



P.E. NEWSLETTER

The half termly news from the P.E. department

UNBEATEN AT MERSEYSIDE HOCKEY TOURNAMENT!



On Monday 30th January, the Under-16 hockey team competed in the Merseyside Schools Tournament at St Edwards College against some strong schools and they came away unbeaten, finishing joint second overall.

The girls put in some great team performances and showed some of the best defensive play we've ever seen them perform. Many of the team are continuing to improve game after game which is fantastic to see and is making the team stronger too.

Not only did the team finish the competition unbeaten, but Cowley were also the only team to use *Just Dance* as a means of keeping warm in between matches! Whatever works, eh girls?!

Results:

Cowley 1-1 Merchant Taylors
Cowley 0-0 St Edwards
Cowley 0-0 Liverpool College

Well done, girls!



Keep up-to-date with Cowley sports news on Twitter: [@CowleySport](https://twitter.com/CowleySport)

UNDER-14 HOCKEY TEAM FINISH SECOND IN MERSEYSIDE SCHOOLS TOURNAMENT



Our U14 hockey stars travelled to Northern Hockey Club on Tuesday 7th February for their Merseyside Schools Tournament.

As always, the girls played some fantastic hockey and were rewarded with a second place finish at the end of a busy afternoon.

Their first game was against Merchant Taylors and the team did everything but score. Unfortunately, the girls conceded a short corner just as time was called and Merchants scored from the set piece to win 1-0.

Next up was a game versus Greenbank. Cowley took out their frustrations of the first game and came away emphatic winners with five excellent goals scored.

Finally, second place was to play for and Cowley dominated play again, this time against Liverpool College. After taking the lead with an early goal and keeping 90% possession of the ball for the remainder of the game, one of our players decided to be a considerate Cowleian and help Liverpool College out by scoring an own goal to make the final score 1-1!

HOCKEY ROUND-UP



Cowley vs Merchant Taylors

The U14s were unlucky not to win their game. They had a plethora of shots on goal but only scored once and drew 1-1.

The U13s continued with their winning streak and convincingly won 6-1.

The U12s unfortunately did not have a full team, so we put out a 'mixed-bag' team who played some fabulous hockey and should be immensely proud of their performances.

Cowley vs Deanery

The U12s and U13s travelled away to play against Deanery, in Wigan.

U12s kept a clean sheet due to some incredible goalkeeping and scored some brilliant goal to win 6-0!

The U13 girls maintained their unbeaten run and put eight goals past their opponents! Superb!



Cowley vs St Edwards College

The U16 girls remembered their recent 3-2 loss against this opposition and were determined to get revenge. They did so in style playing better hockey, creating more opportunities in front of goal and working hard for each other to secure a 2-1 victory. A superb team performance!

Having scraped a win away last term, the U13 have been training really hard and deserved their impressive 4-1 win over St. Edwards.

The U12s were beaten but they are improving in every game, with plenty of excellent performances throughout the team.

YEAR 7 RUGBY SUCCESS IN BOTH UNION & LEAGUE



This half term saw the Year 7 boys compete in the Lancashire Schools Rugby Union Competition.

A tough draw saw the team pit their wits up against some strong teams such as Bury Grammar School, St Edwards College, Sir Thomas Ripley and Scarisbrick Hall.

The boys performed incredibly well, playing some superb rugby and they finished the competition as champions after winning all five of their matches!

This is a great achievement for students that have only just started playing this form of the game since they joined Cowley in September.

We're incredibly proud of the boys!



It was a very busy and successful half term in rugby league for our Year 7 teams.

The B team squad won a very close match versus Haydock with some excellent displays from all the players involved.

Meanwhile, our A team squad continued their excellent progress and qualified for the North West Counties semi-finals after their quarter final match against Wade Deacon.

A dominant display saw them run out comfortable winners with six superb tries scored and some fantastic defence to keep the opposition at bay.

The boys now progress to the North West Counties semi-finals, which also gains them qualification to National Schools Cup last 16.

A great achievement, well done boys!

YEAR 7 NETBALL FESTIVAL

The Year 7 netball team took part on the St Helens Netball Festival at a very blustery Rainford High.

Unfortunately, the girls lost their first two games against Hope Academy and Rainford, but after a powerful team talk from our trainee, Miss Beck, the girls went on to win their next two games against Rainhill & Haydock.

They played some very good netball and did themselves and the school proud with their efforts, so well done to all involved!



YEAR 10 & 11 NETBALL FESTIVAL



The mixed Year 10/11 netball team participated in the St Helens Netball Festival in January.

The girls started the tournament well with some lovely play down the court, scoring first,

but after that, despite having most of the possession, they just couldn't seem to find the net with their shooting!

St Cuthberts then grabbed their chance and took the lead with the game ending 3-1.

Next up was a game against a very assertive Hope team who flew out for the centre pass like the floor was on fire. This rattled our team a bit and they couldn't get into their stride, they only conceded two goals but struggled again to find the net.

The last match of the afternoon was against Haydock, a very nicely played game, with a bit more feistiness from our girls after a bit of a pep talk saw Cowley win 2-0.

The girls enjoyed themselves and put in a lot of effort, so it was good to end on a high note. Well done, girls!

TABLE TENNIS



This half term saw our KS3 and KS4 table tennis teams compete in the St Helens Table Tennis Championships.

Both teams competed well with both playing against students from years above them.

One of the team went through the afternoon unbeaten! And all the boys enjoyed the competition and represented Cowley really well.

GIRLS BASKETBALL



Our Year 8 girls basketball team played their counterparts at Haydock.

Cowley played against both of Haydock's teams and won both!

The first game finished 10-4 while the second game was rather more one-sided with the girls triumphing 30-0!!

The girls behaved impeccably and showed true sportsmanship throughout both games.

YEAR 7 & 8 TOWN CUP FOOTBALL



After a couple of postponements due to snow and icy conditions earlier in the year, our Year 7/8 girls football team finally played their St Helens Town Cup game against Rainhill during this half term.

This was their first competitive match as a team, but the girls worked tirelessly throughout

with the game, almost finishing with a one-goal difference but Rainhill scored a last goal in the final few seconds.

The final score was 5-3 to Rainhill but this did not reflect how hard our team played throughout.

There was some excellent football on show and it goes to show all the hard work that has been done during the girls' training sessions has been worthwhile as they put it into a game scenario.

Lots of staff came out to support the girls, which was lovely to see, and the team really appreciated it.

With their skill and determination, and willingness to work hard, these girls will continue to get better and better. We're really proud of their efforts.

Well done, girls!

PARTICIPATION POLICY

Please can we remind all students and parents/ carers that the PE department at Cowley has a 100% participation policy.

ALL students must bring their kit to every lesson.

If a student is injured or ill, they still need to bring their kit alongside a note to explain why they won't be able to actively take part.

We can still incorporate students into lessons in many different ways which would not affect their injury / illness (for example: referee / coach etc.).

We do request that a note is brought in by the student as we may not access emails / telephone messages in time for the lesson.

Thank you for your cooperation.



PE EXTRA CURRICULAR ACTIVITY TIMETABLE - SPRING 2023

MONDAY

LUNCH (1:15-2:00PM)

GIRLS HANDBALL - Y7-13 (SPORTS HALL)
Y10 RUGBY TRAINING (3G PITCH)
Y7 & 8 TICK AND PASS RUGBY (3G PITCH)
Y10-13 WEIGHTS TRAINING (WEIGHTS ROOM)

AFTER SCHOOL (3:15-4:30PM)

GIRLS RUGBY - Y7-13 (CRICKET SQUARE)
Y8 & 9 BOYS FOOTBALL (3G PITCH)
Y7-13 MULTI SKILLS (PE DEPT)

TUESDAY

LUNCH (1:15-2:00PM)

Y8 BASKETBALL (SPORTS HALL)
SENIOR RUGBY TRAINING (3G PITCH)
Y9-11 TICK & PASS RUGBY (3G PITCH)
GIRLS ONLY WEIGHTS (WEIGHTS ROOM)
Y7-13 BOXING (GYM)

AFTER SCHOOL (3:15-4:30PM)

Y9-13 NETBALL (SPORTS HALL)
Y7 BOYS FOOTBALL (3G PITCH)
Y10-11 FOOTBALL (3G PITCH)

WEDNESDAY

LUNCH (1:15-2:00PM)

TRAMPOLINING (GYM)
Y9-11 BASKETBALL (SPORTS HALL)
Y7-9 TICK & PASS RUGBY (CRICKET SQUARE)
Y9-10 HOCKEY (3G PITCH)
Y7 & Y10 TABLE TENNIS (GYM)

AFTER SCHOOL (3:15-4:30PM)

Y7-13 GIRLS FOOTBALL (3G PITCH)
Y7 BOYS RUGBY (TOP FIELD)
Y8 BOYS RUGBY (TOP FIELD)

THURSDAY

BEFORE SCHOOL (8:00-8:35AM)

Y10 & 11 GCSE PE PRACTICAL
CATCH UP (SPORTS HALL)

LUNCH (1:15-2:00PM)

Y8 HOCKEY (3G PITCH)
GYMNASTICS (GYM)
Y7 BASKETBALL (SPORTS HALL)
Y10-13 WEIGHTS TRAINING
(WEIGHTS ROOM)
GIRLS ONLY TICK & PASS
RUGBY (3G PITCH)

AFTER SCHOOL (3:15-4:30PM)

Y7-8 NETBALL (SPORTS HALL)
Y9 RUGBY TRAINING (TOP
FIELD)
FOOTBALL FIXTURES (ALL
YEARS)

FRIDAY

BEFORE SCHOOL (8:00-8:35AM)

Y8-13 HOCKEY (3G PITCH)

LUNCH (1:15-2:00PM)

Y12-13 FOOTBALL (3G PITCH)
Y7 INDOOR HOCKEY (SPORTS
HALL)
Y7 INTER-TEAM DODGEBALL
COMPETITION (GYM)

AFTER SCHOOL (3:15-4:30PM)

Y7-13 BADMINTON (SPORTS
HALL)
STAFF FITNESS (WEIGHTS
ROOM)

BOYS' P.E. KIT



- Plain red polo shirt (with school badge)
- Plain black outdoor top (with school badge)
- Plain black shorts
- Plain black socks (name optional)

OPTIONAL



- Plain black hoodie with school badge
- Plain black tracksuit pants with school badge

GIRLS' P.E. KIT



- Plain red polo shirt (with school badge)
- Plain black hoodie (with school badge)
- Plain black shorts and/or plain black sports leggings (no waffles style) with school badge
- Plain black socks (name optional)

At Cowley, we are very proud of our high standards of behaviour and uniform.
As such we expect:

- Every student to bring to school correct PE kit only.
- If students are injured / ill they must still bring in kit and get changed.
- All PE kit must be labelled with student's name and team.
- No valuables should be brought to PE / Games lessons.
- No jewellery to be worn in lessons.
- Shinpads, gum shields may be worn for contact sports.
- Students will be notified of kit requirements when representing school teams.

IF YOU HAVE ANY SPORTING SUCCESS STORIES - DON'T FORGET TO INFORM THE P.E. DEPARTMENT ABOUT THEM AND YOU COULD BE FEATURED IN THE NEXT NEWSLETTER!

LOOK OUT FOR THE NEXT ISSUE OF THE P.E. NEWSLETTER AT THE END OF TERM!



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