

DATE November 2017

## **Basketball U16s vs Sprowston**

As it was our first match of the season there was a nervous excitement for our under 16 girls team, winning the league for the past two years has left us in a great position, however we still had to keep our standards up against Sprowston. Our match started off slow and was very even, up until the second quarter when Notre Dame took the lead and continued their lead until the end. This was thanks to baskets from Emma, Leah, Susianna, Martyna, Vivienne and strong defending and interceptions from Nathalia, Sahanna, Cyrene and Klara. The final score was 44-29 to us. By Nathalia and Emma.

## **'Teach Physical Education every day because it boosts the brain' say scientists**

An article in the Telegraph claims that a new study is suggesting that exercise boosts brain size and improves academic performance. So if you have ever wondered why you should do extra-curricular sporting activities, use the school gym or join a team outside of school here's the reason.....

The study claims that youngsters who took part in exercise for at least three nights a week had more grey matter in areas of the brain linked to reading and verbal communication....handy for sitting those exams!!

**For the full article use the QR code or link below.**



We would love to hear your thoughts on this article.  
Email them to  
kmartin@ndhs.org.uk

Full article link – click [here](#)

## **Results**

### **Rugby**

Y7 vs Hellesdon W 15-0

Y7 vs OVA W 10-0

Yr7 vs Sprowston W 15-0

Y9 vs Sprowston W 15-0

Yr9 vs OVA W 25-10

Yr9 vs CAN W 15-0

### **Girls Football**

Yr8 (National Cup) vs Flegg W 3-2 (Way 2, Martin)

Yr9 (National Cup) vs TSA L 5-1 (O'Connor)

### **Tennis**

U18 mixed doubles beat Framlingham College

U18 mixed doubles lost to Culford School

### **Basketball**

U16 Girls vs Hellesdon W 48-40

Yr10 Boys vs Sprowston W 28-0

Yr10 Boys vs CAN W 36-4

## **Coming up in December**

The year 8 girls football team have successfully negotiated the early rounds of the national cup, and are now in to the last 64 of the competition. We face a trip to Kesgrave (Ipswich) on the 6<sup>th</sup> December for a place in the last 32 in the country!

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## U18 Tennis Team – Senior Students National Cup



On 9th November Notre Dame took their tennis team consisting of Megan Waghorn (Y11), Esme Dickinson (Y12), Alex Lloyd-Williams (Y12) and James Harwood (Y13) to participate in a mixed doubles competition against Culford and Framlingham.

The first round was against Culford, who were playing on their own courts. The format was each match would consist of one set, which each doubles pair playing each other, so a total of 4 matches between the two schools. In the first two matches involving James and Esme, they unfortunately fell to 6-0 and 6-2 losses. Alex and Megan lost both matches extremely closely, coming back from 4-1 down to bring close scores of 7-5 and 7-6, and also having come a volley away from winning the second match on their match point. This meant Culford won 4-0, but it could have easily been 2-2 and gone to a tiebreak had things gone differently.

Disappointed, but proud of their effort, the team next took on Framlingham. This time James and Megan took to court together and came away with a 6-4 win (including two excellent aces in a row from James) and a tough 6-4 loss. On the other court, Alex and Esme comfortably took the first 6-2 but unfortunately lost their second 6-2. This meant that the two teams were tied 2-2, and so a tiebreak to 10 was needed to settle the match. This saw Alex and Megan once again team up and cruise to a 10-4 win, securing the victory against Framlingham and a second place finish in the tournament.

Overall Notre Dame should be very proud of the tennis team, as coming up against two boarding schools who have their own tennis facilities to practise on every day, Notre Dame were big underdogs- but in the end will feel that on another day they could of won the tournament. Big congratulations to the team, and thank you Mr Clitheroe for the transport and appreciated support!

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It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you have got to have is faith and discipline when you're not a winner. *Vince Lombardi*



**Netball Inter-form** – Teams from Yr8 and 9 took part in 2 inter-house competitions during the autumn term, some excellent teamwork and netball skills were on display. A BIG thank you to the Sophie Pardoe, Lauren Lingwood and Alliah Perdigon (Y13) for umpiring and of course Mrs Kirwan for organising two very successful, fun-filled tournaments.

## Well Done to Yr 9 Winners 9DGD and Yr 8 Winners



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## Spotlight on.....Peter Grant

Peter Grant is an ex ND student who is now playing professional football for Falkirk in the Scottish Championship. He scored in the 2015 Scottish Cup final. He has given us an interview about his memories of PE at ND, along with the importance of sport. He has also kindly donated a signed shirt that will soon be on display in the PE department.

The start of our Hall of Fame...could you be next?

*What were your favourite memories of PE at school?* Being able to play different sports and learning more about them. Football is obviously my main sport but being able to practice different things like basketball, tennis, cricket etc. It made me take more interests in them and enjoy different sports rather than one.

*How did PE influence your success?* PE influenced my success in many ways. It made me want to be the best player in every lesson. I wanted to challenge myself every lesson and show I'm the best, I might not have been, but that was my focus every lesson to try and achieve that goal. I feel I've took that forward into my career now, trying to be the best every day in training. Be the best in the gym. Do extra work on the pitch to get better individually and hopefully that gives you that extra 1%. I think it eventually all comes together to bring you success.

*How important is sport?* I feel sport in general is important because it gets people to experience different sports that they haven't tried before. There's so many different things to try and you might find something you never knew you enjoyed or that you are good at.

*Who was your role model?* Growing up I idolised Frank Lampard. He's came from a similar upbringing to mine, with his dad being involved in football also. He never had it easy either and had to constantly work on his physical side to try and give him the best chance to play at the highest level he could and achieve great things. I've had to do similar and hopefully if I can get anywhere near the level he achieved then I will be very happy. Obviously I look up to my dad in what he achieved as a player and coaching at the highest level. It's great to have someone like that to guide you.

*What are the top three characteristics to be a sportsperson?* I think the three top characteristics to be a sportsman are; to be willing to make sacrifices (professionalism) be single minded, and want to be the best and improve every single day.

*What advice would you give yourself at high school today?* The advice I would give myself at high school now is no different to what I was already like at school. Have a good attitude to learn and listen every day. Stay out of trouble and try not surround yourself with peers that are going to disrupt you! Also smile and be happy.

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