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**Independent Schools of
the Year 2019 Awards**

DOWNSEND SPORTS BULLETIN

12 September 2019



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Welcome from the Sports Department

Welcome back! The PE & Games department hope you all have had a fantastic summer holiday and are now ready and raring to go for the start of term. Sport at Downsend has started at an incredible pace with our programme already in full swing. It has been great to witness the eagerness and willingness in our pupils to start playing and competing for the school. On the hockey pitch and football pitch, we have already seen commitment and a willingness to improve from all of our pupils which is great to see. Long may it continue!

DOWNSEND SPORT | #RESPECT



Relationships	To create positive relationships between staff parents & pupils.
Excite & Engage	To excite those playing, coaching and spectating and to engage an entire school community.
Set Standards	To set our own standards that all abide by in all that we do.
Participation	For all to take part in an environment that matches their level of ability.
Enjoyment	For all involved to enjoy the experience and the journey of school sport.
Compete to Win	To have the mindset of 'compete to win'. To not fear losing but see it as something to learn from.
Teamwork	Teamwork makes the dreamwork.

#TeamDownsend



**DOWNSEND
SCHOOL**
Inspiring Young Minds

www.downsend.co.uk

Thank you to all who attended the Sports Information Evening on Thursday last week. The new School Sport Policy in line with our RESPECT value has been very well received by the parent body and the next step in this process is to deliver the same message to our pupils. I am not expecting to change a culture overnight but we are starting to take the required steps in moving PE & School Sport forward at Downsend. Please familiarise yourself with the core values in RESPECT and assist us in getting the message across to our pupils.

I look forward to seeing you on the touchline in the not too distant future.

Grant Lawrence

Message from the Sports Department

Please continue to send your children's personal sporting highlights out of school. As ever we are keen to celebrate all their successes. Please email details and any images to editor@downsend.co.uk.

Please keep an eye on www.schoolssports.com for team sheets and match results. Follow us on Twitter [@DownsendSport](https://twitter.com/DownsendSport)

The Sports Department

Under 11's and Under 9's win the Plate Competitions at Shrewsbury House and Hawthorn's school this week.



The Under 11s played exceptionally well and were unlucky to lose to a breakaway goal against Shrewsbury House in the semifinals. In the plate final they beat Kings House 5-0, having already beaten them 4-0 in the group stage. Shrewsbury House went on to win the Cup Final, therefore the boys should be very proud of their performance.

The U9 A's came second in the group by one goal on goal difference and therefore had to compete in the plate competition rather than the cup. An amazingly gritty performance resulted in a one nil golden goal winner against Ardingly Prep!

Downsend football continues to shine on the circuit and the boys should be very proud of the standard they set and the reputation they continue to build.

A big thank you to the parents for their support this week.

Jon Albert

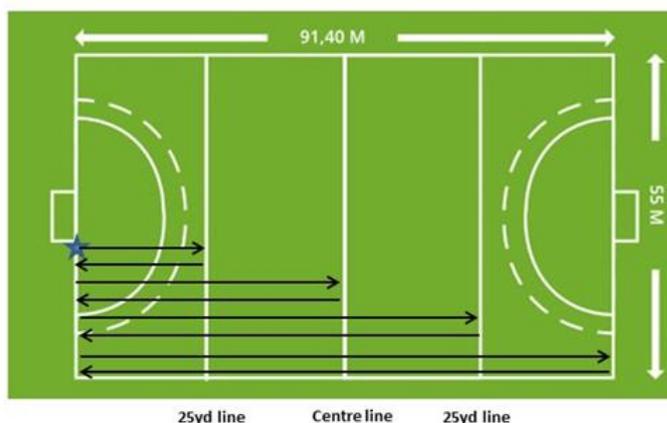
Hockey - 'The Big Dog'

During the hockey season the girls throughout the school take part in a fitness exercise called 'The Big Dog'. Below you will see an explanation of this exercise. For the pupils in Years 5-8 you will see the top ten times in each age group for the start of term. As the term progresses we hope to see some changes in the top ten.



What is the 'Big Dog' Run?

The 'Big Dog' is a fitness test used in Hockey to demonstrate stamina and endurance. Pupils start on the back line (★) and run to the first 25yd line and back, they then continue to the centre line and back, the next 25yd line and back and finally to the opposite base line and back. All pupils are timed from start to finish.





THE 'BIG DOG' TIMES 2019

The 'BIG DOG' is a Hockey Fitness Test that all the girls have under taken every 3 weeks in their Games lessons
The results below show the best 10 times for each year across the testing

RANK	Year 5		Year 6		Year 7 and 8	
1	Adelaide T. & Lauren Le Q.	1.37.87min	Sophia Visram	1.37.13min	Elizabeth Hallett	1.23.63min
2	Francesca Weal		Jemima James	1.41.32min	Chole Monk	1.26.28min
3	Freyja Bourne-Waterhouse	1.40.03min	Lana Burford	1.41.37min	Natasha Cook	1.27.11min
4	Bella Thomas	1.42.39min	Darcey Taylor	1.41.50min	Damla Sivrioglu	1.28.28min
5	Ava Coombs	1.44.81min	Aizere Zhangaziyevea	1.44.27min	Jada Johnson	1.28.73min
6	Summer Albert	1.46.10min	Iona Fell	1.44.31min	Gracie Nicholls	1.32.04min
7	Natalia Tilly	1.46.61min	Martha Gale	1.44.35min	Geraldine Hussey	1.32.45min
8			Chloe Stevens	1.45.24min	Bijou Clark-Suleyman	1.33.31min
9	Jessica Jane Ling, Daisy Mongan and Freya Park	1.47.02min	Luna May	1.45.29min	Isabel Booth	1.35.31min
10			Ella Pasterfield-Kemp	1.45.31min	Aimee Jackson	1.40.45min

Good luck to all and keep up the good work.

Mrs Cooper-James and Miss Ceci

Match Results

All match results can be also be viewed on Schoolsports [here](#).

Boy's Football

U11A	Cumnor House	Won
U11A	Danes Hill	Won
U11B	Danes Hill	Won
U11C	Danes Hill	Won
U11D	Danes Hill	Lost
U11E	Danes Hill	Lost
U11F	Danes Hill	Lost
U9A	Cumnor House	Won
1st XI	Rokeby	Draw
3rd XI	Rokeby	Draw
5th XI	Rokeby	Lost
2ndXI	Rokeby	Won
4th XI	Rokeby	Lost
6th XI	Rokeby	Draw

Other Sporting News

Congratulations to Maria B, Summer A, Natalia T in Y5 for getting through to the next round of the Surrey Cricket trials taking place at the end of September. Fingers crossed they make selection to attend the training camps in the Spring term. Keep us posted girls and good luck.

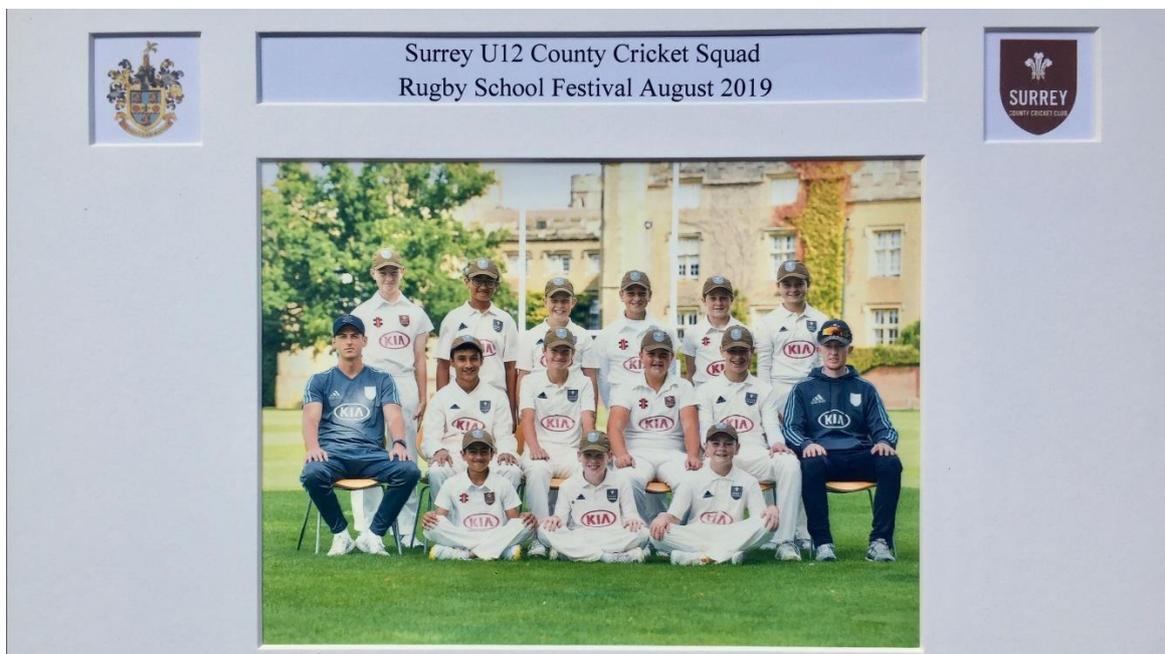


Good luck to all other girls and boys currently going through Surrey Cricket or hockey trials. Please keep us informed of how you get on.

Games Department

Well done to Jack M and ex pupil Ben B, who were selected for the Surrey cricket team to play against other counties at the 3 day festival held at Rugby School in Warwickshire over the summer.

Unfortunately adverse weather made for some tricky pitches and low scores. However, a very memorable occasion and thoroughly enjoyed by the boys who had the privilege of staying in the historic school.



Attendance at Clubs / Practices

If your son/daughter is unable to attend a practice or sports club please can you ensure you let the PE department know in advance. We need to ensure that all our pupils are in the correct place at all times. Pick up from sports practices will be at the location of the practice, pupils will not be released to meet parents/carers at any other location.

Pick Up From Practices

Just a quick reminder that all boys and girls must be picked up from the location of the practice by an appropriate adult. Children will not be able to leave to meet parents at any other location.

Team Sheets

All team sheets are posted on the [Schools Sports](#) website at least 2 days in advance of the scheduled matches. Please do check through the calendar to see when all matches are for your child's year group. It is common practice that they are predominately on the same afternoon but on occasions this may differ.

Within the website you can either select the team, calendar option or by the sport. A small icon that looks

like a little blue man will appear if the team sheet has been added. This provides all the information that will be needed for the match.

Don't forget you will need the password to access the team sheets.

Sports Notices

[Team Selection Policy and Sport for All](#)

[Parents' Swimming](#)

Inspiring young minds

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