

DATE September 2019

**The Back Page** – is a monthly newsletter that will be given to all forms and put up on the school website – after each fixture a member of the team will be asked to write a match report for the back page. If you have something you think should be in the newsletter, please email Mrs Martin Kmartin@ndhs.org.uk

**Welcome Back.....** You should have your club's poster on your form notice board by now. It details all the clubs currently available during lunchtimes and afterschool. All clubs are free and for all levels of ability, so please come along and join in.

Teams will be selected from those who attend clubs (although if you want to just come to practice and not play in the team then that's fine)

Full ND PE kit is required for all clubs – 'look smart, play smart'

**Football** – Mr Clitheroe has already arranged a lot of football fixtures. All year groups have been entered in to the local leagues and cups. Girl's football teams have also been entered into cups

**Netball** - Netball fixtures have all been arranged, we have entered each year group into a league and a tournament.

**Basketball** – Boys fixtures will start after October half term and girls after Christmas. This gives plenty of practice time, so get yourself along to training so you are ready for the start of the season.

**Cheerleading**– Disney Land Paris – we are coming for you!! Monday after school and Thursday lunchtimes for training

**Rugby** – Mr Hodds has entered us into all of the emerging school rugby competitions again this year. We are hoping for another successful season

**Hockey** - We play mixed hockey fixtures for U14 and U16, so training is open to boys and girls, please come along – even if you have never played before, you'll soon pick it up.

## Welcome Mr King..

We would like to welcome Mr King to the PE Department, Mr King is our new PE teacher and will be with us every Wednesday and Friday

## September Results

### Rugby:

**Yr7** Beat Hethersett High 20-10

Beat Sprowston 15-0

Beat Thorpe 15-0

**Yr8** Beat Hethersett High 25-0

Beat Hellesdon 20-1

Beat Sprowston 20-0

Beat Reepham 15-5

**Yr10** Beat Wymondham High 44-32

Beat Alysham 47-0

### Netball:

**Yr8** Beat Taverham 6-4

Beat Framingham 13-2

**Yr9** Beat Framingham 11-7

**Yr11** Beat Taverham 9-8

### Football:

**Yr8** Lost to Sprowston 5-2

**Yr11a** Lost to Thorpe 4-0

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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

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**Victorious Netball teams....**

**Keep it going girls!**

← Year 9

Year 11

Year 8



**At the end of last year the Y8 and 9 inter form football competition took place. Lots of teams entered for a week long competition. The eventual winners were 9ACL Girls and 9RHO Boys. Well Done!**

## **Year 10 Rugby Report**

Notre Dame yr 10 rugby team played Aylsham high on Tuesday. Notre Dame were 27-0 up at half time with tries coming from Jesse, Dom, Aditya 2, Ross. Notre Dame won the game 47-0 with the final tries coming from Jesse, Chad 2, Alex. Superb game. Our next game being on the 2nd of October against Alderman Peel

## **Daily exercise can boost children's exam grades – new research**

Most of you are aware that physical activity is good for children – as it can help to improve their sense of self and have a positive impact on their mental health and well-being. But it's less well known that being fit and active can also help to boost children's academic performance.

A recent review of primary school children from Stoke-on-Trent, England, shows that children who are more active perform better in key stage one results in reading, writing and mathematics than less active children – achieving grades that were either average or above average for each subject.

Exercise is also an excellent way to relieve stress – good for those exams!

Join in with the PE departments extra-curricular activities

Read the full article here:

<https://theconversation.com/daily-exercise-can-boost-childrens-exam-grades-new-research-120443>

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