

# High Performance Academy

December issue.



**Welcome** to the first edition of the High Performance Academy newsletter. The high performance is run by Mr Knight and the sports council and newsletter by Miss Brown. This academy involves 15 students who we believe excel in school PE and sport in general. These students are the face of sport within the school and will provide a voice for students within the school with regards to PE and sport. Happy reading.

- \* Monthly newsletters
- \* Upcoming school fixtures.
- \* School sporting results.
- \* Teacher interviews.
- \* Player profiles.

## What are we about?

We are the High Performance Academy (HPA) and we are proud to present our monthly newsletter that has a variety of all -aged students contributing to creating it. We discuss issues within school PE such as the fact that students need to change quicker in order to have a longer duration practically in PE. The HPA is a chance for students to bring up any issues with school PE and doing sports that you wish to pur-

sue during your PE session. Students act as the voice of the council and are able to share their own opinions and ideas surrounding school PE. The HPA has a weekly meeting to examine these issues and does their best to eradicate them.

*Gelilla Kassaye and Allegra Zeier.*

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## What did we do this month...

The HPA sports council is made up of a selected group of students who are enthusiastic about learning more about sport. Although most of the sessions we will be held by Mr Knight and Miss

Brown there will be sessions led by professional athletes. This will give the HPA an opportunity to learn about a specific sport in more depth and to learn from an athlete

who is at the top of their game.

*Zac Tramarin and Wael Berihi.*

## School results

### Basketball:

Sixth form basketball team played against Kensington Aldridge Academy and game out with a 2 point victory in what was a highly contested game, final score was 35-33 to Holland Park.

The U16 girls basketball team won their match against Kensington Aldridge Academy with a strong points difference with the final score of 16-2.

### Netball:

The Royal Borough of Kensington and Chelsea (RBKC) netball league runs every Thursday at Holland Park with 6 local schools competing for a place at the London school games in the summer. Despite two weeks of rest for the students the current standings in the tables are as followed: the year 7 team are top of the league, having won all of their games and scoring 63 goals across 5 games. Year 8 girls team have lost one game and won one out of 2 scoring 11 goals. The year 9 team are current-

ly at the top of the league winning 2 from 3 games and scoring 30 goals across 3 games. The year 10 and 11 team are hugely ahead in their league winning all 4 games played and scoring 70 goals and conceding just 3 goals.

### Cricket:

In the recent indoor borough cricket competition saw a year 7 and 8 girls and boys team fielded. The boys narrowly lost out to Notting Hill prep by 2 runs. The girls team won their game with 65 runs ahead. An excellent start for the girls moving forward.




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**'100 points up for grabs at house basketball'**

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## Fixtures and upcoming Saturday sport.

Come and support our home fixtures!

Girls U14 basketball 3<sup>rd</sup> December against Chelsea Academy and Kensington Aldridge Academy.

Netball league years 7,8, 9 and 10/11 every Thursday at Holland Park.

5th of December year 9 football vs St Marys at home.

12th of December year 9 football vs Burlington Danes away.

3rd of December year 7 football vs Fulham boys at home.

**Saturday sport-** 8th December 9-12 football for everyone with MMA.

## House competitions

On Wednesday the 21<sup>st</sup> of November an inter-house basketball competition took place. It was a friendly and competitive environment where key stage 3's took to the courts to represent their houses. Organised by Mr Wilson and house leaders, each house was then lead by the corresponding PE staff to their own house. The results were as followed: Baker placed 5<sup>th</sup> with 1 point, in 4<sup>th</sup> place Bennett with 5 points, in 3<sup>rd</sup>

place with 6 points were Seeley. After this announcement the two remaining houses were both hoping to receive the 100 house points and victory for their house. In second place was Anderson with 8 points and winning with 9 points was Chappell house. Well done to all of those who took part

*Lila Varona Blakstad and Riga Sylejmani*



## Meet the academy

Each newsletter will allow members of the High Performance Academy to introduce themselves and their sporting talents. Each newsletter will cover two to three students. Alongside this look out for HPS badges and t-shirts!

## What's happening in sport around the world?

### Women

#### *Cricket:*

The ICC Women's Cricket World Twenty20 has recently taken place, where Australia claimed victory in the final by beating England by 8 wickets to make it their 4<sup>th</sup> title win at the World T20 in 6 editions of the tournament. The highlights are still available on the BBC's website.

#### *Netball:*

The England Roses have played their first international games on home soil since being crowned Commonwealth champions on the Gold Coast in April. The Roses are playing Uganda in Liverpool and London in a three-match series in a bid to end the year on a positive note. In the first match England only just avoided a shock home defeat. The Roses took a nine-goal lead into half-time but too many errors in the third quarter allowed the Uganda back into the match. Uganda even levelled the score to 43-43 in the final quarter but England just managed to win 50-46.

#### *Football:*

In the FA Women's Super League Arsenal have won all their 9 games so far and recently came from behind to beat Brighton 4-1 and keep their 100% WSL record intact. Man City are 6 points behind but on this form the Gunners will take some stopping.

### Men

#### *Football:*

In the Premier League after a third of the season leaders Man City are unbeaten just ahead of Liverpool with one of these two looking the most likely champions. Meanwhile Man United are some 14 points behind Man City and on current form will struggle to make the top four. In the Champions League it's a different story with Man City, Man United and Liverpool all looking likely to progress to the knockout stages but with Tottenham's prospects of joining them looking uncertain.

#### *Rugby Union:*

The Autumn internationals have just taken place with England playing South Africa, New Zealand, Japan and Australia over the course of four weekends in November. England beat Japan and Australia easily and narrowly beat South Africa 12-11. However they just failed to beat New Zealand after a late try by Sam Underhill was controversially ruled out in a 16-15 defeat at Twickenham.

#### *Cricket:*

In Test cricket, England secured a series 'whitewash' (i.e. won all the matches) by beating Sri Lanka 3-0 in Sri Lanka. Only

### Erlisa Sylejmani

Year 7.

Favourite sport: football.

Supports Chelsea.

Favourite player: Eden Hazard.

I would like to get better at hockey.

Future goal: to become a footballer.

### Noah Grass

Year 7.

Favourite sport: football alongside cricket, table tennis and tennis.

Best sporting achievement: primary school winning the Hammersmith and Fulham cricket competition and captaining the team the next year.

twice before had England secured an away whitewash in a series of more than two Tests. In the past two years, Sri Lanka have beaten Australia 3-0 and South Africa 2-0 on home soil so England's achievement-particularly without the recently retired Alastair Cook (England's all time leading run scorer)-was all the more impressive.

#### *Motor Racing:*

England's Lewis Hamilton has won his fifth Formula One World Championship, making him the joint second most successful driver of all time. The 33-year-old becomes only the third man in history to win five world titles.

*Laura Wharton.*



## Sporting focus

Archery is a fun and exciting sport, you play with a bow and arrows and a target board with a bulls eye in the middle. There is an archery club in Hyde Park called 'London Archers' they take anyone in for trial sessions and ensure a fantastic experience. Go look it up and have a go!

*Yukio Makita and Rafi Varona Blakstad*



**London Archers**

**Beginners Course**



If you're interested in learning the ancient art of archery or becoming a future Olympian, why not book a place on our Archery Beginners Course?

We will be running a six week course on Wednesday evenings, starting on Wednesday 16<sup>th</sup> January 2019.

Each session will be two hours long, running from 6:30-8:30pm, at Holy Apostles Church Hall, Cumberland Street, Pimlico, London, SW1V 4LY.

The cost of the course is **£120** (with all equipment provided).

If you are interested in attending, please e-mail: [londonarchers@gmail.com](mailto:londonarchers@gmail.com)

Dates of the course are 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> January and 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> February 2019



## Interview of the month.

Ms Davies' favourite sport is Taekwondo. Now this may seem some what random and you may be thinking what about netball or dance or even rugby? But this is not random at all, before becoming a teacher Ms Davies represented England and Wales in Taekwondo, winning 25 Trophies!

As a child Ms Davies was extremely active - doing ballet three times a week and netball and Taekwondo two times a week. But how exactly did Ms get started? The first time she discovered this martial art was when her brother started it as a club. By the time he was red belt she was rearing to go and so her journey began.

Ms Davies was a natural. For her first grading she was given the Regional Grading Award (which is the

highest level you can get). After this every thing snowballed and soon Ms Davies' name was put forward for competitions where she competed for her country!

When asking what the hardest part of Taekwondo was Ms explained that surprisingly it was just starting. "Often the prospect of starting something new on your own can be daunting but just go for it". Despite the initial fear Ms Davies explains what an amazing experience Taekwondo was, saying that "It was a great improvement to not only my physical fitness but my social life as I made some great friends there ". And if there is one tip Ms Davies can give you it is to eat well because it is vital to your health.

It is so important to break out of your comfort zone and try something new because you never know

what will happen until you give it a try ( you might even become a regional champ)!

*Mabel Tarbox*

