

High Sports

Summer Term | July 2022

The summer term has been the busiest term for the department!

We have hosted a number of whole school events as well as attending and hosting GDST Rallies. The students have excelled themselves yet again; performances have been outstanding in their execution and the support and unity heart-warming.

It never ceases to amaze me how they fully embrace events and the leadership qualities individuals show help the department enormously.

I would like to thank every one of the captains and individuals who have represented the school this year and also the staff and parents for their support since September.

The next academic year will see the return of Mrs Blake and I would like to thank Miss Fraser and the Sports Department for all of their help.

Have a wonderful summer!

Mrs Littlewood
Acting Director of Sport

Gym and Dance Extravaganza!



On Wednesday 29 June, we were delighted to host one of our favourite annual events, the Gym and Dance Extravaganza.

This event is special as it involves every year group from Reception to Sixth Form, and it proved to be an amazing spectacle as we approach the end of another action-packed academic year in the world of sport at Northampton High. The theme for this year was 'Iconic' and there were certainly iconic dances on display!

From Elvis to Meghan Trainor, from the Beach Boys to the theme of Friends, the students created a night to remember!

The Senior School Hall was full and the atmosphere was electric. From nerves, to excitement and everything in-between - the full range of emotions relating to putting on a show were evident. Everyone performed magnificently well and we are immensely proud of all of the performers who were brave enough to go out there and perform.

We are always in awe of people who can perform creatively to an audience, whether it is acting, singing, dancing or gymnastics. Putting on a show is hard work and this event was lovely because of the hard work and commitment everyone was prepared to put into it.

One thing that stood out from start to finish was the camaraderie shown by all the performers. The cheering before they went on, the shouts of encouragement and the whoops of delight when the performance was done alongside hugs of celebration. This was a noteworthy addition to the show. It showed understanding, respect and mutual delight in either getting through the performance or managing that gymnastic skill.

We thank our wonderful audience for joining us for this celebration and we hope to see you next year!



School Sports: Summer Term

Athletics County Championships: Corby - Saturday 11 June and Mason's Trophy - Saturday 18 June

We were delighted to see eight athletes represent South Northants and compete against the rest of the county in June.

Rosie D and Ques-Li DB both won their events; the high jump and triple jump, with Rosie jumping 1.50m and Ques-Li 8.74m. Ella D performed well in her events, coming second in the 300m and hurdles, with Laura C running fantastically, placing second in the hurdles.

Those athletes who came either first or second in their events progressed on to the Mason's Trophy held in Stoke on 18 June. This is a prestigious event where the best athletes in 10 counties compete, and we were delighted to see Ella D place 2nd in the 300m.



GDST Athletics Rally: Monday 13 June - Nottingham

On Monday 13 June, we took 6 athletics teams, comprising of 41 students from Year 5 up to Year 12, to the GDST Athletics Rally.

Ella D came 2nd in the 800m and 3rd in the high jump, Ruby CF placed 2nd in the 100m and Laura C 4th in the hurdles. The Year 10+ team achieved 4th place out of all of the competing schools across the GDST family - a result we are very proud of. Well done to all competing students.



GDST Tennis Rally: Wednesday 15 June - Queenswood

One of the most prestigious rallies hosted in the GDST is the Tennis Rally, an event which we competed in on Wednesday 15 June.

The team were fully prepared for a hard day's tennis and they certainly rose to the challenge. We won all of our group matches against Bromley, Shrewsbury and South Hampstead, and we were unfortunate to only come 2nd in the pool as points were awarded for total games scored.

In the knockout round we lost to Streatham and Clapham, setting up a clash with Sheffield. This tie was very close and after a narrow defeat we moved on to 7th and 8th play off round, where we beat Notting Hill and Ealing. Frankie B, as the High School reserve, was asked to play for Putney, and helped their team achieve third.

U11 GDST Tennis Rally

Two Year 6 and two Year 5 pupils took to the courts to represent the Northampton High School team in tennis at the recent GDST Rally.

We played some fantastic matches beating Norwich and Brighton and drawing against Newcastle. We lost to Wimbledon and Putney yet thoroughly enjoyed playing against their experienced teams. In our final match to play for 5th/6th position, we played Oxford in a very close match. This match ended in a draw and we took the win with the greatest number of points. Finishing 5th out of 12 was a very respectable result and Mollie, Rithika, Harriet and Risara should be extremely proud of themselves. Well done!



School Sports: Summer Term

Cricket at Northampton High School

Cricket is developing here in school with the help of Nick Baker, Girls Pathway lead from Northamptonshire County Cricket Club. He has introduced Year 10 to hardball cricket and they had their first inter-school match this June. We are already looking forward to next year when we shall be having more inter-school hardball matches!

On Wednesday 22 June, a team of Year 5 and Year 6 pupils played in an U11 cricket tournament against other GDST schools at the Saints Cricket Ground, Birchfield Road, Northampton.

The first match we played was against Wimbledon High and we lost by 300 runs to 231 runs. We hit the ball hard and got lots of sixes and fours. In that game the Player of the Match was Safiya.

The second match we played was against Brighton, but again we lost - 255 runs to 222 runs, but had lots of fun. The Players of the Match on this occasion were Lottie (for batting) and Maya (for Bowling).

We then qualified to play for the Plate Trophy, and were drawn against Nottingham. We played well but unfortunately lost 270 runs to 236 runs. Despite the defeat, in this match we got our team's highest score of runs - a stat we are very proud of! The Player of the Match for this fixture was Zoe.

Although the weather was hot we played really well and had a great day, and we look forward to many more cricket fixtures in the future.



Year 7 and 8 District Athletics Competition

On Wednesday 8 June, the Year 7 and 8 Athletics team took part in the District Athletics competition in Daventry. Students were excited about the days events, and vowed to give it their all.

Lyra got the team off to a good start. She showed a good attitude when entering the hurdle race at the last minute, with her efforts paying off as she finished 2nd. Natalie was up next with the long jump and secured 2nd place, quickly followed by Isla in the 100m sprint where she achieved a solid 6th place. Poppy followed next showing good arm technique and strength in the discus, leading her to finish in 3rd. Ellie followed this and ran a valiant race in the 1500m, before Lyra zoomed her way through our halfway point finishing 6th in the 200m.



With just the last four events to go, the team were in positive spirits, helped by the strong first half performances. Isla and Lily started off the second half with their events at the same time. Isla, in her second event of the day, the shot putt, performed well and she finished 10th amongst some strong competition. Lily was a star, coming 1st in high jump, and not only that but also gaining her new personal best of 1.28m!



In Poppy's second event she was determined to better her discus performance of third place earlier in the day - and she did it, coming 2nd in the javelin. After that it was a track event with Bella doing 800m, she ran a fantastic race and led the whole way but was pipped when crossing the line to earn 2nd. After all of these outstanding performances, the relay team (Bella, Lily, Isla and Lyra) couldn't wait to get on the track, and the team secured a fantastic 2nd place trophy.

Sports Day 2022



On Friday 10 June, we were delighted to invite our wider school community back to Northampton High School to spectate Sports Day 2022. This year was particularly memorable for those who attended, as it was the first Sports Day in three years where we were able to host family and friends!

All students were in great spirits as they sported different fancy dress outfits, according to their House colours! Keeping with tradition, students competed together in their House teams; Artemis, Demeter, Hestia and Selene, in an attempt to win the coveted trophy. With the glorious weather on our side, the day was destined to be fun-filled and unforgettable!



Congratulations to each and every student who took part and provided support and enthusiasm throughout the day! The efforts of all four Houses were remarkable and a demonstration of what can be achieved when we work together.

A special 'well done' to Hestia for being the Junior School winners, and to Selene for being crowned the Senior and whole school champions!

A huge 'thank you' to the PE department for arranging this wonderful event and to our talented students, whose efforts and positivity made this Sports Day one of the best we've had!

To view more photos from Sports Day 2022, please visit: www.flickr.com/photos/northamptonhigh/albums

More from Sports...

Elite Sports Experience Day



On Tuesday 10 May, six students were invited to take part in the Nottingham University Elite Sports Experience Day along with four other GDST schools - Nottingham, Belvedere, Newcastle and Shrewsbury.

Pupils took part in a number of workshops; strength and conditioning, sports rehabilitation, goal setting and question and answer sessions with sports scholars. We finished off with a wheelchair basketball introductory session and game.

One of the highlights was being able to use the hydrotherapy pools - walking in a pool of 9 degrees then into one of 32 degrees. Ella D smashed the 10m sprint and strength test, power jump, gaining the best time and height.

A truly inspirational day, and we thank the team at Nottingham University for that fantastic opportunity.

International News



Alumna, Georgie Forde-Wells, has recently competed in Slovakia at the JBL Jumpfest in the city of Kosice. This event is an exciting opportunity for young athletes to compete in a street athletics competition. Georgie was invited as an elite athlete to compete in the triple jump, coming second with a jump of 12.39. Well done Georgie!