

# SPOTLIGHT ON SPORT

## WGGS PE DEPARTMENT UPDATE



## SPRING TERM 2022

The spring term has flown by for the PE department. We have been incredibly busy with fixtures, tournaments and the GCSE moderations. Thank you to all the students who have participated in one of our many teams this year.

We are aware that there are a number of students performing in their sports at high levels outside of school. However, they are not always forthcoming with this information.

Please do email the PE department to let us know of any successes your daughter has so we can celebrate them.

I would like to give a special mention to two students in relation to this. Daisy M in Year 11 was successful in gaining a place at the London Pulse Netball Hubs for her age group. Ella R in Year 12 also gained a place in the London Pulse Hub. Ella went on to be invited to train with the U17 National Performance team for Pulse which is a fantastic achievement. Both students have demonstrated excellent commitment to their sport, well done!

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# TEAM UPDATES



# Netball

## Year 7 Netball

### Year 7 Netball

The Year 7 Netball Squad has had a turbulent start to their season with bad weather impacting team selections and training. Despite this 17 students successfully made it into the Squad and have been training incredibly hard, since January, to improve their skills and confidence when playing matches.

The A Team have played 4 games so far and have yet to secure a win. They were narrowly pipped to the post in their first game against Queens when the opposition scored 2 times within the last minute of the game, resulting in a 3-1 loss. During the A-League tournament WGS students were excited about the opportunity to play Queens again and this time they did secure the win with the final score being 3-0. Overall, they came 7th out of 9 schools in the tournament. We hope to see some more success for the A-Team in their remaining games.

The B team have played 2 matches so far this season. They managed to secure a 9-8 win against St Clement Danes and a 10-3 loss against RMS. In their recent tournament the B teams played exceptionally well together and were awarded 4th place out of 7 schools.

Well done to you all.

# **TEAM UPDATES**

## **Year 8 Netball**

Despite not having a school team last year, due to Covid, the girls have settled well into senior school Netball. We have a very large and very able Year 8 Netball squad and I am delighted that we have had all of them (18) representing the school this season. The Year 8s are an incredibly dedicated bunch, constantly striving to improve and just seem to have a real passion for the game. We have tried all sorts of combinations and just as everything has begun to click in to place the season ends!

Our first match was a “double header” at Queens school. The team began with an emphatic 11-3 win against the hosts, which they followed up with another victory against St Clement Danes. Rickmansworth school were more challenging adversaries, later in the year, and after a hard fought battle the squad lost by 3 goals. RMS had a very tall and well drilled team and proved too strong for us – this year! The teams, however, had strong wins against Aldenham and St Margaret’s later in the season which they should be very proud of.

At the Year 8s first District Tournament the standard was high and the wind was chilly. The B squad came 3rd in the District Tournament which is a fantastic result. The A squad narrowly missed out on victory in several matches but the girls all learnt the lesson of the need to be ready to “go” for each game, when playing in a tournament.

I really have enjoyed taking the Year 8s this year and am excited to see where their Netball playing takes them next year.

## **Year 9 Netball**

I really want to commend the Year 9s for their commitment, in a year which has been full of challenges for this squad. We have had a number of injuries, and Covid related absence, but the depth of players we have has ensured we could always field a competitive team. We have been particularly hit by a lack of defenders, but without any quibbles many girls have stepped into these positions and performed well. This is what being part of a Watford Girls team is all about.

Our first match this season, and biggest victory, was against Queens school, winning 13-1. From then onwards a number of challenges arose, as previously mentioned, and so we have had an ever changing team. We have had a number of close matches - a very tightly contested one against RMS, with the girls narrowly losing by 2 goals and Parmiters by a similar amount! I really have been impressed with all of the squad and want to thank them for all their dedication and enthusiasm.

# TEAM UPDATES

## Year 10 Netball

Year 10 have had a challenging netball season, finishing 8th in the league. They have played against some strong netball teams including, RMS and St Clement Danes and had a few very close results against Queens and Immanuel. They showed progress throughout the season and have improved in each game. I have been extremely impressed with their resilience on court and commitment to both training and fixtures.

## Year 11 Netball

Year 11 have had an excellent netball season. They finished 2nd in the league and only missed out on first position by 2 goals. They have had many competitive fixtures, beating schools such as Rickmansworth, St Clement Danes, Parmiters and Aldenham, and marginally losing to a strong RMS side by 2 goals. I have been extremely impressed with the girl's commitment to training and fixtures. They have worked extremely hard as a group and played some excellent netball. Well done year 11.



# TEAM UPDATES



## Badminton

This term saw the final games of the Herts and Middlesex badminton league played and the league positions decided. Our U13A, U14 and U16 teams all placed 2nd, U13B and U15 came 3rd and the U18 4th in their respective leagues. Well done to all players who have represented the squad this year, your commitment has been fantastic!

On Monday 14th March, Vennela, Sakina, Hanaan and Aamena represented WGGs at the Elite Singles Tournament at Queenswood. The competition was incredibly tough, and the group stages were well fought. Vennela won her group, taking her through to the knockout stages, in which she progressed all the way through to the semi-finals, losing out to the eventual champion. Unfortunately, Hanaan narrowly missed out on the knockouts due to points difference but she went on to win the plate competition. This was a great experience for the students involved to play against elite level performers.



# TEAM UPDATES



## Football

Football Club has run every Friday since the start of term and on average has about 70 pupils attending each week. The group is completely mixed ability and has given the girls the opportunity to play with other year groups, make new friends and for some to represent the school in fixtures. We have played small sided games, practised key skills like shooting, played mini tournaments and developed a great team spirit amongst the group. We have played through the cold, wind, rain and on the odd occasion sunshine, but the girls have turned up regardless of the weather full of smiles and wanting to play.

Both the U13 and U15 teams have had some tough fixtures this season but both have also managed some victories intertwined with some defeats, but the performances have certainly been much better than some of the results might suggest. We were the beneficiaries of a new football kit donated by BEAT School Uniforms which we were all pleased to receive and would like to thank BEAT for their support.

We would also like to thank the older pupils who have helped us each week run the club and the girls themselves for their dedication and commitment to playing. Due to a popular request from the girls themselves football club will continue to run until May Half Term week after which more traditional summer sports will be the focus.

Mr Beasley & Mr Lee

# TEAM UPDATES



## Swimming

It has been another good season for the WGS swimmers. Students have worked hard and have been committed to swimming training both in and outside of school. The competition takes place over 6 rounds, competing against different schools in each round. The senior team had been 2nd in league for the first half of the season but had a tough final 2 rounds to finish in 3rd place. Both the junior and intermediate teams placed in 9th place. There are very few state schools that participate in the county swimming league and we pleased to be able to continue to offer the opportunity to our students.



### Y8/9 Hockey

## Hockey

A few girls have shown real commitment to hockey, turning up to practices each Thursday lunchtime, which has been great to see. A warm-up fixture against RMS helped the team gain some valuable experience of playing together on a full-sized pitch. Whilst the final score line was a 3-0 loss, this wasn't a true reflection of their performance; everybody battled hard, put in some solid tackles and we managed to put RMS under pressure in their circle a number of times. Every single player's spirit, determination and enthusiasm shone through!

And onto the Y9 tournament, which consisted of three teams: WGS, RMS and Parmiters. Despite torrential rain, everybody dug deep to play their part, with some great decision making and composure on the ball. A draw against RMS and a win against Parmiters led to victory and WGS being crowned CHAMPIONS!! Congratulations and well done to all!!



# HYDE CUP UPDATES



This term saw students take part in a variety of sports for the Hyde Cup.

Benchball proved as popular as ever with over 300 students representing their form throughout the week, along with lots of support from the sidelines.



The fourth round was completed this week. Highlights included the Year 10 penalty shootout and the introduction of lacrosse to the Hyde Cup calendar.

With just 2 rounds left to go, here are the current standings:



- 1st - E (70pts)
- 2nd- G (66pts)
- 3rd- B (65pts)
- 4th - D (57pts)
- 5th- C (51pts)
- 6th - A (45pts)
- 7th - F (40pts)

### Winning forms

- Year 7: Benchball – 7D
- Year 8: Benchball – 8A/F
- Year 9: Benchball – 9D
- Year 10: Benchball – 10E/G
- Netball- 7C
- Football- 8E
- Lacrosse- 9E
- Football- 10E



# SQUAD IN TOUCH

We have recently introduced the Squad in Touch platform to Watford Girls.

This system enables students and parents to see upcoming fixtures, details of matches and clubs and when students have been selected to represent the school.

It is vital that if your daughter is selected to play in matches that parents give consent via Squad in Touch.

There is an app available to download onto smartphones which will also provide notifications of selection and update parents with any changes to timings or cancellations.

Please sign up here: <https://app2.squadintouch.com/>



# THE WELLNESS PROJECT

The Wellness Project is a new initiative to WGGGS PE. Throughout Year 11 Core PE lessons this year, students will be participating in lessons which focus on enabling them to gain a better understanding of factors which may affect their wellbeing as they enter adulthood and beyond.



We have now completed our first year of The Wellness Project. This term students have been focussing on how hormones can impact their wellbeing and key times when these might change in their bodies. We have also looked at body image, loneliness and keeping safe. We were delighted that United Krav Maga Force (<https://www.unitedkravmagaforce.co.uk/>) were able to come into school to deliver an introductory Self defence lesson to students.



# PE CLUBS

Summer Term 2022



**Morgan Monday**

**LUNCH: 13:20- 13:50**  
TEAM TENNIS - COURTS (AP)  
YEAR 7 ROUNDERS - BOTTOM FIELD (LG + BF)



**Taylor Tuesday**

**LUNCH: 13:20 - 13:50**  
HIGH JUMP CLUB - GYM (KH)  
FIELD ATHLETICS - TOP FIELD (JS + BF)  
RECREATIONAL TENNIS - COURTS (BT)



**Williams Wednesday**

**LUNCH: 13:20 - 13:50**  
YEAR 9/10 ROUNDERS - BOTTOM FIELD (BD+SR)  
YEAR 8 ROUNDERS - TOP FIELD (XM + AP)



**Thiam Thursday**

**LUNCH: 13:20 - 13:50**  
CRICKET - BOTTOM FIELD (BD + BT)  
TRACK ATHLETICS - TOP FIELD (KH + LG)



**Fisher Friday**

**AFTERSCHOOL: 15:00-16:00**  
YEAR 7 - 10 FOOTBALL - BOTTOM FIELD (PB + LP)



**PLEASE ENSURE YOU ARE CHANGED INTO APPROPRIATE PE KIT AND READY TO TAKE PART PROMPTLY.**