

Introducing the Notre Dame Sports Colours

You may have noticed the new Notre Dame Sports Colours notice board in the PE corridor and wondered what it's all about.... Well let us tell you.....

The PE department would like to reward our pupils for their dedication and commitment to extra-curricular clubs, training and matches by awarding team colours at the end of each term and inviting pupils to a Sports Awards Evening at the end of the year.

There are 3 colours to collect in each sport – they are HONOURS, HALF COLOURS and FULL COLOURS.

To achieve HONOURS (certificate) you will need to:

- Shows good sportsmanship at all time
- Strong work ethic leading to improvement in performance
- Committed and dedicated to school sport
- Involvement in interhouse competitions



To achieve HALF COLOURS (green badge) you will need to:

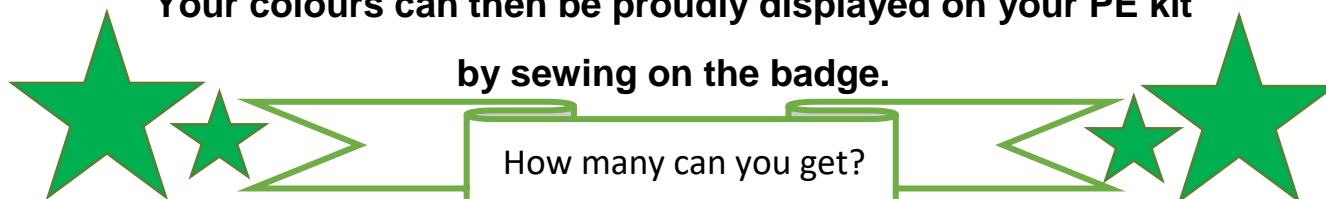
- Be reliable and committed to school sport
- Attend a minimum of 85% of all training sessions
- Represented the school in the majority of fixtures
- Perform to a good level
- Strong leadership and performance in interhouse competitions



To achieve FULL COLOURS (gold badge) you will need to:

- Be a positive sporting role model to fellow students
- Represented the school in a minimum of 80% of given fixtures
- Be reliable and committed to school sport, assisting in coaching and promoting sport e.g. writing match reports
- Perform to a very good level
- Strong leadership and outstanding performance in interhouse competitions
- Display the ambition to develop individual excellence and achieve your full potential

**Your colours can then be proudly displayed on your PE kit
by sewing on the badge.**



How many can you get?

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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*

The Back Page

DATE November 2018



Congratulations go to **Sam Snelling** in his latest competition which took place in Malta, where Sam represented England. He had a very successful 3 days and finished with 3 medals.

Team Kata 13-14 - Silver
Team Kumite 13-14 - Silver
Individual Kumite age 12 - Bronze
Individual Kata age 12 - Top 6

Well Done Sam....Olympics here you come!

Year 8 Football Report – Joel Frimpong NDHS 5 SPROWSTON 2

Only about two minutes in Delphin M gave a lovely through ball to Chad who with his bursting pace latched onto it and confidently put it away to make it 1-0. Soon after Charles H brewed up an exquisite over the top ball to Chad who once again caught onto it and buried it smoothly into 2-0. Not long after Sprowston played a lovely crossfield ball into the path of their winger who curled it around Sam. The coach Mr. Clitheroe made some substitutions and Udaya J was subbed on for the Pablo H, Jacob was subbed on for Joel F. In the opening few minutes of the second half, Sprowston had a free kick which went in. After that ND reacted quickly and Delphin scored to restore the lead to 3-2. Chad scored a brilliant header leaping like a salmon from a brilliant ball from Coner. After Delphin was in again and placed it into the bottom corner. A convincing win for ND

Year 8 Football – Edward Rake NDHS 4 Reepham 2

At the start of the game there was tussle for possession however Reepham scored then after 10 exhausting minutes, Udaya made a run down the right wing and a burst of excitement came from the crowd, we had equalised. We started the second half positively then Delphin scored to make us 2-1 up then Reepham scored once more to equalise 2-2. Our spirits dropped, however our fantastic coach, Mr Clitheroe, cheered us on as Delphin scored a stunning goal once again. The end of the game dawned on our opponents as they battled harder than ever. Unfortunately for Reepham they conceded another goal from Chad. As the whistle blew for the end of the game joyful spirits were raised.

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Lack of physical activity among girls leading to poor mental health and low aspirations, warn experts

The Youth Sports Trust has obtained data that shows boys between 8 and 15 spend almost twice as much time doing sport activities as girls of the same age (ONS). These worrying figures also show there is a 'direct correlation' between a lack of physical activity by young British girls and them having poorer mental health and lower aspirations than their male counterparts.

The research also shows that the biggest drop-off in girls participating in sports activities occurs during the transition from primary to secondary school, with disruption to friendship groups and declining body confidence affecting girl's participation in PE and Sport.

At Notre Dame we are working hard to 'buck this trend' with a high participation rate in PE lessons at KS3, the transition stage from primary school. Numbers of girls taking PE have declined at KS4 with the introduction of the Drama and Music options instead of core PE. The PE department are still providing opportunity for those pupils through extra-curricular provision, both lunchtime clubs and off-site activities to promote participation in physical activity.

There are two Norwich School Partnership events coming up in the spring term that we would like to put some girls teams in for:

[Norfolk School Games Yr 7-11 5km Colour Run](#) - Friday 15th February (10am-2pm) @ Colney Playing Fields, UEA

[Yr 9-11 This Girl Can Festival](#) - Tuesday 12th March (11.30am-2.30pm) @ Sportspark

If are interested in either event please speak to the PE department.

<https://www.independent.co.uk/news/uk/home-news/girls-physical-activity-lack-mental-health-aspirations-levels-boys-women-comparison-gender-a8185271.html>

THESE GIRLS CAN....

Congratulations go to **Grace McKean** for being selected for Artistic Roller Skating Nationals and British Championships 2019 after winning 3 gold medals this year and impressing Team GB with her performances

Congratulations to **Elizabeth Way** who has progressed into the final trial selection for the England Football girls schools' team which will be held in Stafford on December 9th after being selected at the England U15 training camp.

WELL DONE GIRLS AND GOOD LUCK!

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Rugby Visit to Leicester Tigers 14 year 9 and 10's had an afternoon and evening trip to visit Leicester Tigers. They took part in a training session on a lovely facility at a nearby rugby club. The boys worked very hard and really enjoyed the session. Afterward they were lucky enough to have a question and answer session with Tongan international player Sione Kalamafoni. They then went to Welford road to enjoy the evening's game against Sale Sharks. Despite the rain a fun time was had by all, and hopefully the boys are inspired to continue playing.



Year 7 Basketball Tournaments Results

	Group A							Group B					
	Hellesdon	NDHS	Fram	Broadland	CAN	Wins		Hellesdon B	NDHS B	Fram B	Broadland B	Can B	Wins
Hellesdon A		0	2	0	4	1	Hellesdon B		2	0	6	4	2
NDHS A	4		6	8	6	4	NDHS B	6		14	8	8	4
Fram A	0	4		0	2	1	Fram B	4	4		6	2	2
Broadland A	10	0	6		2	2	Broadland B	4	0	0		2	0
CAN A	10	2	0	4		2	CAN B	0	0	2	4		1

Unbeaten Notre Dame won both the A and B leagues at the Year 7 tournament, both teams were also top scorers in their leagues. Well Done!

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