

High Sports

Autumn Term | December 2020

The COVID-19 pandemic forced the world's sporting calendar to come to a halt. The Tokyo Olympics, Euro 2020, The Six Nations and Wimbledon all postponed or cancelled to name just a few. Not only did elite athletes have to alter their daily routines and exercise habits but we did too. When learning went virtual we had to think about how best to continue engaging our students and ensuring they continue to participate in this vital part of the curriculum, Physical Education.

We loved hearing about the sporting stories of success such as family bike rides, jogging around the block and walking the dog.

We set daily challenges with different themes, for example tabata, Zumba, cricket and tennis. Many of our students completed these with great success.



The learning also continued in KS3 PE with students making shot puts out of socks, javelins out of sticks and pencils and discuses out of paper plates! Despite being virtual it was fantastic to see the enthusiasm and engagement of our students. Not only did they develop their technique in the different athletic events, they also learnt some sport physiology and sport psychology too.



When one of the most eagerly anticipated events in the school calendar approached we could not postpone or cancel so we also went virtual! On Friday 26 June, we held our first ever Virtual Sports Day. The PE department set the Senior School eight challenges, involving various skill and fitness based tasks, all to be completed in the home or garden.

Pupils were asked to undertake the challenges to the best of their



ability with KS3 also planning their afternoon and developing sports leadership skills in the process.

Across the four Houses a massive 125 pupils took part in the Senior School, with a further 90 across Junior School from Reception to Year 6.

Despite not being physically with their Houses and friends, many girls took photos of their participation which we are pleased to share with you in our school newsletters and on Flickr.

As the summer holidays drew near we knew the start of the new academic year was also going to be different; we were extremely delighted to welcome back all students across both the Junior and Senior School to the Sports Centre for their PE and Games lessons from September.

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Our new Wellbeing Curriculum began in the Games afternoons and we have been delighted with the response and progress from the students during these lessons.

Our wellbeing activities have included yoga, strength and conditioning, fitness, outdoor education, swimming and water polo. As we move forward into the spring term, we hope to continue to engage and motivate all our students. Extracurricular evenings in year group bubbles will continue with an additional night per week for Senior School.



Sporting Successes

It has been great to hear about stories of sporting success during lockdown, most notably Georgie F-W jumping at the British Athletics Championships, Ella D developing an entirely new skill of hurdling and a couple of our Senior Hockey players being selected for the JRPC. We also have Isobelle B training with the Midlands in Hockey and Annie S selected for Midlands trials in Rugby. Tennis continues to be a successful sport outside of school with Ella N, Eliza A, Harriet F, Emma N and Lydia M all sharing their stories of success over the season.

Georgie F-W: It is incredible that Georgie was selected for the British Athletics Championships in September. As the youngest competitor in the triple jump and one of the youngest in the whole event, Georgie took the day in her stride and enjoyed the experience of a national competition which was also televised.

Georgie jumped against some very experienced athletes, some of whom were 10 years her senior, and finished in 7th place.

She also jumped an outdoor Personal Best of 12.04, which in windy and cold conditions is very impressive.

We are extremely proud of Georgie's commitment and hard work to training and competition and we wish her the best of luck throughout the season.

Equestrian: After lockdown, we had to adapt to online competing and showing our skills in various ways. Mrs Hodgetts-Tate organised an online event to include 15 classes ranging from the traditional prettiest mare and most handsome gelding through to most annoying phrase your parents say at shows and best backwards riding move. We had some excellent staff judges who were joined by two exceptionally



talented riders; Izzy Taylor, team GBR Event rider currently ranked 2nd in the UK and 26th in the world and Joe Stockdale, up and coming team GBR showjumper.

All the girls found their competitive edge again and the classes were very keenly fought.

We look forward to the events continuing into the spring term and both congratulate and thank all our riders and their parents for the continued commitment and support at the equestrian events.