



PE Department Spring 2025

RUGBY





End of Season Rugby Report – Year 10 & Year 7 Boys

As the rugby season draws to a close, we take a moment to reflect on the outstanding performances and achievements of our Year 10 and Year 7 boys. Both year groups have demonstrated exceptional commitment, skill, and determination throughout the season. They have truly embodied the values of rugby, not just in their play, but also in their approach to teamwork, sportsmanship, and discipline.

From the first game to the final whistle, each player has shown an unwavering dedication to the game and to one another. Their resilience, effort, and positive attitude have made this season one to remember. Whether on the field or off, the boys displayed a level of character that made us immensely proud to be part of their rugby journey. The respect they showed for their opponents, officials, and teammates alike reflects the core values of the sport, and it has been a pleasure to watch them grow both as athletes and individuals.

A special shout-out must go to **Afonso**, whose leadership has been nothing short of inspiring. Time and time again, Afonso has stepped up as a true leader on the field, guiding his teammates with composure and focus. His dedication, tactical awareness, and ability to keep the team motivated under pressure have been invaluable. He has shown what it means to lead with heart, humility, and confidence—qualities that will no doubt serve him well in future endeavors.

On behalf of the entire PE department, we want to extend our deepest congratulations and appreciation to all the boys. Your hard work, sportsmanship, and character have made this season a memorable one. We look forward to watching you all continue to develop as players and leaders in the years to come.

Well done, boys – we couldn't be more proud!

From your proud PE Department

Boys Basketball

Year 10/11

As the season ends, it's with immense pride that we reflect on the incredible achievements of our KS4 Basketball team. So far, the team remains unbeaten, a testament to their hard work, skill, and exceptional teamwork throughout the season. Every player has contributed significantly to the team's success, but there are a few standout performances that deserve special mention. Micah has been an absolute standout, consistently delivering game-changing moments with his scoring and playmaking abilities. His flair and creativity on the court have been exceptional, and his ability to weave through defenders – including the now-iconic dribbling through opponents' legs – has left fans and coaches alike in awe. Micah's points and assists have been a huge factor in the team's success. Raf Hollywood, playing as guard, has been integral in both assisting and scoring, always keeping the offense flowing

smoothly. His vision and awareness on the court have been key in setting up plays, while his own scoring ability has added crucial points in tight games.

Kurth has been outstanding this season, with his deep knowledge of the game shining through in every match. His understanding of the tactics and his ability to read the game has been invaluable to the team's success. A special mention goes to Tom Agis, who hit a remarkable 19 points against Granville, in a performance where it felt like he couldn't miss. His sharp shooting and consistency made a massive impact on that game and many others. Tinashe and George Westgarth have been rock-solid in the paint at both ends of the court.

Their defensive presence has been formidable, and they've been crucial in securing rebounds and blocking opponents. Additionally, they've contributed vital points when the team needed them most, showing their versatility.

Finally, Jason De Olival has impressed with his ability to transfer his invasion game experience into basketball, consistently finding space and moving off the ball. His awareness and movement led to a memorable basket that highlighted his developing skills. We've had an outstanding first half of the season, and we look forward to finishing strong after the half-term break. With such a talented and committed group, the rest of the season promises even more success. Well done to all players – your hard work, skill, and team spirit have been truly exceptional. Let's keep the momentum going and finish the season in style!

From your proud PE Department.

Year 7/8

As the basketball season comes to a close, we take a moment to reflect on the incredible journey Year 7 and Year 8 boys have had. This season has been a true testament to the passion, dedication, and hard work of all involved, and we couldn't be more proud of the growth shown by each and every player.

From the very start of the season, we were thrilled to see an outstanding number of students engage with the basketball program. It was inspiring to witness so many boys, eager to improve their skills, come together as a team and put in the effort week after week. This high level of participation not only created an atmosphere of excitement but also showcased the growing interest in the sport across both year groups.

Throughout the season, we saw remarkable individual and collective development. The Year 7 boys, in particular, displayed rapid progress in their technical skills and understanding of the game. From their initial experiences on the court to their ability to execute plays and work as a team, their development has been phenomenal. The enthusiasm they brought to every session was contagious, and they truly embodied the spirit of the game.

Year 8, having a year more experience, continued to build on their foundation and showed great leadership on and off the court. Their game understanding, tactical awareness, and communication with teammates have been key to their success this season. Many of the Year 8 boys also stepped up to support their younger teammates, acting as mentors and role models, which strengthened team cohesion and unity.

The level of engagement and commitment from both year groups has been outstanding. Whether it was in practices, matches, or school events, the boys consistently displayed a positive attitude and determination to improve. They showed resilience in the face of challenges, a key attribute for any athlete, and have undoubtedly laid a strong foundation for future success in basketball.

A massive congratulations to all of the Year 7 and Year 8 boys for their hard work, effort, and sportsmanship throughout the season. The PE department is incredibly proud of each and every one of you, and we look forward to seeing even more growth next season. We are excited to continue supporting your development, and we are confident that with your continued enthusiasm and dedication, next season will be even bigger and better.

Well done to all, and we can't wait to get back on the court next year!

A Proud PE Department

Year 9

As we wrap up the basketball season, it is with great pride and excitement that we reflect on the achievements of the Year 9 Boys' Team. This group displayed exceptional skill, , culminating in an undefeated record.

From the very first match to the final whistle, the boys demonstrated not only their remarkable athletic ability but also their positive attitudes and team spirit. Each player contributed to the team's success, pushing themselves and each other to perform at their very best.

Standout Performances:

- **Hubert:** Once again, Hubert has been the solid backbone of the team. His consistent performances, leadership, and ability to maintain his focus under pressure have been invaluable. Hubert's composure and work ethic set a brilliant example for the rest of the squad.
- **Connor:** Connor has been brilliant, soaring above everyone with his incredible height and technical skill. His performances have been consistent, and he has been a key player in securing the team's dominant victories. Connor's enthusiasm and drive have been a major source of inspiration for the entire team.

Throughout the season, the boys have showcased a level of skill and maturity well beyond their years, and their attitude both during games and in training has been impeccable. Their dedication to improving, their willingness to learn, and their respect for the game and each other have made them a joy to coach.

Final thoughts: Well, done, Year 9 Boys. It's been a privilege to watch you play and grow as athletes and individuals. The PE Department is incredibly proud of you all. Keep up the fantastic work!





Year 7 Girls Football





The Year 7 girls' football team has shown remarkable progress this season, demonstrating not only skill but also determination and teamwork. Throughout their tournament, they played with passion and resilience, steadily improving with each match. Their hard work paid off when they secured an impressive second place, narrowly missing out on first by just a few points. Their success is a testament to their commitment to the game, their ability to learn and adapt, and the strong bond they've built as a team. This achievement marks an exciting milestone for the team, and it's clear that their potential for future success is bright.

Year 8 Girls football



The Year 8 girls' football team showed incredible grit and teamwork during their recent tournament, finishing in a well-earned third place. A special mention goes to Cedella, who stepped up to play as goalkeeper when the team needed her most, showing outstanding bravery and skill in a position that she wasn't familiar with. Her contribution was pivotal, and her performance in goal helped keep the team competitive throughout the matches. Additionally, the team displayed maturity beyond their years, often holding their own against the older teams, proving that their talent and determination are a force to be reckoned with. This achievement highlights their growth and promise for the future.

International Woman's Day

International Women's Day - A Celebration of Sports and Empowerment

This year, as part of our International Women's Day celebrations, we had the exciting opportunity to encourage girls to try out a variety of sports in a fun, welcoming environment. This event marked the first year of what we hope will become an annual tradition, and it was a resounding success.

Thanks to Jersey Sport, the event featured a wide range of sporting activities, from football to netball to padle, and even a few more unique options. The girls truly embraced the spirit of the day, taking on challenges with enthusiasm and teamwork. Their energy and determination were an absolute credit to themselves and to the school, showcasing the power of sports to bring people together and build confidence.

We are incredibly proud of the girls who participated. Not only did they give their best, but they also inspired each other with their positive attitudes and willingness to try something new. For many, it was a chance to step out of their comfort zones, try a new sport, or even rediscover a love for an activity they hadn't considered in a while.

We hope this event inspires our students to continue playing sports or to explore a new sport they may have never tried before. Remember, there are countless opportunities to stay active and engaged in sport on the Island. If any students are interested in learning more about different sporting opportunities available to them, we encourage them to get in touch with the PE Department.

Together, let's continue to support and empower one another, on and off the field.
Happy International Women's Day!

