

Rhosnesni High School –PE and School Sport

Spring term 2022- Newsletter

The Sports Council was established in September 2021. Approximately 15 students meet regularly to discuss all things sport and PE in RHS. Our aim is to improve participation levels across the whole school and offer activities before school, lunchtimes and afterschool that all pupils will want to attend. We want RHS to be thriving, with the best sports facilities in Wrexham. We attend meetings monthly with the PE teachers to ensure that the pupil voice is heard.

The Sports Council have come together to write this newsletter and inform everyone about what has been happening during the spring term in PE and School Sport.

Netball

Netball Club has been running every Monday afterschool since September with Miss Hughes and Miss Jones. We get to play fixtures against other schools. We love to play matches because it challenges us and we are able to work better under pressure.

The Year 9 and 10 netball team played their tournament at Grango School on 5th April. The Year 9 team gained 4th place and the Year 10 team finished 5th. The Year 7/8 Netball tournament was on 11th May. The Year 7's came 4th and the Year 8's became **Wrexham Champions!!** Well done to all who took part.

We are having a break during the summer term because of summer sports but we can't wait to start again in September.

Lacey and Elisha, Year 9.



Girls Football

The girls train from 3pm until 4pm every Thursday. It is an inclusive team for all people from years 7-11. Mr Roberts runs our sessions.

All are welcome and you can learn a new sport and have fun whilst meeting new people and building up social confidence. They practise different drills at different difficulty levels to help you learn new skills; which can be used in and out of school. This year we have attended tournaments at Cefn Druids against other schools; creating friendly competition with a chance to win prizes and gain new achievements. The popularity of girls' football is on the rise. We would love more girls to attend, when we start again in September.

Leah – Year 9



Basketball Club

Basketball has been running on Mondays after school and all students are welcome to attend. The club has had between 10 and 12 students attending every week, run by Mr Roberts.

The sessions always start with a good warm up followed by a 'skills drills' part (dribbling, shooting, court positions, passing, attacking and defending etc). Afterwards we move on to a game played in 4 'quarters' of 6 minutes.

We have not played against other schools yet, but this may be something to consider in the near future.

Mr D Roberts

Gymnastics Club

Gymnastics club has proven to be a great success at Ysgol Rhosnesni and we are delighted to be running the club for another year with the hope of more pupils joining. Gymnastics is a fantastic sport that help develop important skills such as strength, flexibility, and balance. At the club, pupils are given the opportunity to create unique floor routines and practice new and exciting skills on a wide range of apparatus including the trampette, box and climbing frames. Whether you are new to the sport or an experienced club gymnast, the gymnastics club opens its doors to all pupils!

Miss L Jones.



Boys Football:

All year groups have expressed a fantastic level of enthusiasm to any football related activity with the PE department. Over sixty students have represented Ysgol Rhosnesni's football teams. Many students have achieved a great level of success representing Rhosnesni throughout several competitions.

Year 7 and Year 8 both had a fantastic run in the Welsh Schools Football Association Cup. Year 7 managed to remain in the competition up until the last thirty-two teams across Wales! The Year 8 team enjoyed a very competitive game of football against a strong Ysgol Brynhyfrd team. Da iawn Year 7 and 8 keep up the fantastic work!

Years 9, 10, 11 have also represented the school successfully too! Year 9 and 10 enjoyed a mixture of fixtures in a football festival based at Cefn Druids Football Club. Whilst, Year 11 took part in a great game of football v Ysgol Clewedog. Keep up the superb work all year groups, we are proud of your efforts!

Mr D McAdam.



Fun Swim

Fun Swim has been very popular this half term. Lisa, the school swimming teacher, runs the sessions. We are able to practise our swimming skills and have fun through play. As well as having fun, our water confidence has improved. The sessions have been so busy, that Lisa has even let us do lane swimming before school on Wednesdays and Fridays between 8.00am-8.30am.



Table Tennis

On Mondays, the Gym was available at lunchtimes for Table Tennis. Year 9's in particular were very competitive. It was a popular club and will start back up again in the Autumn term.

Lucy, Year 9.



Summer Clubs have already started this summer term with the Timetable attached. We would love to see more students/peers taking part in a variety of clubs on offer. There are many benefits to joining a new club:

- 1. Learn and develop new skills**
- 2. Make new friends**
- 3. Most importantly have fun!**

If you or your child think of a club that we might be able to offer at Rhosnesni, then please let your Sports Council or PE teacher know and we will do what we can to accommodate it. All clubs are free to attend.

We hope you have enjoyed our Sports Newsletter!

Kind Regards

The Sports Council.

RHOSNESNI SPORTS CLUBS SUMMER TERM

	LUNCHTIME 12.20-12.55PM	AFTER SCHOOL 3.00-4.00PM
MONDAY	YR 7 ROUNDERS INTERFORM – SPORTSHALL CH TABLE TENNIS- GYM	ATHELTICS- ALL YEARS
TUESDAY	KS3 BASKETBALL – SPORTSHALL	
WEDNESDAY	KS4 BASKETBALL – GYM GIRLS CRICKET- Years 7/8 – SPORTSHALL	ROUNDERS – ALL YEARS
THURSDAY	BADMINTON- SPORTSHALL	TENNIS- ALL YEARS
FRIDAY	YR 11 FOOTBALL- SPORTSHALL	