

Dear Parents

As the Autumn Term draws to a close and we approach the Christmas holidays, we wanted to share some of the wide range of excellent activities and achievements in which our pupils and students are involved. This has been a long term and as ever, full of lots of talent and success.

Netball

What a great first term of netball we have had, with all of our teams from year 7 to Sixth Form playing plenty of fixtures with lots of success in a variety of tournaments. The Year 7s are on a fantastic winning streak and are yet to lose a game within the Wirral Schools' netball league and the friendlies they have played. The Year 8s have had lots of success too within only one loss. Year 9s are still fighting hard in the Wirral Schools' league but are now knocked out of the Sisters n Sport competition. The seniors are doing well and are still in the Sisters n Sport competition and will be travelling to Rossall School in Blackpool after the Christmas break for their next round. A special mention to the year 7 and 8 netball club who have had massive numbers consistently every week with over 80 girls training on a Tuesday night. Absolutely fantastic passion for the game and commitment to improving their skills.



Dates for the Netball Diary:

Saturday 11th January – Wirral Schools
Tournament for U14 and U19

Saturday 8th February – Wirral Schools
Tournament for U12 and U13

Swimming

Every year we take our swimmers to the qualifying gala over in Liverpool. All teams; juniors, inters and seniors swam really well but a special mention to the Senior team who finished 2nd in the whole of the North West and were in the top 24 schools in the UK and qualified for the National Finals.



Team GB

Congratulations to Holly in Year 11 who competed for team GB in Egypt in the Biathlon this term.



Cross-Country

There has been plenty to celebrate with the cross-country team this term. The Junior girls' English Schools' team won the regional final and are now heading to National Finals. With a special mention to Daisy who won the junior girls' race and Holly who came second in the senior girls' race.



Biathlon



The Year 7s took part in the Biathlon regional qualifiers this year and narrowly missed out on a podium place. Congratulations to Poppy who placed 3rd and qualified for the National finals.

Lucie for LFC

Lucie was selected from the academy to promote the new LFC kit with some of her idols.



Football

Again, great success for our footballers this term. A fantastic performance and battle until the end for the under 13 football team who won the local Utilita Girls' Cup. The B team also missed out the final and finished 3rd. They now compete in Regional rounds with a chance to secure playing in the Finals at Wembley. Good luck girls, we believe in you!



The girls were then visited by professional athletes from Tranmere Rovers first team to congratulate them on their success!



Young Volunteer of the Year

Congratulations to Theresa, our A Level PE student who won the Young Volunteer of the year at Wirral's Sports Awards. She was awarded this for all of her efforts and commitment to her basketball team the Bromborough Bulldogs. Theresa also runs the basketball club in school for us and has increased participation well so far!





Sports Leaders Level 3

Year 12 visited the residents at Wood Heath Care Home this term to deliver part of their level three sports leader sessions. The girls brought so much joy to the residents and have been asked to go back in again to deliver sessions.

National Swimming

Congratulations to our sixth form pupils; Petra, Lily and Gia who competed in the National swimming finals last week.

County Selection

Well done to the following pupils for being selected at county level for their sports:

Sophia S– Tensworth Academy Hockey

Olivia Y – Tensworth Academy Hockey

Amalie H – North West Hockey

Amber D– Merseyside Football

Isla L – Merseyside Football

Lucie F – Merseyside Football

Bethany H– Merseyside Netball

Lola M – Merseyside Netball

Sale Sharks



The Sale Sharks rugby coaches have been back in school delivering sessions to our year 8 and 10 pupils on a Thursday afternoon. This is a great opportunity for pupils to enhance their knowledge and skills within rugby.

Dates for the Diary:

Thursday 9th January 2025 – U18 Football vs Rossall School in Blackpool

Saturday 11th January – Wirral School's Netball for U19 and U14

Saturday 11th January – North West Floor and Vault Gymnastics Competition

Thursday afternoons @ Upton Hall – The indoor cricket competitions begin

Friday 17th January – County Schools Cross Country at Rainhill

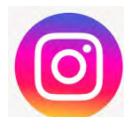
Wednesday 29th January – King Henry Relays for Cross Country

Individual success –

If anyone else would like to share their individual successes with us, please email pe@uptonhall.org



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Have a safe and Merry Christmas from the PE department!