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Autumn 2023 Highlights

Surrey Schools **Gymnastics**/Gym Squad
Surrey Indoor **Cricket** Competition
Year 3 - 6 **Netball** Fixtures
Year 9 and 10 District **Netball** Tournaments
Prep **Swimming** at St Teresa's
Year 7 - 11 **Swimming** Gala
Hockey at Cranmore
Cross Country
House **Football**
Dressage
Prep **Football** club
Year 3 - 6 **Football**
Year 10 and 11 **Core PE**
Year 1, 5 and 6 **Golf**

NEXT TERM Reminders

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

Don't forget to **bring all your warm sports kit** to be prepared for the cold weather.

Remember you still need to bring in your **football boots and shin pads**.

Links to the **kit list, extra curricular clubs and PE activities** inside.

Follow us on
Twitter @ManorHseSport
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WELCOME BACK!

As always, it was lovely to welcome the pupils back to a new term and a new year after the Summer holidays and we looked forward to an action-packed Autumn Term of Sport, in lesson time, during Extra-Curricular Clubs and in the many fixtures and tournaments.

STAFFING

We said a brief goodbye to Mrs Tauber at the end of the first half term as she went on maternity leave and welcomed Madison Dee into the world in early November. Congratulations to the whole family and we wish them a wonderful first Christmas together.

We also welcomed Mrs Ellis just before the October half term break to cover Mrs Tauber's maternity leave. Mrs Ellis has joined us from Yateley Manor School and has taken on the role of Head of Department in Mrs Tauber's absence, having taught PE and GCSE PE for the past 27 years and been Head of Department in her three previous schools.

Mrs Ellis specialises in Netball, Hockey, Athletics and Basketball and has taught a broad range of sport across the whole curriculum. She also plays Netball in the adult Wavell Netball league for Farnborough fires and Basketball for the Yateley Silverbacks ladies' team.

We also welcomed Miss Cox to the PE Department at the start of November. Miss Cox is our Sports Assistant for this academic year and has been working with all age groups from Reception to Year 11, helping in curriculum lessons, coaching Netball at lunchtimes and after-school clubs and helping with day to day running of the Department.

Miss Cox has been involved in coaching and teaching a variety of activities in lessons from Hockey to Gymnastics and has been working closely with Mrs McMillan in developing the Swimming skills of Year 1 and 2. She has also umpired at fixtures and helped U17 and U15

Gymnastics squad at their regional competition.

Miss Cox specialises in Netball and plays for Weybridge Vandals. She is also a triathlete and is looking forward to using these skills to help the girls progress.

We hope you enjoy reading about the opportunities and successes the girls at Manor House School have had this term, and we would like to take this opportunity to wish you and your families a peaceful Christmas.

'GIRLS GO GOLD' GSA CONFERENCE

14 September 2023

Eight of our Year 11 GCSE PE pupils attended the 'Girls Go Gold' Conference at the Abbey School in Reading where they enjoyed a number of Sports Master Classes on the Reading University Campus and inspiring talks by Dame Katherine Grainger and Dame Kelly Holmes.

It was an inspiring day and the girls found it very motivating and beneficial to their GCSE studies.



FIXTURES

This term the Manor House School teams from Year 3 to 11 have competed in over 50 Netball matches and tournaments, 14 Football matches, 1 gymnastics competition, 2 Swimming galas, 8 Hockey matches, 2 Cross Country competitions, 2 indoor Cricket competitions and 1 Equestrian competition, an impressive 80 competitive fixtures!

We pride ourselves on offering our pupils a wide range of sports to showcase their talents and the girls continue to represent the school with determination, positivity, teamwork, resilience and great sportsmanship.

NETBALL

YEAR 7 -NETBALL vs NOTRE DAME



Year 7's first Netball match v Notre Dame was a very close game with the B team fighting hard and taking away some valuable experience for future matches.

U15A NETBALL DISTRICT TOURNAMENT

On 13 October, our U15A Netball team took part in the District Tournament, playing matches against The Howard A and B teams, St. Teresa's, Rosebery and City of London Freeman's School.

The girls fought very hard and finished impressive runners up, only losing once to the Howard A team who were overall winners.



FOOTBALL

YEAR 4 FOOTBALL vs MILBOURNE

Our Year 4 footballers enjoyed a fantastic victory against Milbourne Lodge, winning 6-0.

They used teamwork and their excellent passing skills to their advantage. A wonderful team effort with some high quality goals from Victoria C.



HOUSE FOOTBALL

Pupils from Year 3 to 10 competed in the last week of term in House Football. Great teamwork and support for one another despite the drizzle! Congratulations to Discovery.



PREP FOOTBALL

We have been delighted this term to be able to offer an after-school Football Club for girls in Year 3 to Year 6. This has been made possible by Antony Harwood, a current member of the Facilities Team and qualified Football coach. Antony has taken on this role since the start of November and the numbers attending the club have grown and grown. Antony has also extended this to taking the Senior girls club on occasions and refereeing an U15 game against Boxhill.

We are very pleased to have such a dedicated addition to the team.



The afternoon saw two of our gymnasts taking part in the U19 section. As our numbers weren't sufficient to make up a team, our gymnasts worked on their individual performances and did so competently and carefully. The U19 competition was a close result with Wimbledon High beating Guildford High School by 0.1 of a point.

GYMNASTICS

U15 SURREY SCHOOLS FLOOR & VAULT

@ St Catherine's, Bramley

On 22 November, Manor House School took six gymnasts to St. Catherine's School, Bramley for the U15 Surrey Schools Floor and Vault Competition. As usual the standard was extremely high and our girls vaulted cleanly and completed their well-rehearsed routines with confidence.

Other schools taking part included Wimbledon High School, St Catherine's, Putney High School and the overall winners Guildford High School. Manor House School came close on points to a number of the other schools and our girls should all be very proud of their performances.



ACROSS THE TRUST

ST TERESA'S

This term, pupils across the Effingham Schools Trust have started to benefit from sharing facilities, with Manor House School pupils enjoying their first use of the swimming pool at St Teresa's.

Mrs McMillan and Lower Prep, assisted by Miss Cox who is a swimmer herself, made good use of the pool, which also gave a number of pupils the opportunity to develop their stamina over a greater distance of 25m.

CRANMORE



Towards the end of this Autumn Term, a number of Year 7, 8 and 9 PE Hockey lessons were held on the Cranmore astroturf pitches.

The girls travelled to the Cranmore site during the school day and really enjoyed developing their skills on the all weather surface.

SWIMMING



St Teresa's Swimming Pool

ESSA SENIOR RELAYS

The Term's first swimming competition was held on Saturday 23 September with the team travelling to Surrey Sports Park in Guildford Spectrum to take part in the English Schools Senior Relay Competition.

The teams competed in the Junior and Intermediate Medley and Freestyles Relays. The competition was very strong but the intermediate squad placed well in both events. Thank you to Aggie R for supporting the Prep team.

SENIOR SWIMMING GALA

vs NOTRE DAME

In November, we took a strong team of swimmers from Year 7 to 11 to Notre Dame to compete in a friendly swim meet. Every swimmer took to the pool in true Manor House School fashion and gave their all to their individual event. There were some very close relays as well and some excellent cheering from swimmers and parents alike.

The U15 team were the pick of the year groups with some outstanding individual performances, from Holly D, Eleanor K, Ava Z and Isobel W-P whose performances saw them take first place as a year group. Aggie R Year 11 also shone in all the Year 11 races but it was not enough to claim Manor House School first place on this occasion as the team finished in a credible second place.

YEAR 7 LIFESAVING TRAINING

Year 7 also kicked off the term by learning some basic lifesaving skills.

They wore clothes in the pool to experience what it would be like if they fell into water. They also learnt how to use aids to get to the side as well as staying safe in the water and looked at ways to rescue others, including reach and rescue, throwing a water aid and towing to the side.



CROSS COUNTRY

ESSA COUNTY CUP

In October, Mrs Townend took a team of 6 U15s to Reigate Grammar School to compete in the English Schools Cross Country Cup. With 20 schools entering each year, the competition is fierce.

Isabelle W put in an incredible performance to finish second in a field of over 50 competitors.

The team including Isabelle ran well but did not score well enough to qualify for the next round on this occasion.

CENTRAL SURREY CROSS COUNTRY COMPETITION



Holly R, Year 9



Another successful run for Isabelle W in this years County Competition turning Silver into Gold as she dominated the race in a strong field of 40. Katie W in Year 10 also achieved a top ten finish, crossing the line in an excellent 9th place.



Isabelle W, Year 8

Congratulations to both who qualified for the Surrey Schools Cross County Championships in January. Our Year 7 team made up of Dorabella H, Eva R, Olivia M and Evi S also ran excellent races.



*Katie W,
Year 10*



Year 10 and 11

CORE PE

This half term, Year 10 and 11 have tried out a number of different team Sports, including Basketball, UniHoc and Volleyball as well as fitness lessons including Yoga, Pilates, Circuit Training and Strength and Conditioning work.



GOLF

Year 10 AT EFFINGHAM GOLF CLUB

Year 10 had the opportunity to take part in some taster sessions at Effingham Golf Club during their core PE lessons this half term.



They tested their skills on the putting green, the driving range and indoors on the simulator.



INDOOR CRICKET — ST TERESA'S

U15 CRICKET TOURNAMENT

In an out of season event, eight of our Year 10 girls played some exciting indoor Cricket at St Teresa's.

The Manor House School team lost by only 10 runs to St. Teresa's team and were all out to the Howard.

St Teresa's beat the Howard by two runs in an exciting final game. The batting was steady and our fielding skills were slick after an initial rushed over. The girls used the walls to their advantage and enjoyed a fun afternoon of cricket.



U13 CRICKET TOURNAMENT

The U13 team played St Andrews, The Howard and St Teresa's in the same tournament.



The girls fielded confidently, taking several wickets from bowling and catches. The rules were adapted for indoor play which meant the batters found it more difficult to score. Overall, a great afternoon of cricket.

EQUESTRIAN

NSEA POP UP DRESSAGE COMPETITION

Phoebe H (Year 7) represented Manor House School in NSEA's November Pop up Dressage Competition in Class 2 and Class 3. The event is managed online with each rider filming their test and submitting it for judging. Phoebe typically performs her tests at Cranleigh School Equestrian Centre.



This year's competition saw a substantial increase in registrations in comparison to last year, with three times the number of riders in each class and with tougher judging scores as a result.



Class 2 was a British Dressage Preliminary Test 2 with a total of 47 riders competing from schools all over the country. Congratulations to Phoebe who placed 11th in her group against mostly older riders, many of whom were Year 9 pupils and above.

This was Phoebe's first outing on her new pony, a fantastic test for them both. Phoebe will be using the experience as a springboard, with the goal of improving on her PBs in future competitions.



NEXT TERM REMINDERS

Spring Term 2024

COMING UP THIS SPRING!

DEVELOPING LINKS WITH CRANMORE

Tag Rugby is on the Curriculum in the Spring Term and we are delighted to be able to welcome a number of specialist Rugby coaches from Cranmore to coach some sessions for all age groups.



DISTRICT NETBALL

The Spring Term will see the culmination of the District Netball Competitions for Year 7 – 11 and we are looking forward to welcoming other local

schools, with Manor House School hosting these fantastic events.

GCSE PE ROCK CLIMBING

GCSE PE Rock climbing, We are looking forward to taking a group of Year 10 girls to Blue Spider Climbing in Guildford next term for an 8-week course in Rock Climbing. This will give the girls an opportunity to learn all the skills required for the course.

ELITE ATHLETICS

In January Mrs Townend will be taking a group of girls to Guildford Spectrum every Tuesday, developing their Athletics skills with the aid of some top coaches and the fantastic facilities that Guildford Spectrum offer.



King Edward's
WITLEY

AFTER SCHOOL 5 WEEK FOOTBALL DEVELOPMENT PROGRAMME

MONDAY, 8TH JANUARY - THURSDAY, 8TH FEBRUARY

MONDAY SESSION	TUESDAY SESSION	THURSDAY SESSION
BOYS & GIRLS 13 - 15 YEAR OLDS	BOYS & GIRLS 10 - 12 YEAR OLDS	BOYS & GIRLS 7 - 9 YEAR OLDS
6.30 - 7.30PM	6.30 - 7.30PM	6.30 - 7.30PM

PRICE: £65 for 5 sessions
(25% off for KESW and BHS staff and pupils)

[REGISTER NOW](#)

[SCAN HERE](#)



SOCS

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

PE KIT LIST

Click [here](#)

Spring Prep PE Activities [here](#)

Spring Senior School PE Activities [here](#)