

Dear Parents,

We are fast approaching the summer term which means we will be moving on to our summer sports within curriculum and extra-curricular. These are; tennis, rounders, cricket and athletics. There will still be lots of competition and opportunities for our young people so keep a look out for the summer extra-curricular timetable, as well as key dates for the diary.

We would like to share with you some more successes from the spring term. Have a Happy and restful Easter.

From the PE team.

Indoor Athletics

Congratulations to our year 7 and 8 indoor athletes. Year 8 have now been crowned Merseyside Champions and the year 7 team finished 5th. Great running, throwing and jumping from all.



Cross Country



Huge success within Cross Country this term with both of the Inter and Junior girls competing at the English School's Cross-Country Cup in Sedbergh. The Junior girls went on to qualify for the **National Final** at Princethorpe College. They braved the rain and mud to **finish 14th in the Country!** A special mention to **Daisy M** in year 8 who finished **3rd overall**. An absolute fantastic achievement, well done!

The Junior girls are currently **winning** the Merseyside School's mid-week league and the Inter girls are in **second** place.



Netball

The standard of netball competition has been fantastic this year. A lot more of our players are joining clubs and competing at a good level outside of school too. This has made school fixtures so unpredictable and made some really good matches and tournaments.

Year 7, 8, 10 and Sixth form entered the Wirral Schools Netball tournament and all finished top 3 and progressed through to the Merseyside rounds. The final standings are as follows:

Year 7 – finished 3rd on Wirral and 4th in Merseyside

Year 8 – finished 2nd on Wirral and 5th in Merseyside

Year 10 – Finished 2nd on Wirral and 2nd on Merseyside

Seniors – Finished 3rd on Wirral and 4th in Merseyside

Well done to all of our netball teams!

A particular mention to the senior team, well done for all of your commitment and competition over the years together. We wish the year 13s the very best for the future.



PE Newsletter

Spring 2026



Gymnastics

Well done to our four gymnastics teams who competed at the North West School's Floor and Vault event in Blackburn. Our u16 team have worked so hard this year and finally got the gold medal they deserved to progress to Nationals. The u14 team 1 placed 3rd and the senior teams collected all of their evidence for their GCSE.



Cricket

Well done to the girls who participated in the indoor Wirral school's round. Both Year 8 and year 10 had extremely close affairs with West Kirby, sadly just missing out on qualifying.

Lots of Cricket to look out for in the summer!



Football

A very competitive and fixture heavy season for the footballers this term. The U13 continue with lots of success and are now through to the semi-final of the Merseyside Cup after beating Holy Family in the quarter-final.

The U14 team made it to the quarter-finals of the ESFA Cup in Durham and lost out to the St Joseph's Football Academy school after travelling a long way without their full team. They were a credit to themselves and our school.

The U15 and U13 teams are both in the Sisters n Sport Quarter-finals and if they win this game, they progress to the Final Four day at St George's Park. Good luck to all.

Individual Successes:

Congratulations to Lucie in year 9 who has just signed a further two-year deal for LFC. She is also in the England talent pathway; top talent programme and we are routing for you all the way!

Hallie in year 8 has also had tremendous success since joining Man City winning the Abu Dhabi cup!

It is also great to hear Sophia in year 8 competed in the indoor hockey championships and won Silver with her team, well done!





Fixture list advanced notice:

- Wednesday 21st April – U13 Merseyside semi-final V St Marys
- Thursday 16th April – Internal GCSE Moderation
- Friday 17th April - External GCSE Moderation
- Wednesday 22nd April - Dave Jeff's Athletics
- Thursday 23rd April - Year 7 parents evening
- Tuesday 5th May – U13 Cricket V Grange (Hardball)
- Monday 11th May – U13 Cricket V Birkenhead (Softball)
- Wednesday 13th May – English Schools round 1
- Friday 15th May – A Level Moderation
- Wednesday 20th May – Year 7 Athletics

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If anyone else would like to update us with their individual successes, please email

sfoxparry@uptonhall.org

Extra-Curricular Clubs

This will be our new extra-curricular timetable from Wednesday 15th April 2026. There have been lots of changes as we have now moved on to our Summer Sports. Please make note and come along and get involved!

Sports **X**tra Summer 2026

Day	Lunchtime (1-1.30pm)	After school (3.45pm – 4.45pm)
Monday	<ul style="list-style-type: none">Netball All Years Teams only.	<ul style="list-style-type: none">School Meetings
Tuesday	<ul style="list-style-type: none">Tennis	<ul style="list-style-type: none">RoundersIntervention GCSE/ A Level
Wednesday	<ul style="list-style-type: none">Athletics	<ul style="list-style-type: none">Athletics
Thursday	<ul style="list-style-type: none">Rounders	<ul style="list-style-type: none">TennisCricket
Friday	<ul style="list-style-type: none">CricketIntervention GCSE/ A Level	