



P.E. NEWSLETTER

The half termly news from the P.E. department

GIRLS IN SPORT DAY



Year 7 Girls in Sport Day is an annual event which provides an opportunity for all of our new female students starting at Cowley to enjoy spending a day over in the P.E. department, sampling a number of different activities that are on offer on our curriculum and extensive extra-curricular programme and to improve on their skill level!

This year, Girls in Sport Day took place on Friday 16th September and saw all Year 7 girls participating in a variety of sporting activities.

Throughout the day, students were able to experience netball, hockey, dance/fitness,

rugby league, football and gymnastics with the emphasis on fun and enjoyment.

Following this, the number of students who have signed up to our extracurricular clubs has been outstanding, once again showing the success of this initiative.

Students were behaved impeccably for the duration of the day and were able to demonstrate all of the Cowleian values.

Huge congratulations to all the students who took part for their excellent efforts!

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- Football festivals & professional contract!
- Girls Football!
- Hockey news!
- Rugby successes!



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

YEAR 7 FOOTBALL FESTIVAL!



The Year 7 footballers descended upon Ruskin Drive in record-breaking fashion for the St Helens Schools Football Festival!

Cowley fielded SIX teams, more than any other school in the local area, which is a truly great achievement!

Well done to all Year 7 who have attended all extra-curricular clubs in superb numbers and represented the school magnificently.

The boys worked extremely hard during the festival with some great goals scored.



YEAR 8 FOOTBALL ROUND-UP



The Year 8 football team played their first 11-a-side game of their Cowley careers against De la Salle in the first round of the Town Cup competition.

On a beautiful Wednesday afternoon, the boys took no time in getting stuck into their competition. The determination and work ethic were brilliant to see, and the hard work paid off with Cowley going into half time with a four-goal advantage.

Cowley went on to control the rest of the game comfortably seeing out a 6-1 victory.

Kyran was voted player of the match with three goals and tireless running for the team, followed closely by Lucas who was superb throughout.

Well done to Year 8 who progress to the next round!



There were record numbers again for the Year 8 with FIVE teams fielded, more than any other school. Each team produced some superb results, goals and performances. It is amazing to see so many students enjoying their sport at Cowley. Keep up the hard work!

YEAR 9 FOOTBALL



The Year 9 football team played their first 11-a-side game of the year against Hope Academy.

The team took a little bit of time to get used to the windy conditions but showed great

determination to come back from 2-0 down and play some excellent football before scoring the goal of the game by Joshua.

It was 2-1 for most of the game but Cowley had the better of the second half, maintaining possession and creating lots of chances on goal.

Unfortunately, Hope scored a goal late on to deny Cowley a deserved positive result and seal their 3-1 victory.

Malek was impressive on his debut but the man of the match was Brin for his composed defending and impressive distribution from centre back.

Well played, lads!

YEAR 9 STUDENT SIGNS PRO!!!



Year 9 student Darcy has signed her first professional contract with Bolton Wanderers FC!

Darcy has also been selected for the Knowsley St Helens girls football squad for the coming season as she continues to progress from strength to strength on the football field.

Huge congratulations to Darcy on this amazing achievement!

GIRLS FOOTBALL KICKS OFF!



The Year 7 & 8 girls football team attended the St Helens Schools Football Festival at Ruskin Drive.

Three teams represented Cowley in this festival and their effort was outstanding throughout.

For some students, this was their first time playing in a football match but they took this in their stride and fought well in every match.



GIRLS TACKLE RUGBY FOR THE FIRST TIME!



History was made at the beginning of the academic year when four Year 7 rugby teams (two boys teams and two girls teams) played alongside each other on the top field.

For the vast majority of the girls, this was their first competitive game of rugby after only attending a small number of training sessions with Miss Church.

Haydock were the visitors and opponents and we are extremely proud to say that every single one of the girls showed unreal grit and determination throughout the games and most definitely made Cowley proud.

GIRLS ENJOY RUGBY FESTIVAL



Year 7 & 8 girls took part in the St Helens girls rugby festival.

Despite only having taken part in two or three rugby sessions, the girls did themselves proud.

The fearlessness, teamwork and drive were amazing to see with some brilliant tackles being made.

The girls were fortunate enough to meet rugby league players Kristian Woolf, Will Hopoate and Jason Taumalolo and had lots of questions for them which were all answered superbly, and it was great to see professional rugby players supporting and inspiring the girls.

U16 GIRLS RUGBY TEAM BATTLED WELL



On Tuesday 27th September, Cowley's U16 girls rugby team played their first fixture of the year against Outwood Academy Haydock.

The team were gracious in defeat with a final score of 24-16. They worked tirelessly until the end of the match and fought well until the final whistle, playing some excellent rugby to keep the scores close.

Well done to Emily who was awarded player of the match. A special mention to Dakota, who was excellent in representing the year above.

YEAR 7 RUGBY TEAMS MAKE EXCELLENT START



Our Year 7 rugby squad have made an excellent start to the year. With more than 35 boys out training every week to a very high standard, picking a first team each match will be difficult.

The boys played their first competition this half term in the St Helens National Cup Qualifier. We were fortunate enough to be able to enter two teams with both showing the correct attitude and sportsmanship to be great Cowley rugby players.



The A team qualified in second place after a nailbiting golden point loss to Haydock in the final. There was plenty to show in this competition, though, that this will be a season to look forward to.

YEAR 8 RUGBY ROUND-UP



The Year 8 rugby team have had an unbeaten start to the academic year so far.

They won the first St Helens rugby festival 9-a-side tournament and have qualified for the Champion Schools competition which will see them play the best schools from the North West over the coming weeks.

More than 40 boys have trained and represented the college in fixtures during this first half term – a tremendous effort from Year 8 and we're looking forward to seeing their continuous progress throughout the year.

YEAR 9 RUGBY ROUND-UP



The Year 9 rugby team have enjoyed an impressive start to the year. They narrowly missed out on being crowned champions of the St Helens festival 9-a-side tournament.

After losing the first game of the season to a drop goal against Rainford, the team has worked hard on the training pitch and games lessons and finished the term with a solid victory to Haydock.

The highlight of the term was in the Union match against Ripley St Thomas School where the boys played some fantastic rugby to progress to the next round of the competition.

Overall, the team has had an excellent start to the year and face some challenging fixtures this coming term. Well done Year 9!

YEAR 10 RUGBY ROUND-UP



The Year 10 rugby team have had a very good start to the academic year.

They were the winners of the first Year 10 St. Helens rugby festival against a good Rainford/St Cuthbert's side, scoring some fantastic tries and

displaying excellent attitude in defence. Stand out performers were Euan and Luke.

They also played their first rugby union game of the year against Lancaster. The players showed real character and grew into the game despite very limited training in a different code of rugby. The game was tied 14-14 with minutes to go before conceding late points and narrowly missing out on progression to the second round of the Lancashire Cup. Star performances by Owen, Luke and Connor.

They will now compete in the Lancashire Plate competition later this year.

U14 MERSEYSIDE HOCKEY TOURNAMENT



Cowley's Under-14 hockey team took part in the Merseyside hockey tournament.

The girls started the competition strongly, beating Greenbank 6-0 with goals coming from Molly (3), Emily (2) and Macey (1).

They then narrowly lost to Merchants 3-1 with Emily getting Cowley's only goal.

The team played really well and enjoyed the competition and continue to show progress, both individually and collectively.

Player of the Tournament – Molly

U16 MERSEYSIDE HOCKEY TOURNAMENT



The hockey fixtures have got off to a great start for our U16 team.

The girls drew 1-1 against St Edmund Arrowsmith in their first match with the goalscorer and player of the match Katy.

They followed that up with a 3-0 win against Byrchall with goals scored by Katy, Erin and Molly. Player of the Match was Sophie.

The girls have played some excellent hockey so far this year and we're excited about the remaining fixtures.

BOYS VS GIRLS! SIXTH FORM HOCKEY CHALLENGE!



At the end of half term, the sixth form boys challenged the girls to a hockey match.

After full time, the two teams could not be separated with the score level at 1-1.

With no goals scored in extra time, the game was decided by a penalty shoot-out!

Both Sam and Kori scored a penalty in the shoot out so, at 2-2, the game went to sudden death.

Eventually, after some amazing saves from both goalkeepers, the boys won the match!

All of the students had a fabulous time and the game was played in a very sporting spirit.

Hopefully, this is the first of many challenge matches between the boys and 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.

YEAR 7 NETBALL FESTIVAL



Cowley entered two Year 7 netball teams represent Cowley in the St Helens Schools netball festival at Haydock.

All of the students involved demonstrated excellent effort and behaved impeccably.

A special thank you to Mrs Cunliffe for coming along to support the students!

Jessie left before the photograph as she had been invited to a GB dance trial, so keep an eye out for Jessie on stage!

YEAR 8 NETBALL FESTIVAL



Cowley A and Cowley B took part in the Year 8 St Helens Schools netball festival.

Cowley A won three of their five matches against Haydock (3-0), Rainhill B (8-1), Cowley B (3-0) and drew against St Augustine's B (1-1). Lyra received player of the tournament for outstanding movement and communication on the court.

Cowley B won against Rainhill B (1-0) and fought well against Haydock, St Augustine's and Cowley A. Leah received player of the tournament again for excellent movement around the court.



Cowley's Year 9 netball team got off to a flying start in their cup competition, beating St Cuthbert's quite emphatically 24-0!

Player of the match, as chosen by their umpire, was Grace and chosen by the team, it was Hope. Well done, girls!



Our mixed Year 10/11 pupils had their first netball fixture of the season, a triangular tournament against Haydock and Rainford. The girls played some excellent netball, winning one game and coming second to a very talented Rainford side. The girls all seemed to really enjoy their games and left with smiles.



PE EXTRA CURRICULAR ACTIVITY TIMETABLE - AUTUMN 2022

MONDAY

LUNCH (1:15-2:00PM)

GIRLS HANDBALL - Y7-13 (SPORTS HALL)
Y10 & 11 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

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

Y10 & 11 GCSE PE THEORY
CATCH UP (PE SOCIAL AREA)

LUNCH (1:15-2:00PM)

Y9 INDOOR HOCKEY (SPORTS HALL)
SENIOR RUGBY TRAINING (3G PITCH)
Y9-11 TICK & PASS RUGBY (3G PITCH)
GIRLS ONLY WEIGHTS (WEIGHTS ROOM)

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

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

WEDNESDAY

LUNCH (1:15-2:00PM)

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

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 & 8 BASKETBALL (SPORTS HALL)
Y10-13 WEIGHTS TRAINING (WEIGHTS ROOM)

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)
BOXING / MMA (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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