



PE & SPORT UPDATE

DO YOU WANT TO KNOW MORE ABOUT THE EFFECT OF SPORTS ON STUDENT ACADEMIC PERFORMANCE?

Everyone knows that doing any form of exercise and participating in Sport is a way to improve your mental condition and improve your physical fitness. Various recent studies have also found a positive correlation between playing sport and progress at school. **Do you as a Parent or Carer promote physical activity, exercise or even structured sport in your household?**

Sport and physical activity can provide an effective release from academic studies, improve mental health and give students the opportunity to develop valuable social and support networks.

Sport and physical activity can help students to develop valuable transferable skills such as time-management, focus, the ability to perform under pressure, leadership and communication.

In a recent study with University students, more than half (51%) of graduates reported that sporting involvement helped them develop teamwork skills and leadership qualities in the workplace. Employers recognised the benefits of sport in developing career-enhancing qualities, with more than nine in ten (94%) of those questioned identifying a clear link between university sport participation and valuable skills and strengths in potential employees.

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence. Please support us in getting our school community more active and join the mission of our PE and Sport Department to:

PROMOTE: sport, exercise and physical activity to ensure all our young people and adults know the opportunities out there to participate in existing and new sports and activities.

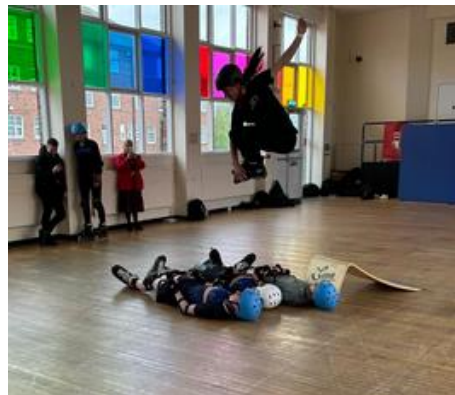
ENGAGE: our community in making more regular positive physical activity choices – do something new, break the habit and take part in the extensive offer our school, local clubs and gyms have to offer.

EXCEL: let's find the next sporting superstar from Sir Thomas Boteler! Even better, let's shape the lives our young people so whatever they set out to do they feel a sense of achievement.



WHAT HAVE THE PE DEPARTMENT BEEN UP TO RECENTLY?

University of Chester Trip – 'Resilience through Sport'



Fifteen Year 10 students got the chance to explore how two professional athletes' broke barriers and overcome setbacks to become professionals at the top of their game. The students were part of motivational talks, practical sessions and higher education information and guidance to help them make informed decision about their next steps.

MCFC Ladies 1st Team experience



Our Year 8 students left feeling inspired having spent the afternoon with The Manchester City Women's First Team. Watching a training session, meeting the players and seeing the world class facilities on offer! Thank you to Hays Education for making this possible.

EVENTS TO LOOK OUT FOR:

Sports Day – July 2023

2022 – 2023 PE and Sports Awards Evening – July 2023

Year 9 and Year 10 Rugby League Referee Course hosted at our school – June 2023

Inter-house Sport Competition – May 2023

CELEBRATING SUCCESS OF OUR STUDENTS

DAISY SUMPTON – YEAR 7



Winning her first fight and now preparing for the next one in May. Daisy trains 5 days a week! We look forward to following your journey.

DANIEL TEINERT – YEAR 7



Part of the Widnes Wildcats who were crowned North of England u12s Champions. Good luck in the National Finals in May!

LEWIS JOHNSON – YEAR 11



Representing Salford Red Devils against his home Town club Warrington Wolves and coming away with the win! Outstanding performance at Hooker.

OLIVER BISHOP – YEAR 10



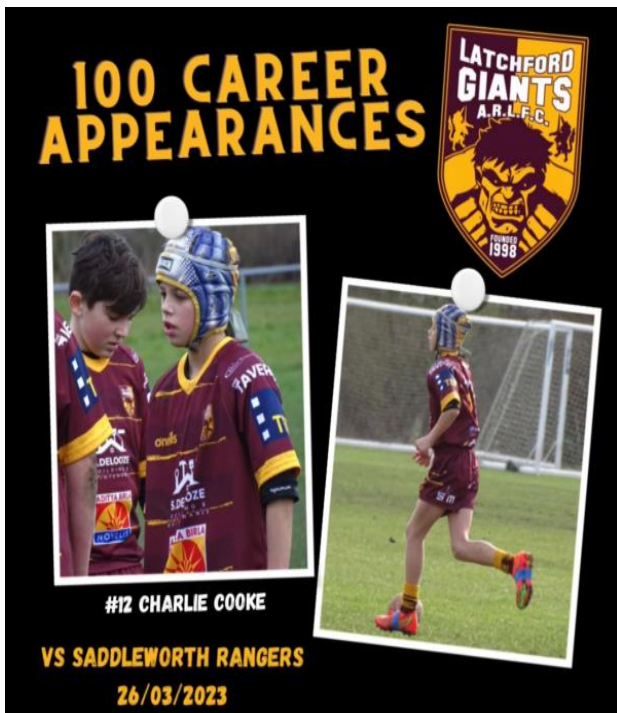
Oliver in action for Warrington Wolves vs Wigan Warriors kicking several points in very close win 22-20.

JAMES DAVIES – YEAR 11



James lifting his new PB of 67kg Clean and Jerk at Pride Performance Weightlifting Club. James was offered a chance to receive expert coaching last year having impressed at our school extra curricular club, he has not looked back since. Good luck in your first competition.

A promotional poster for Pride Performance Weightlifting Club. The background is black with a green halftone pattern on the right side. At the top left is the club's logo, a lion's head with the text 'PRIDE PERFORMANCE'. The main text reads: 'WHAT MATTERS MOST - TECHNIQUE OR WEIGHT?' followed by 'Expert weightlifting coaching by Pride Performance'. Below this are four bullet points: '** Group Coaching', '** 1-1 Sessions', '** Online Coaching / Programming', and '** Gym Memberships'. At the bottom right is a circular logo with a lion's head and the text 'PRIDE PERFORMANCE WEIGHTLIFTING CLUB'.



WELL DONE CHARLIE COOKE – YEAR 7

Do you want to be part of a successful and committed Rugby League Club?

Tuesday 6:30-7:30 @ Gym or Field
 Thursdays 6:30-7:45 @ Victoria park on 4G
 Sundays 10:30-12pm

MASSIVE CONGRATULATIONS TO THE CLASS OF 2023 BTEC DANCE

Year 11 Dancers Bella Collinson, Ella Edwards, Harriet Hayes, Amelia Hughes and Bethan Lloyd smashed their final exam piece portraying the stimulus of 'Truth and Lies'. The PE Department and in particular Mrs Hughes are very proud of what you have achieved. The time and dedication spent on creating and refining ideas, rehearsing, and working together to create the 8 minute Dance routine was amazing!



PE WIDER-CURRICULUM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	FOOTBALL (ALL YEARS)- FIELD DANCE CLUB (ALL YEARS)- OLD GYM BTEC SPORT COURSEWORK (YEAR 10)- ROOM 29	FOOTBALL (ALL YEARS)- FIELD BTEC SPORT COURSEWORK (YEAR 10)- ROOM 29	FOOTBALL (ALL YEARS)- FIELD BTEC SPORT COURSEWORK (YEAR 10)- ROOM 29	FOOTBALL (ALL YEARS)- FIELD DANCE CLUB (ALL YEARS)- OLD GYM BTEC SPORT COURSEWORK (YEAR 10)- ROOM 29	FOOTBALL (ALL YEARS)- FIELD BTEC SPORT COURSEWORK (YEAR 10)- ROOM 29
AFTER SCHOOL	GIRLS NETBALL (ALL YEARS)- BALL HALL	BADMINTON (ALL YEARS)- BALL HALL RUGBY LEAGUE TRAINING (KS3)- FIELD	BTEC SPORT P6 (YEAR 11)- ROOM 29 TRAMPOLINING (ALL YEARS)- BALL HALL	BOTELER SPORTS SOCIAL (ALL YEARS)- BALL HALL DANCE CLUB (ALL YEARS)- OLD GYM	BTEC SPORT / DANCE / DRAMA P6 (YEAR 11)- ROOM 29

HERE COME THE GIRLS!...START YOUR JOURNEY TO BECOMING AN ELITE ATHLETE.



Or follow this link: <https://forms.office.com/e/8w62xVb23Z>
Instagram - @British_Cycling_Talent_Dev

Dear Parent/Guardian

I am getting in touch to make you aware of a Female Talent Identification Programme for Cycling we are running this year which hopes to identify the cycling potential of talented young people from across England, with those successful going on to join British Cycling's Talent Development and Performance Pathways.

Please find more details of this opportunity below and how to get involved. This could be the start of a journey that could lead to potentially going to the Olympic games and following in the footsteps of British Olympic medalists Dame Laura Kenny, Katie Archibald, Elinor Barkerand, Neah Evans.

If your child would like to get more involved in this Talent ID Program and the sport of cycling. Then please complete the below application form which can be opened by scanning the QR code below with your mobile phone camera. Following completing an application your child could be invited to one of our 3 testing days taking place across England throughout May and June. Each testing day will typically broken down into 3 parts; a workshop delivered by coaches from the Great Britain Cycling Team explaining the cycling pathway and the exiting journey riders could go on, a number of physical test using Watt bikes and off the bike tests for a chance to show us what you can do!

- Manchester –Sunday 14th May 2023
- Derby –Monday 29th May 2023

You must be born in the years 2008 and 2009 to apply and be eligible for a British passport, but no prior racing experience is required –just the ability to ride a bike.

IMPORTANT MESSAGE – PE KIT

Students must wear the full and correct Sir Thomas Boteler PE kit. Any other branded or non-branded clothing cannot be worn. If students are injured they are still to come to school with their PE kit and get changed (if possible). If students have grown out of their kit or have lost any items of PE kit, it should be replaced by visiting <https://sir-thomas-boteler-school.surridgesport.com/en> or visit the 'Swap Shop' in the Art Department.