

The Sports Round Up

Term 3 #LetsGoHenlow

It's been a busy summer term with the Henlow teams out in force competing in League, District and County competitions. At the end of The Sports Round Up you will find three pages of achievements from the 2023 - 2024 season. These would not have been possible without the incredible dedication and enthusiasm from our students, PE staff and parents/carers who work tirelessly throughout the year. Congratulations to everyone for your amazing achievements, we are extremely proud of you all!

The Henlow Gym & Dance Festival

We started the summer term with The Henlow Gym and Dance Festival. It was a fantastic mix of beautiful contemporary dances to fun, upbeat dances. The show also included trampolining gymnastics and cheerleading. Pupils choreographed all of the dances themselves and included props and costumes to really set the scene. A fabulous event for pupils to showcase their talent and expressive arts skills. The performances were simply stunning.



#LetsGoHenlow

Rounders

Key Stage 2 Rounders

The Key Stage 2 rounders tournament was held over one day and the teams played in two pools which then led to a semi final and final. It was a mixed rounders team and they all played a very tactical and slick game of rounders. It was a very tense and close final but Henlow came out on top winning by one rounder! District Champions!



Year 7 Rounders

There had been a wonderful turn out for Year 7 rounders this year with lots of students attending training. The Year 7s won the majority of their games losing only one and missing out on the finals by one rounder! Bring on next year!



Year 8 Rounders

An undefeated run in the pools took the Year 8s straight into the final. What. A. Match. A composed performance from our Year 8 rounders team secured them the District title. The score was tied on rounders and outs - the game was decided on rounders scored resulting in a 3-1 victory to Henlow. Well done girls



Year 9 Rounders

Year 9 have had an inconsistent season this year. Convincingly beating the top team in the pool then losing to the team at the bottom. I am convinced this team will be a force to be reckoned with next year and I'm excited to see how far they can go!



Year 10 Rounders

Year 10 have shown excellent commitment to rounders this year. A mixture of results the girls have had moments of phenomenal play and some big wins. Very unlucky not to make the Bedford finals this year. Player of the season: Sarah! Well done.



Football

Year 7 - 9 Girls

The girls had an action-packed football season this year, filled with numerous challenges and triumphs. From Key Stage 2 to Year 10, they participated in various competitions, including the League, the County Cup, Sisters in Sport, and Futsal. Year 7/8 secured 3rd Place in the League, while KEY STAGE 2 displayed impressive resilience, losing only three fixtures. KS3 embraced the new Sisters in Sport competition, travelling extensively from Norfolk to Stratford upon Avon. In a closely contested U14 match, the predominantly Year 7 and 8 team narrowly lost 5-4. The Year 10 girls dominated their District League, maintaining an impeccable record by winning every match, scoring five goals, and conceding none. Recently, the girls had the exciting opportunity to visit the Women's Euros Trophy and engage in a friendly tournament, capping off the year's fixtures with a sunny and memorable day.



Athletics

Quadkids

Well done to our Key Stage 2 athletics team who represented our school with all their effort on a boiling hot day in the Quad kids competition. There was so much enthusiasm that we entered three teams with one team coming third.



Year 7 & 8 Athletics League

Both of our Year 7/8 athletics boys and girls teams have qualified for the League finals which is an amazing achievement. The boys won all of their League fixtures and the girls all but one. At the time of writing this we currently have not had the final but if the students apply themselves in the way they did in the previous rounds we will have some great results!



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District Day

What an amazing couple of days at the District athletics competitions. Every student did amazingly well, we had too many podiums to list but special mention to Chloe who got gold in two events. Our teams did exceptionally well, Year 8 boys came first, Year 7 girls 2nd, Year 7 Boys second and all of our other teams came in the top 5.

Year 9 League

As always the Year 9 League is a great opportunity for students to experience a high level of athletics at an international level track. Unfortunately due to weather the season was cut short but in the two events we had the students did incredibly well and there were some first class performances. It was great to field so many different students and see what they are all capable of.



Year 10 League

For the Y10's this will be their last year of athletics and they finished with a bang. The boys finished 3rd and the girls 4th in a League of over 15 schools. The commitment this year group has shown to athletics has been amazing and they have been a real credit to themselves and the school. They have been great ambassadors for the other years groups and we hope they continue to participate in athletics outside of school.



ESAA - Regional Round

Our Junior boys (Year 7/8) team qualified for the regional final which is an incredible achievement. The region we participate in is one of the highest performing regions in the country so the competition was tough. The boys were a credit to themselves and the school trying their absolute hardest finishing 6th. A couple of injuries hindered some performances otherwise we could have come 3rd. A fantastic achievement and credit to their hard work over the athletics season.



ESAA - County Round

English schools athletics is a country wide competition of the best athletes the schools have to offer. We entered four teams Year 7/8 Boys, Year 7/8 Girls, Year 9/10 Boys and Year 9/10 Girls across two events. It was two long days in Essex and Northamptonshire, but it was worth it to see every single student try their absolute best and there were some great individual and team results. Special mention to the Year 7/8 boys who came in the top 50 scores in the country.



Cricket

Key Stage 2

Our Key Stage 2 Cricket teams showed fantastic engagement and teamwork in the local cricket competition. Our girls team narrowly missed out on the final due to runs scored, but performed admirably and achieved a well deserved 3rd Place in the District. Our boys had to settle for 6th Place overall after a tough few group games but performed well with the majority of the team being made from Year 5s.



Year 7

The Year 7 cricket team had a great season. Led by Charlie and Henry, the team performed well across all games this season. Consistency across bowling and fielding will be the target next season as we look to push for the top 3 spots next year.

Year 8

Our Year 8s have had a great season. Skipper Alfie has provided the energy and made clever tactical enhancements throughout our fixtures. Sahil has excelled with the ball this season, being the teams leading wicket taker.



2023 - 2024 Achievements

Athletics

Year 8 Boys Bedford Champions
Year 7 Boys Bedford Runners Up
Year 7 Girls Bedford Runners Up
Year 7 & 8 Boys League Finalists
Year 7 & 8 Girls League Finalists
ESAA Junior Boys Regional B Finalists
ESAA Junior Boys top 50 in the country
10 Students selected for North Beds County Team
Year 10 Boys Athletics League 3rd
Year 10 Girls Athletics League 4th
Year 7 Boys Sports Hall Athletics District Champions
Year 7 Girls Sports Hall Athletics District Champions
Year 8 Girls Sports Hall Athletics District runners up
Year 8 Boys Sports Hall Athletics District runners up
Key Stage 2 Sports Hall Athletics County Finalists
Year 7 & 8 Girls Sports Hall Athletics County Finalists
Year 7 & 8 Boys Sports Hall Athletics County Finalists
Year 9 & 10 Girls Sports Hall Athletics County Finalists

Badminton

U13 Girls District Winners
U13 Girls County Runners Up
U15 Girls District Winners

Basketball

U13 Basketball League 2nd Place
U13 Girls Basketball District Champions
U13 Girls Basketball County Champions

Cricket

Key Stage 2 Girls District 3rd Place
U15 Indoor District Champions

2023 - 2024 Achievements

Cross Country

Junior Girls Regional Finalists
Intermediate Boys Regional Finalists

Dance

Key Stage 2 County Champions
KS3 County 3rd Place

Football

U13 Girls Football League 3rd Place
U15 Girls Football Eastern District Winners
U13 Boys District Football League Runners Up

Goal Ball

U13 Goalball District Champions

Gymnastics

School Sports Acrobatics Competition
2nd & 3rd in Regional Under 11 Women's Pairs
3rd in Regional U14 Women's Pairs
2nd in Regional Group 6
3rd in Regional U14 Women's Tumbling
3rd in Regional U14 Men's Tumbling

Handball

U13 Girls District Runners Up
U13 Boys District Runners Up
U15 Girls Regional Finalists
U15 Boys Regional Finalists

2023 - 2024 Achievements

Netball

Year 8 District Netball League Winners
Year 7 District Netball League Winners
U15 Bedford Division 1 Winners
U13 County Tournament Champions
U16 County Plate Winners
U13 County Tournament 3rd Place
U13 Sisters N Sport Shield National Finalists

Rounders

Year 6 District Rounders Champions
Year 8 District Champions

Trampolining

U14 Novice Trampolining National Champions
U14 Novice Trampolining Zonal Champions
U14 Novice Trampolining Regional Champions
U18 Intermediate Trampolining Regional 3rd Place

Rugby

U13 District Runners up

Table Tennis

Year 9 Girls District Champions
Year 9 Girls County Runners Up