term of PE in a more usual manner, where we have been able to revert to having PE lessons where we can do all types of activities. Rugby for example, is a sport that wasn't very covid safe, so had to be taken off of the curriculum. Students have embraced Rugby again, with open arms ( no tackling jokes there, we promise.) We are also looking forward to the return of other sports such as Gymnastics, later on in the year.

We have seen the return of the use of the changing rooms. Students' kit this half term has been immaculate, and students have looked really smart in lessons. Just a reminder as now it is becoming colder: students are allowed to wear a plain black 'skin' or thermal top, underneath their GHS PE top and also a pair of plain black sports leggings under their shorts too.

We have had a big focus on 'building character' in PE this half term. We are explicitly using our five character traits: Courage, Community, Compassion, Resilience and Responsibility, and we are encouraging students to take ownership of these and to also promote these to their peers. A strategy used to encourage students to become more aware of how PE relates to character, has been to encourage students to nominate a peer for a character point. Sportsmanship at its finest!

## **Extra-curricular clubs:**

Numbers at extra-curricular clubs have been very impressive. Mr Mantey's Basketball, Mr T's and Mr Laryea's fitness clubs have been some of the highest attendances for our clubs. A big thank you to the non-PE staff who have contributed to extra-curricular activities.

Netball and Football clubs have also been popular. Mr Moors and Mr Lanigan's Year 7 boys' football club had in excess of 50 students attending, which made picking the squad incredibly difficult. See the Year 7 Football section for more detail.

Netball has always been popular at GHS, and from Years 7-12, we've had at least 100 students coming down to the courts and playing. This has made our squads stronger than ever this year, with most of the fixtures due to start after the half-term break.

Students who attend a club, get a stamp in their planner and three character points for community. Well done to all those students attending.

Basketball has also been an all through sport, with Juniors, Seniors and Sixth Form clubs all running. Students at GHS have excelled in showing one of our character traits off: 'community,' by being committed to their team community and attending training and training hard!

Sport brings more than just a physical benefit, with mental health and social health being two other areas that can be improved through exercise. So many of our students are working on their character and not even knowing about it.

Additionally, thank you to Mr Blake for setting up and running the Rugby club. Numbers have grown each week!





## Results:

### Year 7 Football (MOR)



The first game of the year saw an impressive 6-1 victory over Marylebone boys in the first round of the cup, with impressive debut performances from the entire squad.

Going into our second game, the boys were full of confidence for the first league game facing Featherstone. After the first half saw Greenford leading by just one goal, it was clear that the boys were up against much tougher competition this time round. A strong team display saw us win the game 4-3, despite a late onslaught from the opposition.

Greenford's third, and quite possibly toughest game saw us play Ealing Fields in the second round of the cup. An early penalty miss followed by a opposition penalty which was scored only 5 minutes into the game meant a shaky start for the GHS boys. However, our strong attack saw the boys score two goals to take the lead. Goals from Treshawn, Abdulbasit and a fantastic header from Ahmed weren't enough to keep Ealing from fighting back in a very tight game, scoring immediately after to make the score 3-2. Substitute Harun gave GHS the energy to keep going in the second half scoring an excellent solo goal. Managing to survive the last few minutes of pure attack from the opposition, Greenford were able to clinch onto a 5-4 lead for the final minutes leading the boys into the third round of the cup, and still undefeated.

### Year 8 Football (CHN)

The Year 8 season got off to a disappointing start. Losing 3-1 at home to Villiers. The boys dominated the first half taking the lead but wasted chances to extend their advantage. Villiers came out stronger in the second half and took a deserved 3 points. All of the squad are determined to bounce back in future fixtures.

## **Year 9 Football (SAG)**

The year 9 football season started with a thrilling Middlesex cup fixture against Elthorne Park High School. The side led by T'Shay St Louis showed great character to get through round 1. The game finished 1-1 with Muhammed Shakeel scoring a great goal on his debut. The game went to penalties and the boys held their nerve to win 4-3 on penalties. Round 2 saw GHS host Ealing Fields, where we had an impressive win.....

As the league campaign started the boys were confident of securing a result against Villiers High School. With Captain T'Shay scoring a brace and hat trick heroes Tiago and Remy, the boys came out comfortable 8-1 winners.

Round 2 of the cup saw us host Ealing Fields. Captain T'Shay led from the front with 2 goals and a battling performance in midfield as Greenford ran out 6-1 winners. Goals from Nathaniel, Remy, Narshane and a superb free kick into the top bins by Archie.

## **Year 10 Football (SAG)**

The year 10s started with a tough Middlesex cup fixture against William Perkin. The side captained by Caiden Hall showed their potential to play good football but narrowly lost 4-3, goals from Samir, Sahaj and Omar.

In their first league game, the boys came out 5-1 winners against Villier High School. Man of the match, Sahaj Basran, scored an impressive 4 goals with Ronneil Thompson scoring the other in an impressive win.

Next up in the league was Featherstone, a tough away game. The boys battled and showed great resilience to come away with a 2-2 draw. Sahaj bagging himself a brace.



### **Year 8 Netball (HED)**

We're lucky enough to have around 20 Year 8 girls attend training each week, so have been able to field two squads. Our first matches of the season were against the toughest opposition in the league- William Perkin, and unfortunately both teams lost. However, students were resilient, kept on playing to their best ability. We look forward to playing more matches next half term.

Players of the match were Maddison Reid 8W1 and Kimora Charles- McPherson 8G1

### **Year 9 Netball (DRS)**



We have around 17 girls attend Yr 9 netball practice every week which is a fantastic turn out. We have played 1 game so far this year against William Perkins where every player got to play during the game which is a fantastic achievement and i am very proud of everyone of the girls. It was a very close game with some outstanding play from the girls with a special mention to Sariah, Shri and Kimiyah (new comer to the squad).

### **Cross country (RAY)**

Almass Nayyan in 8G3 ran his 2000m cross country race with grit and determination, fighting off over 100 other year 8 boys from 12 Ealing Schools to get a well deserved 3rd place a gutsy performance, well done Almas- Our first ever GHS podium finish in cross Country. Almas has now been selected to represent Ealing and has an opportunity to compete against the other 32 London boroughs.

## **Up and coming events**

We have a Senior Netball tournament at Ellen Wilkinson, on Wednesday 10th November. This is a great opportunity for Year 11 and Sixth Form to keep involved with Sport, whilst preparing for their exams. Year 10 Netball tournament at GHS. We will be hosting schools all over the borough on Wednesday 17th November, for an afternoon of Netball.

We have Sports Hall Athletics coming up, where we will be using some Year 10 leaders to assist. We have primary students from Years 5 and 6 coming along, so we look forward to our students representing GHS with their fantastic leadership skills.

## **Sports Leaders programme**

We have had numerous students from the Sixth Form assisting in PE lessons, through the various projects they are doing. Their skill set has been invaluable and has really helped to develop their confidence. Mr Ebzao is going to be running the project formally next half term, and will be drawing on his expertise in Psychology!

## **Good news:**

Caiden Hall 10T2 has been chosen to represent the Middlesex FA's Under 15's Football team. Caiden is currently our Year 10 Football team's captain and GCSE PE student. Well done Caiden!

Almass Nayyan 8G3 Cross country - Representing Ealing in the Cross Country.

We are always looking for further ways to get as many staff and students involved in Sport and Physical Education. If you have any ideas of how we can make everyone's experiences better, then please let us know.

Thank you for reading,

The PE Department.