



SPRING 2023 Highlights

Year 10 **Rock Climbing**
 House Football, Hockey and Netball
 Surrey School **Gymnastics** / Gym Squad
 Senior **Netball** Tournament
 Sport Scholarship Day
 U11 In2 Tournament at Woking **Hockey** Club
 U10 and U12 **Gymnastics** Festival
 Football Taster Session with Ultimate Coaching
 Year 4 to 8 **Golf** Sessions
 GHS Invitational VC
 U14 Versatility Tournament
 U11 Fulham FC Tournament
 U9 Belmont **Football** Tournament

NEXT TERM *Reminders*

Access **SOCS** for all your fixture & team information

Links to the **Kit List**
 and **PE activities** inside
 House T-Shirts

Swimming Gala and Sports Day dates

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ENJOY

EMPOWER

EXCEL

WELCOME BACK!

It was a short but very busy Spring Term.

The School Houses competed in three Sports, Hockey, Football and Netball. As always, the girls showed great team spirit and support for one another.

We've tackled some different Sports, like Golf, Rock climbing and we had our first Volleyball fixture too.

Thank you for your continued support throughout the Spring Term.



Swimming at The Grange

Pupils from Reception to Year 2 have been enjoying their weekly swimming lessons at The Grange in Bookham with Mrs McMillan. They made excellent progress in their stroke technique and confidence.



Holly R

One of our current Year 8 Sport Scholars, Holly R was selected to represent Surrey for the Regional Sports Hall Finals in February where she went on to win the silver medal for the South East.



A fantastic achievement!

Meg W

Earlier this Term, one of our Year 8 Sports Scholars, Meg W attended the Shooting Workshop 'Post up with Peace' run by Peace Proscovia, Goal Shooter for Uganda and Surrey Storm.

The skills session for shooters led by the inspirational Peace, shared technical tips and a motivational coaching style which had a big impact on improving goal success rates in just one hour! Well done Meg!



Year 10 Rock Climbing

This Term our Year 10 GCSE students and some others from the Year, competed an 8-week course in Rock Climbing at the Blue Spider Centre.

They learnt many fundamental skills required and continually challenged themselves each week.

The GCSE girls gained evidence to use as one of their 3 Sports for assessment and with the help of the instructors they were able to include high level skills.



All girls thoroughly enjoyed the experience, with some even wanting to further their Rock Climbing pursuits.



Izzy W

As a result of Izzy's selection for Surrey Schools, Izzy joined the Surrey Schools Cross-Country Elite Squad for their training day at ACS International in Egham.

The day was busy and covered areas such as drills & endurance work, stretching & foam rollers, plyometrics & resistance bands and running drills.

There was also a session on confidence and race day plans, which Izzy found particularly useful, especially as she had a couple of big races in March. The first representing Sussex at the national Inter Counties Cross Country Championships at Loughborough (11 March) and then representing Surrey Schools at the Inter Counties at Tonbridge (25 March).

At the end of the day, Hayley Tullett talked about her journey from School Athlete to competing at the World, Olympic and Commonwealth Games. Izzy managed to get a signature and photo with Hayley!



Surrey School Gymnastics—Gym Squad

This Term saw our U13 gymnasts compete in a Surrey Schools Gymnastics Competition that was held on Thursday 19 January at Putney High School.

They dedicated their Monday evenings and early Wednesday mornings to prepare and perfect their routines.

All the girls had to compete a floor routine including dance elements, complete skills and difficult tumblers and a vault of their choice.

The squad was made up of 5 gymnasts. Well done to Seren P-J, Meg W, Charlotte R and Dayna N of Year 8 and Jasmine H-J of Year 7.

A special mention to Seren P-J who out of 70 gymnasts, placed 12th overall. All of the girls did Manor House School proud and had a fun day competing and supporting their teammates.



Netball Tournament

Our Year 8 Netball Squad took part in a tournament hosted by Gordon's School.

They were all great ambassadors for Manor House School and finished 3rd overall.

Fantastic!



U14 Versatility Tournament

On Tuesday 7 March, our U14s participated in Tormead's Versatility Tournament.

It was a fun and competitive afternoon of Netball and all the girls were great representatives of Manor House School.

The tournament also highlighted some new positional talent in the team.

They finished in 2nd place overall.



Year 6 Tag Rugby



U15 Volleyball

Manor House School had its first competitive Volleyball match in January. Our U15s played against Christ College.

They took everything they had learnt in their PE lessons onto the court with enthusiasm.

Despite a narrow 3-1 loss, the girls had lots of fun and improved with each game.

U8/U9 Hockey

This Term our U9s played their first ever Hockey match representing Manor House School. They used all the skills they had learnt in their PE lessons and brought them to the field to play some impressive Hockey.

A few Year 3 girls joined the Team for another match, with the girls slotting straight in and gelling as a team. They won both of their matches. Great Hockey from everyone!



U10 and U12 Gymnastics Festival

Girls in Year 3 to 7 had an afternoon full of Gymnastics at the Prior's Field Gymnastics Festival. They each competed on floor and vault with over 100 other gymnasts.

The festival was all about experience and gaining confidence in Gymnastics which all our girls achieved.



A special mention to Deveraux in Year 7 who out of all the gymnasts, achieved 1st place in the U12 floor routine. An incredible achievement.

U11 In2 Hockey Tournament

Woking Hockey Club

There were several schools competing and the girls played well throughout the day despite some tough games. No goals were scored but we had many attempts on target.



All the girls should be extremely proud of how they performed.

Year 4 to 8 Golf Sessions

This Term, girls from Years 4 to 8 enjoyed a Golf taster session run by Joanne Taylor, a Golf Pro at Walton Heath Golf Club.



From putting to driving, they learnt lots of new skills they were able to put to the test during a range of golf challenges.

The girls involved have been offered two free lessons at the club in a bid to increase girls' participation in the Sport.

We are also excited to announce that we have partnered with Walton Heath Golf Club and will be offering a Golf Club in the Summer Term after School for Year 3 to 6. Lots of new and exciting opportunities for the girls.



Primary Surrey Relays

Representatives from Swim Squad took part in the ESSA Primary Surrey Relays. They came third in both the freestyle and medley relays with strong swimming from everyone.

Well done to Niamh G of Year 5, Esme G, Anastasia C and Scarlett M of Year 6. Thank you to Aggie R of Year 10 for supporting Mrs McMillan.



A Fish out of Water Competition

On Saturday 5 March, a Year 5 and 6 team took part in 'It's a Fish out of Water', a lifesaving competition for Primary Schools in Surrey, held at Dorking Leisure Centre.

Scarlett W, Niamh G of Year 5 and Esmee G and Scarlett M of Year 6 took part.

The activities consisted of rope throwing, straddle entries, a relay with head up swimming, ball throwing to a person in the water, questions on the water safety code, an underwater baton relay, treading water, sculling and lifting a brick out of water by surface diving. Exhausting, but an amazing experience for the girls and important life skills.

Our Cross-Country runners from Year 3 to 6 competed at the GHS Invitational XC event on Monday 27 February.



It was a chilly afternoon, but the girls all ran with great spirit and completed the course with some quick times.

A special mention to Charlotte W who finished 7th in the Year 4 race out of over 50 runners. Well done to all our Cross-Country runners.



GHS Invitational VC



Football Taster Session With Ultimate Coaching

The Girls in the Prep School enjoyed some Football sessions in their PE lessons this Term.

These sessions were run by Ultimate Coaching in association with Bookham Colts FC.

The Club are looking to develop pathways for girls in Football and are very local to Manor House School, training at KGV on a Saturday Morning.

All the girls involved learnt lots of new skills which they put into action and demonstrated at their subsequent Prep Football fixtures.



Lead by coaches at the Fulham FC Foundation, it was a fun and exciting morning with back to back competitive matches.

They had 6 matches in total and despite no wins the girls drew 2, only narrowly losing the others.

The morning was a valuable experience for the girls, playing against lots of other schools and very able local club and school footballers. They enjoyed playing on a 4G professional pitch too.

Sports Scholarship Day

At the start of this term we held our Sports Scholarship Day for our current Year 6's and external applicants for Year 7 2023 entry.

The day consisted of fitness testing, interviews and an array of different Sports on display. These included Netball, Football, Hockey, Cricket and Gymnastics.

The girls brought their best performances to the table and worked really hard throughout the day.

It was a valuable experience for all of the girls involved who stepped out of their comfort zones. For many it was their first ever interview.

U11 Fulham FC Tournament

On Monday 13 March, our U11 Football Team competed at a Fulham FC Tournament at their training ground, Motspur Park.



A very well done to Scarlett M and Ella Q in Year 6 who were offered and have accepted Sports Scholarships.

HOUSE FOOTBALL RESULTS

INDIVIDUAL RESULTS

Points Awarded:

5 point = win

3 points = Draw

1 point = If there was a tie on points,
1 point was awarded to the team
with the highest goal difference.

Lower Preps (Year 3 and 4)

2nd	Victory	0
2nd	Endeavour	0
1st	Discovery	10

Upper Preps (Year 5 and 6)

3rd	Victory	0
2nd	Discovery	5
1st	Endeavour	6

Intermediates (Year 7 and 8)

3rd	Discovery	0
1st	Endeavour	5
1st	Victory	5

Seniors (Year 9 and 10)

3rd	Victory	0
2nd	Endeavour	5
1st	Discovery	10

TEAM RESULTS



3rd	Victory	5
2nd	Endeavour	16
1st	Discovery	25

HOUSE HOCKEY RESULTS

INDIVIDUAL RESULTS

Points Awarded:

5 point = win

3 points = Draw

1 point = If there was a tie on points, 1 point was awarded to the team with the highest goal difference.

Upper Preps (Year 5 and 6)

3rd	Victory	0
2nd	Endeavour	5
1st	Discovery	10

Intermediates (Year 7 and 8)

3rd	Victory	3
2nd	Discovery	5
1st	Endeavour	8

Seniors (Year 9 and 10)

3rd	Victory	0
2nd	Endeavour	5
1st	Discovery	10

TEAM RESULTS



3rd	Victory	3
2nd	Endeavour	18
1st	Discovery	25

HOUSE NETBALL RESULTS

INDIVIDUAL RESULTS

Points Awarded:

5 point = win

3 points = Draw

1 point = If there was a tie on points, 1 point was awarded to the team with the highest goal difference.

Upper Preps (Year 3 and 4)

2nd	Victory	0
2nd	Discovery	5
1st	Endeavour	10

Upper Preps (Year 5 and 6)

3rd	Victory	0
2nd	Discovery	5
1st	Endeavour	10

Intermediates (Year 7 and 8)

3rd	Discovery	0
2nd	Endeavour	5
1st	Victory	10

Seniors (Year 9 and 10)

3rd	Discovery	0
2nd	Victory	5
1st	Endeavour	10

TEAM RESULTS



3rd	Victory	15
2nd	Discovery	10
1st	Endeavour	35

NEXT TERM REMINDERS

Summer Term 2023

COMING SOON!

PREP SCHOOL GOLF CLUB

Walton Heath Golf Club have kindly offered after School Golf coaching during the Summer Term. The 8 sessions Club costs £60. Please email hello@joannetaylorlorgolf.com to book. Please note there is a minimum number required for this Club to run.

SWIMMING GALA

Next half-term on Thursday 22 June (Seniors in AM, and Preps in PM), we are looking forward to the girls participating in the Swimming Gala.

SPORTS DAY

Our annual Sports Day is always a fun occasion. We hope you'll be able to join us.

Nursery to Year 2—Friday 26 May

Y3 to Year 10—Wednesday 5 July

HOUSE T-SHIRTS

If your daughter does not have a House T-shirt, these can be purchased from the school Uniform Shop which is open on a Wednesday morning 8.30—9.30 am.

SOCS

Please click [here](#) for your **SOCS** help sheet to access **fixture** and **team** information for next Term.

SOCS Password -
SPORT@MHS22

PE KIT LIST

Click [here](#)

Summer 1 Prep School

PE Activities

[here](#)

Summer 1 Senior School

PE Activities

