



REDDEN COURT SCHOOL

Committed to Success for All



PE COMMUNITY NEWSLETTER September-October 2021



SEPTEMBER - OCTOBER EDITION OF THE PHYSICAL EDUCATION COMMUNITY NEWSLETTER CONTENTS

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PE DEPARTMENT CONTACT DETAILS

The PE Department can be contacted on the Ext. 136. Please dial this number to speak to Mr T. Hughes, Mr A. Parmenter, Mr J. Keeley, Miss J. Grove, Miss A. Munns and Miss J. Canty

If you are unable to speak to the PE teacher you require in person, please leave a message and a member of staff will endeavour to get back to you as soon as possible.

Please note that students are responsible for informing parents about extra-curricular clubs and fixtures that they are involved in. A list of students who are involved in these events is available at reception and student services. Letters are not sent out for clubs but will be sent out with consent forms for any trips that the PE Department run.

IMPORTANT INFORMATION REGARDING PE KIT

It is mandatory for students to bring full PE kit to every lesson whether students are fully participating or not. Students who do not have their full PE kit will receive a detention.

We require ALL students to change into kit during every lesson. This allows students to change into dry clothes if it rains during a PE lesson. Exceptions will be made in extenuating circumstances.

Students who are unable to fully take part in PE lessons will participate in a number of other capacities, acting as coaches, officiators and assessing performance to ensure that learning is maximised and it is a requirement that these students are also in full PE kit.

During the winter months, students are permitted to wear a long sleeved white t-shirt under their white polo shirt and a black or navy t-shirt under their navy polo shirt. This will ensure that students stay warm in cold conditions.

Students are also allowed to wear navy or black tracksuit bottoms or plain black/navy skins under their PE kit. These items can be purchased from most sports shops. White socks for both inside or outside and navy socks for outside lessons. We require all students to respect and adhere to these rules regarding kit to ensure high standards within the PE department are maintained.

We also encourage students to warm up in a black or navy hat and gloves in extremely cold weather conditions.

Our curriculum is structured to ensure that students will have the opportunity to participate in both indoor and outdoor sports in all weather. This is in line with the Physical Education National Curriculum guidelines.

When students are competing in contact sports such as rugby, hockey or football. ALL students should wear the correct footwear, gum shields and shin pads because their health and safety is paramount.

Please ensure that your child is prepared for all lessons to be able to take part fully in lessons and avoid any unnecessary injuries.

All PE can be purchased from schoolsports4U the link to the website is below, please order in advance to make sure kit arrives on time.

<https://schoolsports4u.co.uk/collections/redden-court-school>

Curriculum:

It has been great to get back to a bit of normality curriculum-wise at the start of this year and it has been excellent to see how much the students have enjoyed PE and learning new skills. Throughout this half term, our students have been taking part in a plethora of sports and activities. All students completed a range of fitness tests throughout the first couple of weeks back at school. Using the cooper test, bleep test and ball skills test to help us see what level our students have returned at. The boys then moved onto Football, Rugby & Basketball while the girls moved onto Netball, Football and Basketball. We have seen fantastic attitudes being shown towards PE from so many students this year and the hard work and commitment in lessons has been a pleasure to see. However the hard work has just begun, we have a big year ahead and hopefully a very successful one.

The Department:

Welcome Mr Keeley:

Mr Keeley has settled in excellently at Redden Court and as part of our PE team. It is like he has been here for years! He has been making positive impacts on the classes he teaches and has made an excellent start extracurricularly going unbeaten so far with his year 10 football team!

Cricket:

Mr Parmenter's cricket came to an end in mid September, his Bentley side secured a 5th place finish out of 16 teams narrowly missing out on promotion. Mr Parmenter finished the season having taken a whooping 53 wickets at an average of just 13!! He also scored 707 runs at an average of 33 making it a brilliant all round season for sir! Sir also finished 5th in the overall wicket charts for the whole Essex league which is a fantastic achievement. Well done sir and hopefully even more success for next year. Keep updated with Mr Parmenter's games through the twitter account @BentleyCC_ with live streams coming soon and fans also welcome back.

Basketball:

Miss Munns' basketball season is back underway. Miss has made a strong start to the season personally and as ever being a real leader in her Essex rebels side. Having only played 1 league game so far, there will be plenty of opportunities for you to watch Miss Munns play professional basketball! With games most weekends and some week nights, get down to the arena to watch Miss or keep an eye out on twitter for upcoming live streams.

PE Trip:

The PE department is organising a trip to see the Romford raiders ice hockey team. Please keep your eyes peeled for further information if you are interested in attending.



2 0 2 1 / 2 2 - S E A S O N	
Home FIXTURES	
September 2021	
Sun 5th	Bees Ice Hockey #
Sun 12th	Basingstoke Bison #
Sun 19th	Sheffield Steeldogs =
Sun 26th	Peterborough Phantoms =
October 2021	
Sat 2nd	Bees Ice Hockey =
Sun 10th	Telford Tigers +/-
Sun 17th	Basingstoke Bison +/-
Fri 29th	Bees Ice Hockey +/-
Sun 31st	Peterborough Phantoms +/-
November 2021	
Sat 6th	Sheffield Steeldogs +/-
Sun 14th	Swindon Wildcats +/-
Sun 21st	Milton Keynes Lightning +/-
January 2022	
Mon 3rd	Peterborough Phantoms +
Sun 9th	Sheffield Steeldogs +
Sun 16th	Milton Keynes Lightning +
Sat 22nd	Leeds Knights +
Sun 30th	Telford Tigers +
February 2022	
Sun 6th	Bees Ice Hockey +
Sun 13th	Swindon Wildcats +
Sun 20th	Telford Tigers +
Sun 27th	Sheffield Steeldogs +
March 2022	
Sun 6th	Leeds Knights +
Fri 11th	Peterborough Phantoms +
Sun 20th	Milton Keynes Lightning +

Fixtures

Year 7:

Year 7 Basketball Squad

Well done to all the boys who have been attending basketball practice before school on Wednesdays and after school on Fridays. The basketball squad has now been selected and squad training will be Friday after school. All boys are still welcome to attend on Wednesday mornings. Fixtures for the year 7 basketball team (and all basketball teams) will start after October half term.

Year 8:

Year 8 Football vs Marshalls Park (friendly)

Won 12-2

The year 8 football team started their season with an excellent win in a pre season friendly away at Marshalls Park school. George P scored 4 goals while Fenton T scored a hattrick. The whole team put on an excellent showing in their first ever game for Redden Court. Fenton T was named player of the match.

Year 8 Football vs Marshalls Park (Friendly)

Won 8-0

In another friendly against Marshalls Park but this time at home the year 8 boys put on another excellent performance. Fenton T and George P both scored 3 goals a piece with Hayden D picking up player of the match for his excellent work rate and defensive work in central midfield. It was another good run out for both sides as they prepared for the league season ahead.

Year 8 Havering Cup Football vs Harris Academy Rainham

Won 2-1

With the league season now getting underway the year 8's started their campaign with a hard fought win against Harris Rainham. Starting the game extremely brightly we created numerous good chances however we struggled to find the back of the net. George V started the game very strongly, really running the game from the middle of the park. Frustratingly and very much against the run of play Harris took the lead from a corner and their first attack! Even after going 1-0 down we continued to dominate the game and George P scored an excellent goal just before the end of the first half to make it 1-1.

Similarly we started the second half like we started the first totally dominating and creating plenty of chances. It took a wonderful free kick from George P (yet again!) to put us 2-1 up. We created many more chances but could not kill the game off. However

we defended superbly with Henry S, Ergi B and Jake W putting in excellent defensive performances.

Player of the match went to Jake W who was outstanding in the middle of midfield, breaking up play, creatinine chances and really being a leader throughout the game.

Year 9:

Year 9 Havering Cup Football vs Royal Liberty

Won 6-0

The year 9 football team started their season with an impressive 6-0 win over neighbours Royal Liberty. The game started off slowly with neither team having much success in front of goal and not many chances being created and at half time the score was 0-0. The second half however was a completely different story with Redden Court having a large amount of possession and creating opportunities throughout. Once one goal went in, the rest seemed to follow, with the game finally finishing 6-0. Man of the match was Daniel W for working hard throughout and taking control of the midfield. He broke up play well and allowed our forward players to create plenty of opportunities.

Year 9 National Cup Football vs South Bank College

Won 12 - 0

The year 9 football team started their National cup campaign with a massive 12-0 win over South Bank College from Peckham. The game started like the previous game finished, with Redden Court creating lots of opportunities and controlling possession. The team were playing some excellent football and at half time the score was 6-0. The second half was more of the same as Redden Court continued to create opportunities throughout. It was a great team performance and every member of the squad contributed to the win. Eventually the game came to an end with the final result being 12-0. Man of the match was Teddy J for excellent work rate and also making good

decisions. He broke up play well and create plenty of opportunities for our forward players.

Year 9 Essex Cup Football vs All Saints

Won 9 - 2

The year 9 football team started their Essex cup campaign with another victory, this time a 9-2 win over All Saints from Barking and Dagenham. Redden Court defended valiantly for the first 10 minutes with Josh B making two important saves. The team were playing some excellent football and at half time the score was 5-0. The second half started a little differently with All Saints scoring two early goals and Redden Court on the back foot. However, Redden Court weathered the storm and started to create opportunities. It was a great team performance and every member of the squad contributed to the win. Eventually the game came to an end with the final result being 9-2. Man of the match was Kasey W for excellent forward play and scoring some excellent goals.

GIRLS' FOOTBALL

U14 ESSEX CUP v BEAUCHAMPS (A) Years 8 & 9

Won 5-4

The hard work in training paid off for the u14 girls football team. The girls showed excellent resilience to fight back after going 2-0 down in the first 10 minutes of the game.

Redden Court looked dangerous in attack with Sasha N and Amelia L running the Beauchamps defence ragged! The girls almost reduced the lead after hitting the post and then again the bar in quick succession.

A great through ball from Isla H in midfield broke the high line of Beauchamps and Amelia L scored her first of the game. The girls were then awarded a penalty which was slotted into the bottom left by Sasha N.

Redden Court started the second half applying the same pressure on the Beauchamps defence in the same way that they finished the first half. Sasha N was again on the score sheet and Amelia L got her well deserved second goal after chasing a lost ball to make the game 4-2 to RCS but Beauchamps still looked dangerous. There was some excellent defending from Darcy C and Emily P before a couple of lapses in concentration saw

the powerful Beauchamps attack get their third and fourth to bring the game to 4-4.

Amelia H made an outstanding save to prevent the home team going ahead! It was looking like extra time was on the cards. However, the prolific Amelia L secured the win with her hattrick and Redden Court progress to the next round.

Team: Anastasia J, Amber P, Darcy C (Captain), Emily P, Erin D, Sariya A-S, Amelia L, Amelia H, Isla H, Sienna H, Sasha N, Jayla I, Shania H, Olivia B.

POM: Sasha N

Year 9B Netball Away at Coopers Thursday 7th October

Well done to the 9B Netball team, who played Coopers with 4 6 minute quarters. The girls played well, with Libby H working hard as GS (who also received player of the match) and Suzi C as WA/C, however, as a team the girls worked well. Unfortunately, the girls lost 16-10, however, as a team, now know what needs to be worked on in training. Well done girls - we can now get ready for our next game!

Squad: Isabel C (Captain), Suzi C (Vice-Captain), Tia M, Olivia K, Eden V, Kizzie T, Olivia J & Libby H.

Year 10:

Year 10 Netball Away at Coopers Thursday 7th October

The Year 10 Netball squad played Coopers away. The game consisted of 4 6 minute quarters. There was some fantastic play from the girls, with interceptions by Callie B and Megan J and circle play by Evie T and Jenny B P. Charlotte M switched to C after the second quarter and played extremely well. All of the girls played brilliantly, as a result, the overall score was 12-7 to RCS. Well done to our Year 10 Netball squad - onto the next game!

Squad: Jenny B P (Captain), Gursimran D (Vice-Captain), Evie T, Rhea H, Megan J, Lola B, Callie B & Charlotte M.

Year 10 Havering Cup Football vs Bower Park

Won 2-1

The year 10 football team started their season with a great 2-1 win over tough opponents Bower Park. The game started off slowly with neither team having much success in front of goal and not many chances being created and at half time the score was 1-0. The second half however was a completely different story with Redden Court having a large amount of possession and creating opportunities throughout, which unfortunately we could put in the back of the net. Bower Park came back to equalise 1-1 with 15 minutes of the game left. Finally our possession play came to a chance we were able to put away leaving the score 2-1. Man of the match was Sam K for working hard throughout and taking control of the midfield. He broke up play well and allowed our forward players to create plenty of opportunities.

Team Photos:







House Competitions:

What a start to the year we had for house competitions. All of our house football competitions were attended by lots and lots of students! Which was so great to see. We ran a years 7 & 8 house football competition separate events for both boys and girls. As well as a year 9 & 10 house competition again with separate events for both boys and girls.

The Y9 and 10 girls' inter-house competition was well attended. The girls played with enthusiasm and vigour. They worked well in their teams and competed well against each other.

Thanks to Mr. Simms and Ms. McAllister who came out to support!

Congratulations to Air who were the overall winners.

Y7 and 8 girls inter-house was a huge success and students worked really hard in their teams.

It was great to see so many girls playing football competitively. Well done to all that turned up.

The winners of the tournament were Earth who beat Water 2-1 in the final, however, because Water had the best attendance, they received the most points and were overall winners.

A huge thank you to Mr Moule for helping out and thanks to Mr. Sims for coming out to support again!

Over the course of the two boys' house competitions, the numbers were very high, having over 70 attend the 7 & 8's competition while 30 plus attended the 9 & 10's competition. With water and air being the winner respectively.

A huge thank you to Mr Moule who gave up his time to help with both of the boys competition's referring and organising teams.

Also a huge thank you to all of our sports captains who helped throughout all of the house competitions referring, organising teams and taking down the results.





Extra-Curricular Clubs:

Wow what a start to the year for our extra-curricular programme. The numbers we have been getting have been incredible and setting scholl records for sure! The year 7's and the year 8's have been the standouts so far getting huge numbers to all of their clubs including Rugby, football, basketball, netball and more... The year 9's and 10's haven't been letting the side down either, getting steady and big numbers to an array of different clubs. Clubs are there for everyone, so if you want to join do not hesitate and come along! The extra-curricular timetable can be found below.

	MON	TUES	WED	THURS	FRI
BEFORE SCHOOL 7:45 – 8:30	PE DEPARTMENT MEETING FUTSAL – All years (Week A – Years 7 & 8) (Week B – Year 9 & 10) JM	FITNESS/CROSS COUNTRY – Years 7, 8 & 9 TH/JG/AP/JK FITNESS SUITE – Year 10/11 TH/JG/AM/AP/JK (rotation) GIRLS BASKETBALL - Years 8 & 9 AM	BASKETBALL – Year 7 TH FOOTBALL – Year 10 JK GIRLS FOOTBALL - Years 7 & 8 JC FOOTBALL – Year 8 AP	BASKETBALL – Year 8 SC GYMNASTICS/DANCE – All Years JG/AP FOOTBALL – Year 9 TH	NETBALL – All years JG/AM/AS BASKETBALL – Year 9 TH RUGBY – Year 7 AP/JK
BREAK/LUNCH 1 - 11am - 11.30am				BASKETBALL – Year 8 SC	
BREAK/LUNCH 2 - 1.30pm - 2pm	BASKETBALL – Year 9 TH	DANCE – INVITE ONLY JG	BASKETBALL – Year 10 AP	BASKETBALL – Year 10 AP	
AFTER SCHOOL 3:00 – 4:30	GIRLS FOOTBALL - Years 8 9 & 10 JC	NETBALL – Years 9, 10 & 11 Courts and sports hall JG/AM/AS	GIRLS BASKETBALL – Years 7 & 8 AM/JC	GIRLS BASKETBALL – Years 9 & 10 AM	NETBALL – Years 7 & 8 JG/AM/AS BASKETBALL - Year 7 TH RUGBY - Year 8/9 AP/JK

Sports Leaders:

Our year 9 sports leaders attended their first training programme at stubbers this half term. They had a fun and educational day learning new skills, which they will put to use later in the year when they are leading sporting events for primary school children.



PE Sports Stars of the Half Term:

During this half term all teachers in the PE department have been selecting sports stars of the week for students who have shown an excellent attitude, commitment, willingness to learn and excelled in both lessons and extra-curricular clubs. These students really have been excellent this half term giving their all in lessons, clubs and fixtures to not only improve their own skills and knowledge but also to help the school win!





SPORTSPEOPLE OF THE WEEK



Well done everyone!! Keep checking our PE twitter and instagram accounts for weekly updates, to see who is the next winner and much more!!

Outside of school successes:

Rhea H (Year 10) : Well done to Rhea for finishing her first nuclear race of the year and placing 3rd! That is a brilliant achievement, keep going and good luck in your next race.



Liam B (Year 7): Well done to Liam for completing his first ever competitive cross country race for Havering athletics and finishing 3rd! This was in the under 13's category as well so a huge well done liam!



Hayden N (Year 8): Has recently been selected for Essex under 14's golf squad. Fantastic achievement, well done Hayden! keep up the good work! He has his first Essex schools golf competitions on monday 18th October, good luck Hayden you will smash it!!

Opportunities

At Redden Court, we encourage students to attend extra-curricular clubs and hopefully this will lead to students building confidence to seize opportunities that are available within and around the area whether this be for fun or to enhance a recognised talent.

There are many students who have joined clubs outside of school because they have found an activity that they enjoy at Redden Court. It is important that students take these opportunities to improve their ability in different activities and stay active.

Evie T Y10 has recently played up a year group for her netball team Manor NC. This is a brilliant opportunity for Evie and just goes to show how well she has been doing both inside and outside of school. Well done Evie!

Please let the PE Department know if you are doing any activity outside of school or of any achievements. Do not be shy, we really want to know!

There are lots of activity weekends and clubs available. Ask one of the PE department or check out your local newspaper for information about local clubs.

Below are some of the things on offer outside of Redden Court:

Barking Abbey Netball Academy

Barking Abbey School runs a netball academy as part of their sixth form offer. They are currently searching for students to apply. Any year 11 students from Redden Court who think this could be for them please follow the links below for more details:

<https://www.barkingabbeyschool.co.uk/sports-academies/netball/register-your-interest-for-m-2/>

Marshalls Netball Club

Marshalls Netball club is based at Marshalls Park Academy and attracts players from all over Havering and other London boroughs. Marshalls has a Junior Essex Met League and also a Senior Essex Met League; playing matches every other Saturday at Redbridge Sports Centre against other clubs. Marshalls is a friendly club and welcomes players from all abilities.

For more information please visit:

<https://www.pitchero.com/clubs/marshallsnetballclub>



Brentwood Netball Club

Brentwood Netball club trains at St Martin's School every Wednesday, with years 5-8 at 6pm - 7.30pm and years 9 and above at 7.15 to 8.45.



Brentwood have been a successful Netball club since 2009 and take players from year 4 to adults. Brentwood currently have 60 members playing in the Chelmsford, Thurrock and Essex Met Leagues.

For more information please visit: <https://www.brentwoodnc.co.uk/>

Gidea Park Rangers Girls Football Team

Local girls team Gidea Park Rangers are looking for players to join their growing club.

There are a couple of RCS students who have already signed up Felicity S, Darcy G, Amelie G and Sally K in Y9.

Local Football Club Tigers JFC Need players!



She Can Play

Girls ONLY Football Coaching Arrives at PlayFootball Romford

Participants will develop their skills, confidence and feel part of the She Can Play team. We create a positive atmosphere to which girls will want to return to again and again; celebrating the successes of each and every player. All coaches are fully FA qualified and DBS checked.

*Further details at www.playfootball.net/shecanplay

Barking Abbey Football Academy

Barking Abbey run their own football academy for boys and girls. If you are interested to find out more, go to www.barkingabbey.school.co.uk.

DAGENHAM & REDBRIDGE FOOTBALL CLUB

Dagenham and Redbridge are looking to recruit ball girls to help out at fixtures for the rest of this season and beyond.

The ball girls who are over 14 years old, are required for every First Team home match at Victoria Road, including evening kick offs. Parents are responsible for travel to and from the match and a consent form must be completed.

This privilege comes with a benefit of 2 free complimentary tickets for each girl's family/friends for the match.

CONTACT: Denis Lawrence (Child Protection, Welfare & Safeguarding Officer and Community Trust Manager)

TIGERS GIRLS FOOTBALL CLUB

Tigers U15 Girls are looking for players. They are interested in players currently in year 9 or year 10, in particular defenders or goalkeepers. Girls who have played school football and are now looking to move across to play league football would be ideal.

The team has been playing in the Essex County Girls league for the last 5 years and this year the season is progressing well and looking hopeful to finish top of the league (B division). Tigers JFC is an FA Charter Standard football club, based in Hornchurch. Contact: Bonnie Le-Beau 07988 551261

Hylands Tennis Sessions

Coaching Sessions are now open for Hylands tennis club. For more information and to register a place, please visit: www.hylandstennis.co.uk and click on JOIN Today. Registration is FREE.

Table Tennis For Kids



**TABLE TENNIS
FOR KIDS**

Saturday Mornings 9am 'til 12 noon
Age 8 to 18
at
"The Barn" at Bretons
(about 20 metres to the left of Bretons Manor House)

only £3.00 per Session,
1st Session Free
Beginners welcome
Bats and balls provided
Professional coaches
8 Tables

For more information,
Contact Clive: 0208 503 8757
clivevandome@btinternet.com

 Maylands Green Juniors Table Tennis Club

Girls Rugby Club

Upminster and Romford Rugby club are setting up girls team's and are looking for female rugby players. The training nights will be: Romford - Tuesday nights from 6.30pm and Upminster - Sunday from 10.30am.



**GIRLS
RUGBY**



Ages 11, 12 and 13 yrs
Tuesday nights from 6.30pm
at
Romford and Gidea Park Rugby Club
Crow lane
Romford
RM7 OEP

For more information please contact:
Nev 07830177223 & Tony 07590918914
or email robjpetrie@aol.com



GIRLS RUGBY

*Upminster Rugby Club, Hall Lane Playing Fields,
Upminster, Havering*

School years 6 -13. Teams U13's, U15's and U18's
Clubhouse open for all to use. Free parking on site.
Qualified coaches. Club accredited by the RFU.

Training and Matches, Sundays
from 10:15
Contact Scott, 07787 333004



<http://www.pitchero.com/clubs/upminsterrugbyclub/Girlsrugby>



Boys Rugby Club



MAY & BAKER RUFC UNDER 17s
M&B SPORTS AND SOCIAL CLUB, DAGENHAM ROAD, DAGENHAM, RM7 0QX

FOUNDED 1950

NEW PLAYERS ALWAYS WELCOME

Contact:
Cheryl (Team manager) - 07564281141
Jack - mbyouthrugby@gmail.com
Ricky - 07545122217
Dan - 07949070218

- ✓ RFU QUALIFIED COACHES
- ✓ RFU QUALIFIED FIRST AIDERS
- ✓ END OF SEASON RUGBY TOURS
- ✓ WEEKLY FIXTURES
- ✓ TRAINING EVERY TUESDAY FROM 7PM
- ✓ FULL PRE-SEASON STARTS 2ND JULY

Learn to Swim

Nuffield Health are offering a 20% discount for any parent or staff member of Redden Court School who enrol into their learn to swim program at Nuffield Health Romford. The health centre has dedicated instructors and are qualified with the Swim England governing body and are trained to a high standard. The swim schools offer both private 1-2-1 and group lessons for learners of all ages and abilities. To take advantage of this offer, please call Nuffield Health directly and quote: **"SCHOOL20"** when you enrol on the learn to swim program.



Bentley Cricket Club

Bentley Cricket Club is located in Brentwood. They run an extensive youth programme, with teams in most age groups welcoming all age groups and genders. Bentley has a thriving adult set up, where many youth players from 13 and above represent the adult sides. Bentley runs a colts evening every Friday evening getting up to 80 kids from the age groups of under 4's to under 13's attending. Under 15's and above train on Tuesday evenings and all get expert coaching. Get In touch with Bentley Via their website or twitter page @BentleyCC_ to join a thriving club.



<https://www.pitchero.com/clubs/bentleycricketclub>

Brentwood Fire (Champions Academy) Basketball Club

Based in Brentwood, Brentwood Fire is a basketball club that has been running for over 30 years. Their teams range from Under 10s to U16 National League for both boys and girls. Especially as we will be entering the Essex Cup next year, it will be a good opportunity to get ahead with your skills in preparation for team selection when we return in September. Please see the below link for the New Player Sign Up form:

<https://www.brentwoodfirebasketball.com/new-player>

Please give us a follow on Twitter @RCS_Sport and Instagram @sport_RCS to keep updated with everything to do with Redden Court Sport, we will also share lots of local sporting opportunities which you should keep your eyes peeled for!!

