

### Competitions and Fixtures

The busiest Autumn term yet! Back to back fixtures, I am not sure how we have managed to fit them all in but from Year 5 - 11 we have competed in 114 fixtures and events. It's been fantastic to see a record number of students proudly representing the school at a number of fixtures, events and competitions! A target for us this term was to fulfil development squad fixtures. Many students have played in friendly netball, football and basketball competitions. Let's break it down...

## Football



**Key Stage 2** - KS2 football has been running strong every Tuesday lunch time. There is always high attendance at the lunchtime club! From watching them play it shows the commitment and passion for football and to improve and to improve their skills. The boys recently played in a friendly against RBA. There was some wonderful play demonstrated and worldie goals scored. The girls have their league fixtures to look forward to in the new year.

## Year 7

Our Year 7s have had a very successful football season, growing with confidence in every game. They finished second in the district league, performed admirably at Norwich FC training ground at a recent competition, and have a county cup quarter final to look forward to in the new year. Josh and Faith provide the backbone for this team, allowing the likes of Adam, Riley, Noah and Marley to provide goals and assists for one another. Honourable mention to our own 'Ole Gunar Solskjaer' Charlie who seems to get a goal with his first touch of the ball every game! The future is looking bright for this wonderful team!



## Year 8

We have had another very successful year of football in Y8. The A team were in the running to win the league all season and lost out narrowly in the final game of the season. They progressed past the second round in both the national and county cup. The B team remained undefeated all season showing the impressive strength in depth we have as a school. Both teams showed great improvements throughout the season and have been a real credit to themselves and the school.



## U14/16 Girls

U14 girls progressed through the County Cup beating Queen Elizabeth, a school from Luton on Penalties. U16 girls battled hard in Luton vs Chalk Hills, it was not their day but they showed real character and spirit, challenging for every ball.

## Futsal

Most recently, U13 girls entered a Futsal Tournament at RBA, they dominated every game but narrowly lost out to RBA, coming second in the district. Looking towards the future, all years have their league and Sisters in Sport fixtures to prepare for and they are aiming for big success.

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**U13 Girls** - Girls football has been making great progress this year. The girls have been training every Tuesday afterschool and have been developing their skills individually and as a team. Firstly, the U13 Girls are through to the quarter finals of the county Cup, having beat Pixbrook 6-0. It was a dominant performance from those who played.



**U16** - The U16 football team punched well above their weight in the league this year. The development has been clear to see winning more game than last year and closing the gap on other teams they lost to. They have shown Henlow values throughout the season whilst playing and many have supported officiating the young years games.

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# Netball

We have had SO much netball this year and we still have so much more to come. With new squads in new competitions we have completed a staggering 54 netball fixtures with huge numbers of girls representing the school.

**Key Stage 2** - A combined squad of Year 5 & 6 girls have made enormous progress in the Year 6 League this year with wins and nail biting one or two goal losses. We have developed at friendly netball festivals and still have lots of competition to look forward to in the new year.



**Year 7**- Due to the numbers of students attending weekly netball training we have had 2 squads of teams playing weekly in the District League both growing in skill level and confidence. What a season for the Year 7A squad who were promoted into the top division this year. We anticipated a tougher time for this squad this year. The team went from strength to strength competing in some closer matches however claiming the top spot unbeaten. Well done girls, we still have the County Cups to go! The B team has given this group the opportunity to develop some strong connections and I am excited to what Year 8 has in store for the development squad.



## Year 8

Netball in Year 8 has gone from strength to strength with 3 squads playing weekly in District league and friendly matches. The number of girls taking the court developing and having fun has been wonderful to watch. The 8A squad have had a phenomenal run in the A League and showing skill above their years and versatility across the court. This squad were crowned undefeated league winners. What impressed most about the B squad was their resilience and their ability to respond to feedback. Bring on Year 9!



**Year 9** - Lots of netball for our Year 9's with the big event so far this year being the U14 National Schools competition. With two strong squads both made it through to the semi finals of the Cup and Plate competitions. The Year 9's also step out of the District into the Bedford Upper School leagues this year. Doing fantastic in their pools, only losing one game, I am excited to see what the rest of the season has in store for this group.



## Year 10

What a year the Year 10 netballers are having. Undefeated to date in their pool in the Bedford League with one fixture to go their finals hopes are looking very strong. This group also held their own at the recent U15 County Tournament making it through to the Cup rounds. Many of this squad have also stepped up to help out the Year 11s in their leagues fixtures gaining invaluable experience. Bring on 2024 with this group.



## Year 11

Some wonderful score lines for the U16s in the District League Pools but the highlight for this squad was winning the County Plate competition. Not much match play left for this group but we have loved watching their skill and love for the sport develop and prepare them for their GCSE PE practical exam.



## Sister n Sport Netball

This year we entered 3 squads into the national Sister n Sport National Cup, with the U14s and U13s both going strong in their competitions with some exciting fixtures in the new year, how far will they go?



# Basketball

## Year 7 Boys

An exciting first season for our Year 7 boys, they finished 3rd in the district league and we are looking forward to how this team develops next year. We have had lots of keen Year 7s participating in basketball club this year and we hope to provide even more Basketball opportunities next season.



## Year 8 Boys

A strong season of basketball for our Year 8 team. Their progress has been fantastic this year, posting 40+ points in our final win of the season. They also finished 3rd in the district league. Their commitment and engagement to basketball this year has been very impressive. Tommy and Harley doing their best to recreate the attacking energy of Curry and Thompson from the Golden State-Warriors.



## U16 Boys

An interesting year for our U16 team. Their commitment to training and improving their skills has been great to see this year, and they have performed with fantastic Henlow spirit in every game this season. One final game in the last week of term for our Year 11 basketballers.

## Year 7 Girls

The team came 3rd in the district tournament, a lot of new faces introduced to the basketball team this year. Consistent energy and effort from Katelyn and Faith created a strong defensive force for our team. Looking forward to next year's competitions.



## Year 8 Girls

Year 8 basketball has gone from strength to strength and more girls than ever have played in competitive fixtures against local schools. District league finalists. Will be playing the district final in January with an opportunity to go to County finals. It is hard to choose any standout performances from this basketball squad. The front foot defensive masterclass starts from Sophie, Iris and Lyla who give energy and intensity. These are shadowed by the ever present rebounding Queen Emilia. This left sharpshooting duo Izzy and Cece to collect the points on the other end of the court. A true dream team in the making.



## U14 Girls

3rd in the district competition. Our U14 team have been engaged with their training and have made great progress this year. We hope to continue this as most of this team will be representing the school in the U16 competition next year. Standout performances from Erin and Chloe.

## U16 Girls

Second place in the district competition for our U16 girls. With a squad mostly made from Y10 students, they performed admirably and have their eyes set on going one place better at next year's competition. Led by the infectious energy of Lucy, we saw very impressive debut basketball performances from Zuzanna and Daisy, who both got on the scoresheet after minutes of coming on. The attacking duo of Annabelle and Avelyn were consistent performers alongside the energy and enthusiasm of Sarah and Alexandra.





# Trampolining

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Our Year 7 & 8 teams are Regional Champions! They will be going onto zonal finals with a chance to compete at Nationals. Daisy, Izzy, Erin and Emily have got what it takes to go all the way.

Tommy achieved 4th Place for Henlow Academy in a trampolining competition in the Year 8 Novice earning him a place at the national competition.



Unfortunately it was the end of the journey for our 'founding fathers' of Henlow Trampolining. Ellie, Bethan, Daisy and Izzy fell short of recreating their national success from last year. They are now passing on their legacy through being incredible coaches to our Year 5-7 gymnasts.

## Key Stage 2

It has been brilliant for some of our Year 5 & 6 students to get experience running at various locations across the district. We look forward to seeing them in action in January at the individual competitions where we historically do very well with many of our athletes progressing to the county and national finals. Exciting times!



## U13

We are still very much in the middle of the cross country season however we have already had some fantastic team and individual achievements. The Y7/8 girls team made it through the county round and to the regional stage of the English Schools Athletics Association Cross Country competition which involved travelling to Stowe school for a great afternoon for cross country. Both the boys and the girls team also won the first local league fixture at Alameda.



## YEAR 9 & 10

The Y9 and Y10 cross country team attended the county round of the English Schools Athletics Association Cross Country competition at The Perse in Cambridge. Both teams competed valiantly and narrowly missed out on advancing to the next round.



# Cross Country



## Table Tennis

This was the first year Henlow has entered the Year 9 - 11 District Table tennis competition. A fabulous event where 5 of our District schools came together for a fantastic afternoon of table tennis. Our girls won the District event and progressed to the County finals where they took the silver medal! Well done and bring on next years competitions.

# Extra-Curricular Clubs

**In addition to the many training sessions and fixtures throughout the term there has been room for some recreation clubs and activities both at lunchtime and after school. Due to the popularity of certain clubs and the demand for recreational clubs, we will see what we can fit into next term.**

## Cheerleading

Definitely one of the most popular lunch time clubs we have run this term, students from Year 5-9 were able to come down to the sports hall and play some badminton. It was fabulous to see students coaching and helping each other as all abilities were welcome,

## Gymnastics

Pupils have been enjoying gymnastics and a squad has been chosen to enter the Eastern Region Schools Gymnastics prelims which leads on to the Schools National finals. The school has been very successful at these competitions previously so we are excited to see what is to come in March.

There has also been an additional gymnastics club on a Tuesday morning led by an Ex Great Britain world champion tumbler. The children attending have really enjoyed developing their tumbling skills and perfecting their core basic gymnastics skills.

# What's Next?

It may be a short term but it's a busy one! Here's a sneak peek at the clubs and competitions we have to look forward to in the Spring Term; Trampolining, KS2 Football, Girls Football, Sports Hall Athletics, Rugby, Hockey, Netball, Cross County, Handball, Badminton and Dance! Bring it on!  
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