



P.E. NEWSLETTER

The half termly news from the P.E. department

Y7 RUGBY STARS IN NORTH WEST COUNTIES SUCCESS



After qualifying to represent St Helens in the North West Counties competition, the Year 7 boys have done themselves proud by winning all three of their group games and now progress through to the quarter final knock-out stages after Christmas.

They started their NW Counties group matches with a hard fought 6-4 win over a big, strong Saddleworth team. The try scorer and winning conversion kicker was Charlie while the Player of the Match went to Callan.

The team then travelled to Wigan to play Standish

High School in their second group game and it was another close match. Once more, there were just two points between the sides, Cowley coming off the better as 16-14 winners with Standish having a kick in the final seconds to draw but missed.

Their final group game was a little less nervewracking with a convincing 24-8 win over Bridgewater.

This meant that Cowley topped the group and now move onto the last 8 of the NW Counties competition full of confidence.

IN THIS ISSUE:

- Rugby news
- Football news
- Hockey news
- And much more!



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

YEAR 7 RUGBY ROUND-UP



The Year 7 rugby squad played not only their first Saturday game but also their first rugby union games during this half term.

Firstly, they took part in a three school competition with Knutsford Academy and St Edwards College.

Once again, numbers were good and we were able to field two separate teams, making it a four team tournament.

Both teams beat their opposition convincingly, with neither even conceding a try, a fantastic effort from everyone involved.

On Saturday 2nd December, the boys braved the cold and frosty conditions on the top field to take on St Mary's, Crosby.

The pitch thawed out before kick-off to ensure we were able to play the game, and once again the boys performed superbly well.

We managed to secure a comfortable victory by six tries to two.

This has been an exceptional start to their Cowley careers, and we're looking forward to seeing their progress.

In November, the Year 7 rugby players took part in the local rugby festival held at Ruskin Drive and organised by St Helens RLFC Community Foundation.

We were fortunate enough to be able to field three full teams with subs which ensures that all of our students had the opportunity to play rugby and represent the school and it was great to see so many taking the opportunity.

All the boys enjoyed the event and it was fantastic to see the quality of rugby played by all three of the teams.

Well done, everyone!

YEAR 8 RUGBY ROUND-UP



Lots of excellent rugby has been played again this half term by the Year 8 squad, but the stand-out match was a surprise fixture as Hawkley Hall (Wigan) turned up at Cowley a week early for our second Champion Schools Cup match!!

Certainly not the usual or ideal preparation!

But despite the circumstances, we are incredibly proud of the way the boys responded from the minute they walked on the pitch for their warm up, their preparation for the game and then their execution once the match got started.

The team's defence was immense and this led to some outstanding tries being scored as the side recorded a comfortable 40-8 victory.

This means that the team has already qualified for the knockout stages of the competition with one game still to play.

Impressive work, boys! Well done!

CAPTAINS VS COACHES CHRISTMAS CHALLENGE!



The captains of our sports teams challenged the coaches to a Christmas game of Dodgeball as a fun way to end the last week of term.

Although the students started well and won the first game, the coaches stepped up their game and thoroughly enjoyed throwing balls at the captains!

The staff went on to win the next two games to win the challenge and take the bragging rights, which they will happily do at every opportunity!

It was a really enjoyable game but lots of laughs throughout, the game being played in the spirit in which it was intended!

Nobody was injured and we look forward to any further challenges the students might come up with!

STUDENT TRAINS WITH MANCHESTER CITY WOMEN!



We are always delighted to hear about our students' successes and achievements outside of school, and we were made up to hear news of one of our Year 7 students.

One of the top clubs in the country, Manchester City Women, invited her to train with their Under-13s team recently after spotting her talent playing locally in St Helens.

Here she is pictured at the training complex in Manchester getting ready to show them what she can do!

We're really proud to hear this news and girls football at Cowley is growing and growing in terms of its popularity, so to see success from the increased programme is brilliant for the department.

Well done!

TABLE TENNIS TRIUMPH



Our Key Stage 3 table tennis team got off to a flyer this half term after taking part in a regional tournament.

The four-man team played the group stage of the competition, winning all but one of their matches.

Their results were enough to secure qualification into the next round later in the academic year.

All four boys played really well and represented the school magnificently.

Well done, boys!

HOCKEY TEAMS TAKE ON THE SUPERBOWL!



After a successful term of hockey, the teams enjoyed a mid-season rewards trip to Super Bowl St Helens on Wednesday 14th December.

The girls have trained at least two times a week, including every Friday morning before school, and have played numerous fixtures since September so they really enjoyed the afternoon.

The girls were just as competitive on the bowling lanes as they are on the hockey pitch!

Staff at Super Bowl commented on how well behaved the students were. Well done!

BASKETBALL ROUND-UP



This half term saw the return of the St Helens Basketball Central Venue Competitions. These are round robin games with the emphasis on player participation.

Year 7 had two squads entered with 21 students in total involved.

The A team finished the evening unbeaten with some impressive individual performances across the team. Well done!



The Year 7 team's cup run came to an end with a closely fought 3-2 defeat in the Town Cup.

Despite the defeat, the boys really enjoyed their first experience of playing full court basketball with two referees and playing to standard NBA rules.

At the St Helens Basketball Central Venue Competitions, Year 8 had three squads taking part as they continued to dominate the fixtures.

The A team finished unbeaten with one of the team leading the scoring and winning player of the tournament.

The Red and Black squads also did well and competed strongly.

They scored some early baskets on their way to some fine basketball played.

All in all, it was a good half term for the basketball teams and we are looking forward to helping the players with their continued progress.

HOCKEY ROUND-UP

Year 7 Girls Show A Strong Start



The Year 7 hockey team travelled to Standish for their first away fixture on Tuesday 8th November.

The girls won one, drew one and lost one.

Their first midweek fixture, at home, against Up Holland on Thursday 24th November.

It was a very nervous start for the girls (for six of them, it was their first ever game), and they conceded a goal which left them a little bit shaken.

Half time couldn't come soon enough and, after a motivational team talk, they came out all guns blazing in the second half.

The last touch of the ball was an equaliser after a sprint from her own half to secure the draw with a worldie of a goal in front of her proud father!

Boys hockey going from strength to strength



The first ever Cowley boys hockey team took part in the Wigan and St Helens Schools boys tournament with Cowley fielding two teams.

There is some big competition between our Year 8 girls and boys hockey teams, so with other schools struggling to enter one team, our Y8 boys ended up playing against some Y9 and Y10 students and did themselves proud.

Cowley A Team:

Won 1-0 v Deanery, Drew 0-0 v St Edwards, Lost 1-0 v Cowley B, Lost 2-0 v Shevington

Cowley B Team:

Lost 2-0 v St Peters, Lost 2-1 v St Peters, Won 1-0 v Cowley A, Lost 1-0 v Deanery

The boys had a great afternoon and hopefully this will be the start of many more boys hockey fixtures to come.

Nationals here we come!



We have a very strong and successful Year 8 hockey team that have achieved some fantastic results, especially across their last few fixtures.

After an amazing performance against Merchant Taylor's in the final of the Merseyside Schools' Tournament, the girls secured their place in the next round, the National Schools Cup!

Cowley have been runners up to Merchants a number of times in this tournament, so a scoreline of 9-2 shows how much talent and teamwork the girls demonstrated on the pitch.

It was a brilliant team effort which lots of outstanding individual performances to boot and the girls thoroughly deserve the opportunity to take to the national stage.

We look forward to reporting on the next round in the next newsletter!

HOCKEY ROUND-UP

Saturday Morning Fixtures

Home v St. Mary's | 3rd November

U18

After being narrowly defeated by the boys in their previous game, the girls were determined to beat St. Mary's. They did so in style with four fantastic goals. The usual 1-1 result against St. Mary's had finally come to an end!

U13

The U13 team maintained their winning streak and were, once again, outstanding. They beat St. Mary's 9-1 with some tremendous goals and excellent defence.

Home v Merchant Taylors | 19th November

U15

The Cowley U15 team had a difficult game and were trailing 5-0 with 10 minutes to go, but a lovely passage of play towards the end resulted in a fantastic goal to make it a 5-1 result.

U13

The U13 X team enjoyed performing for their new coach today! Executive Principal Mr. Sheeran, saw his team win 8-0! Another excellent performance from the girls.

The U13 Y team had a good old arm wrestle in the first half but with a hat-trick in the second half, they comfortably won 5-2 in the end.

U12

Our U12s played their first Saturday fixture and the game finished in a nice 2-2 draw with an excellent performance and two good goals.

Away v St. Edwards College | 26th November

U16

The U16s were down 3-0 at half time but a strong second half display helped to pull it back to 3-2 and a narrow loss.

U13

The U13 X team lost 1-0. They battled hard but just couldn't score a goal that their play merited.

The U13 Y team lost 4-2. An injury to the captain in the first half and no subs meant the girls struggled against a very strong St. Edwards side.

Home v Liverpool College | 3rd December

U15

It was a fantastic 8-3 win for the U15 team. They played some lovely hockey and were rewarded with a comfortable and well deserved win.

U13

The U13 X team were OUTSTANDING and won 12-2. The entire team got on the scoresheet after a superb performance that Liverpool College couldn't compete against.

The U13 Y team lost 3-8 with a trial of different players in different positions. They scored some good goals, but needed to play more of a passing game.

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.

YEAR 8 NETBALL FESTIVAL



The Year 8 netballers took part in the St. Helens festival. Illness reduced us to just one team of

10 rather than two teams.

De la Salle needed extra players so some of our girls stepped up and played on a rotation which was very admirable of them.

The Cowley team stormed their first two matches 8-0 and 6-1 before coming unstuck to some rather dubious umpiring from the opposition, resulting in a 5-2 defeat. Their last game was a narrow defeat after some tired legs struggled to keep up but overall the girls played their hearts out and should be proud of themselves.

YEAR 9 NETBALL FESTIVAL



Our Year 9 netball team took part in the netball festival at Sutton. They got their campaign off to a flying start with a 5-1 win over Rainford yellows. They continued their winning streak with a 7-1 victory over Haydock.

Then came the big game, Rainford first team, where our girls came up against some of their team mates from outside of school.

What followed was one of the best games of netball we have seen at one of these festivals, a very well fought out and tough game that could have gone either way, unfortunately it ended 4-2 to Rainford but the girls left everything on the court.

They entered their last game running on fumes and unfortunately, Hope came away victorious, winning 3-2 as the tired legs took their toll. We were immensely proud of how the girls played and how they approached each game.

YEAR 10/11 NETBALL FESTIVAL



Cowley hosted the St Helens Y10/11 netball festival.

It was a triangular fixture with Hope Academy & Outwood Haydock the other schools taking part.

Our team fought hard for every minute of each match but came up against some very strong defenders from

Hope.

Despite putting all their effort in against Hope, their high levels of effort continued and the match against Haydock was a very close game with the match tied right until the final 30 seconds when Haydock capitalised on their final centre pass and scored the winning goal.

There was some fantastic netball on display today from every single player on our team and they should be proud of their effort and commitment, not only on this evening but throughout every match and training session.

SAINTS BEAT DEVILS



The Cowley Saints 1st team played their second league fixture of the season against a really

strong Salford Red Devils side.

Despite going 12 points behind within the first 15 mins they didn't let their heads drop once. They have great mental strength and managed to stay in the game and went in at half time 12-10 behind.

The second half was more of the same as they produced the best performance of the season as they managed to poke their noses in-front with an excellently taken try which was converted, before an amazing solo try sealed the win. Well done, lads!

YEAR 10 LANCASHIRE CUP SUCCESS



The Year 10 rugby team travelled to Burnley for their Lancashire cup fixture against Unity College.

The boys were extremely excited to see Turf Moor stadium (home of Burnley FC) on the way and this got the biggest cheer of the journey.

The team ran out comfortable winners with some excellent tries and a good team performance.

Well done, boys!

YEAR 7/8 GIRLS FOOTBALL FESTIVAL



Cowley hosted the St Helens girls football festival for Year 7 & 8 where eight teams from across the borough came to take part.

Cowley had 20 girls representing across two teams, the majority of which were Year 7.

Our A team won 3, drew 1 & lost 1 which is a fantastic improvement since the last festival.

Our B team showed real determination & resilience all evening!

A couple of Year 9 students volunteered to referee the fixtures and did a fantastic job, which staff from other schools also commented on!

Well done to all!



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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