



**COWLEY**  
INTERNATIONAL COLLEGE

# P.E. NEWSLETTER

*The half termly news from the P.E. department*

## WE ARE THE CHAMPIONS!



**Our Year 8 hockey team became Under-13 Merseyside School Champions after seeing off some strong opposition in the tournament held at Greenbank High School in Southport.**

The top hockey-playing schools in the region all took part: Merchant Taylors, St Edwards, Greenbank, Liverpool College and Bluecoat, with Cowley being the only school who fielded two teams!

Not only that, but as our Cowley X team came first, the Cowley Y team came second, so we dominated the competition!

What a fantastic achievement! Well done, girls!



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



## YEAR 9 RUGBY SUCCESSES



After a first-round bye, the Year 9 rugby team came up against Outwood Academy in their semi-final of the St Helens Town Cup with the game being played at Cowley.

A dominant first half display and a strong second half defensive performance meant that the boys secured a victory which books a place in the Final in which they will either play Rainford or Sutton.

It was also good to see some other boys represent the team for the first time this year, after being standout performers in their games lessons and pushing for the rugby team.

It was a real team effort and we're really looking forward to the final!



The boys have also made it through to the North West Counties Plate semi-final as they ran out comfortable 62-20 winners against Rainhill in what was their best game of the season so far.

Their work rate, communication and discipline sets them up for an exciting next round fixture vs Hawkley Hall High School.

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The team also played a friendly against Rainhill in what was supposed to be the St Helens Town Schools rugby festival. With only two teams showing up, it turned into a competitive friendly fixture with Cowley running out comfortable winners.

## THIRD FOR YEAR 10 BASKETBALLERS



The Year 10 basketball team took part in the St Helens Town Cup against the other schools across the borough, finishing in a very respectable third place.

The boys showed some excellent basketball skills, worked incredibly hard for each other and showed exceptional sportsmanship throughout the competition, representing Cowley fantastically well.

The competition was strongly contested but the team kept going and played some really good basketball to take third place in the tournament.

Well done, lads!

# INDOOR ATHLETICS ROUND UP



We had a very enjoyable day at the St Helens schools indoor athletics competition on 3rd March.

The students performed exceptionally well and were a credit to the school throughout.



## Results:

Year 7 girls - 5th  
Year 7 boys - 2nd  
Year 8 girls - 2nd  
Year 8 boys - 3rd

As a result of finishing in the top two, the Year 7 boys and Year 8 girls were selected to represent St Helens in the Merseyside schools indoor athletics competition.

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## MERSEYSIDE INDOOR ATHLETICS COMPETITION



On Tuesday 28th March, our group of Year 7 boys and Year 8 girls represented St Helens in the Merseyside Athletics competition, held at Greenbank Sports Academy.

They competed against 16 other schools from across the region and there were some excellent individual performances in a number of the events.

The boys ended up finishing in 5th position in the Year 7 competition, while the girls finished in 9th in the Year 8 event.

We are immensely proud of their attitudes and achievements and they were a credit to Cowley on the day and should be proud of themselves.



Off the track, we also had some superstars.

The Year 10 GCSE girls were drafted in at the last minute to act as leaders to run the session, allocated the very important task of recording the results and ensuring the running totals were up-to-date.

They performed their duties with professionalism and accuracy, like they had been doing it for years.

They were invaluable as the event wouldn't have been able to go ahead with them.

It was an excellent day. Well done to everyone involved.



## YEAR 7 FOOTBALL ROUND-UP



The Year 7 football team, who have had excellent attendance over this half term, played a competitive friendly away against Sutton Academy.

There was some excellent football on show as well as excellent behaviour, on and off the pitch.



The lads then played in the St Helens Town Cup for the first time, narrowly missing out on a place in the latter stages.

However, if they continue to show the same effort and commitment, their hard work will certainly pay off in future competitions. Well done!

## YEAR 8 FOOTBALL ROUND-UP



The Year 8 footballers can be extremely proud of themselves after competing at the St Helens Town competition.

Given the strong turnouts for our extracurricular sessions, we were able to field three teams for this tournament, and all three of them performed admirably against some strong opposition from other schools in the borough.

Many of the players had already spent the full day at the rugby festival, too, so performed extra heroically. Well done!

## YEAR 9 UNBEATEN AT FOOTBALL FESTIVAL



Cowley hosted the Year 9 St Helens Town football festival and our team did fantastically well, going through the tournament unbeaten with three wins and a draw.

They played some superb football, scoring some brilliant goals in the process, and thoroughly deserved their achievement against some really good teams from the other schools across the borough.

Well played, boys!

## YEAR 9 STUDENT IS A COUNTY CUP CHAMPION!



On Saturday, 1st April, one of our Year 9 students, Darcy, represented Bolton Wanderers in the girls Under-14 Lancashire FA County Cup Final against Wigan Athletic.

Bolton won 3-0 to lift the trophy and give Darcy a fantastic day.

She said: "I was so excited to be chosen in the starting 11. Overall, it was an awesome day and experience for me, the atmosphere was amazing!"

"This was my first final with Bolton and we won, so I couldn't have asked for a better day!"

Well done, Darcy, we're proud of you.

## FINAL NETBALL FESTIVAL OF THE YEAR



Cowley hosted the final round of the St Helens netball festivals this half term.

Teams came from across the borough for one last time in 2022-2023, and it was a really good competition.

Cowley had teams from every year group participating, and each team showed great determination and effort, not to mention some really quality play, both in attack and defence.

It has been a pleasure to coach all of these students since September and we are all looking forward to the new netball season in the next academic year!

Well done, everyone!

## 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.



# HOCKEY NATIONALS ROUND-UP



On Monday 13th March, our Under-13 hockey team went to Lytham St Annes to represent Merseyside in the National In2Hockey Tournament.

The last time we took a Cowley team to Nationals was 25 years ago, so it's a massive achievement for the girls.

We knew it was going to be a tough day with all the other teams coming from the independent sector, meaning they've usually been playing hockey from a very early age!

Nevertheless, the girls acquitted themselves really well, especially given the driving rain and 46 mph winds which were gusting around the Lancashire coast.

We are extremely proud of how well they played and their Cowleian attitude shown throughout the day, despite the bad weather!

With this added experience, the girls will be even better prepared and motivated to go again next year.

Well done, girls!

# FUNDRAISING HOCKEY TOURNAMENT



On Friday 10th March, the sixth form boys, a mixed senior girls team and a team made up of Cowley staff played in a hockey tournament to raise some funds for a good cause. A whopping £125 was raised and loads of fun was had in the process with some interesting games!

The results don't really matter, as we all know, it's the taking part that counts ;)

A massive thank you to all the staff who played, tried to play and those who supported us! It was a fun Friday afternoon for all of us.

## GIRLS RUGBY ROUND-UP



It was a very busy half term for our Year 7 & 8 girls rugby team.

The girls played in one quarter final and two semi finals over the course of the half term, showing how well they've done in their first season.

The team's first game of the half term was a quarter final against Hope Academy where our team came away victorious to progress into the semi-finals of the St Helens Town Cup.

Next up, was the North West Champion Schools competition. The girls played some outstanding rugby resulting in a semi final play off but, unfortunately, luck wasn't to be on our side as the girls narrowly missed out on a place in the final.



On the final day of the half term, the girls played in the Town Cup semi-final clash against Haydock.

Our team showed real grit, determination and skill but again agonisingly missed out on a place in the final with a final score of 18-8 to Haydock.

Nevertheless, it has been a fantastic first season for girls rugby at Cowley and we can't wait to get back into training next season and improve and expand on our offering going forward, providing more and more opportunities to the girls who want to play the sport.

Well done, girls!





# COWLEY

## INTERNATIONAL COLLEGE

### PE EXTRACURRICULAR ACTIVITY TIMETABLE

#### SUMMER 2023

#### MONDAY

**LUNCH (1:15-2:00PM)**

Y9&10 FOOTBALL COMPETITION (3G PITCH)  
Y9-11 WEIGHTS TRAINING (WEIGHTS ROOM)

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

Y7-13 TABLE TENNIS (GYM)  
Y9&10 CRICKET (3G PITCH)  
Y7-13 MULTI SKILLS (SPORTS HALL)

#### TUESDAY

**LUNCH (1:15-2:00PM)**

Y7-13 GIRLS FOOTBALL (3G PITCH)  
Y9 WEIGHTS TRAINING (WEIGHTS ROOM)

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

Y11 - GCSE BOOSTER (M18)

#### WEDNESDAY

**LUNCH (1:15-2:00PM)**

Y10 - GCSE BOOSTER (E16)  
Y713 GIRLS TAG RUGBY (3G PITCH)

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

Y7-13 ULTIMATE FRISBEE (3G PITCH)

#### THURSDAY

**LUNCH (1:15-2:00PM)**

Y8&9 ROUNDEERS (CRICKET SQUARE)  
Y8&9 HOCKEY (3G PITCH)

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

Y7-13 ATHLETICS (TOP FIELD)

#### FRIDAY

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

Y9-11 HOCKEY (3G PITCH)

**LUNCH  
(1:15-2:00PM)**

Y7 ROUNDEERS (CRICKET  
SQUARE)  
Y7 BOYS HOCKEY (3G PITCH)  
Y7-13 RUNNING CLUB  
(GAMBLE AVE GATE)

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

Y7&8 CRICKET (3G PITCH)



## 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 OUTSIDE OF SCHOOL, 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!**



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