

Highsted Grammar School Match Reports 2021-22

Kent Schools' Track & Field Athletics: Saturday 11 June

On Saturday 11 June, nine of our athletes represented Highsted at the Kent Schools Track and Field Athletics Event at Medway Park. This was our largest field of competitors to date and it was so great to see them competing against the rest of Kent after such a long absence from school's athletic events.

In the track events, Katie (Year 12) won the 5000m racewalk to take home gold.

Heidi (Year 7) entered into the 800m and had a good first experience of track athletics as she is usually more at home in water. Chikasole competed in the 100m and Intermediate Girls long jump and did really well to make it to the final jump off and gained a new personal best, coming 6th in Kent.

We had four competitors in the discus in the Junior and Intermediate Girls. Rachel impressed in the Intermediate event, gaining 3rd place; with Rose, Samantha and Chloe all putting in a really good performance in their first Kent competition. Rachel also competed in the hammer and placed 4th. Angelina represented Highsted in the Junior Girls shot and came in 4th place but also gained a new personal best with 8.84m, which was really well deserved after making it to the final round of three extra throws.

"Walking into the competition, I was excited to participate in a Kent Athletics event for the first time, but I was also extremely nervous as I knew that the competitors were going to be good, but it turned out to be fun and I even met a few people during my event." Angie (Year 9.3)

We would like to thank all the students for representing Highsted and their district so well in this athletics event. Well done for making your mark in athletics this season!

Swale District Athletics Competitions 2022

Year 7: Thursday 19 May

On Thursday 19th May, the Year 7 athletics team competed in the Swale Athletics competition at The Sittingbourne School. The teams competed very strongly in their first athletics competition representing Highsted and came 2nd in their competition overall.

There were many strong performances from the team and many girls placed in their events.

Year 7 Results

Peyton: 300m – 1st; **Isabella:** 800m – 1st; **Sophie:** 200m – 3rd; **Ciara:** 100m – 3rd;
Sadie: 800m – 3rd; **Heidi:** 1500m – 2nd; **Holly:** Shot – 1st; **Harriet:** Javelin – 1st

Year 9: Thursday 5 May

On Thursday 5th May, the Year 9 athletics team competed in the Swale Athletics competition at the Sittingbourne School. The teams competed very strongly in their first athletics competition representing Highsted and came 2nd in their competition overall.

There were many strong performances from the team and many girls placed in their events.

Year 9 Results

Serena: High Jump – 1st & 200m – 2nd; **Chloe:** Discus – 1st & 1500m – 2nd;
Angie: Shot – 1st; **Isla:** Shot – 2nd; **Evie:** Long Jump – 3rd; **Kamilla:** Javelin – 2nd;
Y9 Team: Relay – 3rd

Year 10: Thursday 28 April

On Thursday 28th April, the Year 10 athletics team ventured to the Sittingbourne School to compete in the Swale Athletics competition.

This was the first event of the summer athletics programme after a few years with no competitions, so the team had not had much opportunity to prepare, but they competed strongly and won the girls event overall.

There were several strong performances from the team and many girls placed in their events achieving District standard, thereby gaining selection for the Kent Schools Athletics Competition on Saturday 11th June. For many of the girls this was also an opportunity to secure some competitive evidence for their GCSE Physical Education activities.

Year 10 Results

Chik: Long Jump – 1st & 100m – 1st; **Samantha:** Discus – 1st;
Anjie: High Jump – 1st; **Rachel:** Javelin – 1st & 800m – 3rd; **Rose:** Discus – 2nd;
Alyssa: 300m – 3rd; **Holly:** 1500m – 3rd; **Y10 Team:** Relay – 2nd

Well done to all the girls in the team and to Mrs Hoyte for such excellent raking in the long jump pit!

Kent Schools' Swimming Championships: Saturday 15 January

Team list: *Bethany F, Chloe L, Heidi C, Isla H, Maddison M.*

On Saturday 15 January a team of Highsted students travelled to Hartsdown Leisure Centre Swimming Pool in Margate, for the Kent Schools' Swimming Championships.

Our girls looked slightly nervous waiting for the competition to start. During the first session we had girls competing in the 100m Butterfly and 100m Backstroke. Chloe and Bethany had tough competition swimming against each other in their heat! Heidi was competing against older swimmers in her heat and achieved a new personal best time (PB) in the Backstroke competition.

The first session was a success all round, Bethany placed 11th and Chloe placed 9th in Kent for the 100m Butterfly, gaining a personal best time. She was also placed 10th in Kent for the 100m Backstroke competition.

Our second session was the Girls 100m Freestyle and 100m Breaststroke. Into the afternoon session, we had more students arrive and ready for the competition.

Bethany led the girls into the 100m Freestyle competition, with Isla to follow. After a strong swim from both students, Isla managed to place 11th in Kent for the competition.

Heidi did not let being a younger swimmer in her age category worry her, she displayed great technique swimming confidently and was placed 10th in Kent for the 100m Breaststroke competition.

RACE	JUNIOR	INTERMEDIATE	SENIOR
Girls 100m Butterfly		Chloe L: placed 9th Bethany F: placed 11th	
Girls 100m Backstroke	Heidi C: gained PB time	Chloe L: placed 10th	Maddison M: improved PB by six seconds!
Girls 100m Freestyle		Isla: placed H11th Bethany F	
Girls 100m Breaststroke	Heidi C: placed 10th	Isla H: placed 12th	

Overall, it was such a fantastic day of swimming and we are so proud of the girls – so many of them achieved new personal best times and placings in their competition. The girls displayed fantastic teamwork throughout the competition encouraging and supported each other when competing. Well done to everyone who took part!

Year 8 Netball: Tuesday 5 October

Highsted versus the Sittingbourne School

Team list: *Nifemi J (GS), Kahina B (GA), Evie H (WA), Rebekah M (C), Olivia M (WD), Eki I (GD), Marion N (GK), Emily R, Hattie B.*

On Tuesday 5 October, Highsted's Year 8 Netball Team played against the Sittingbourne School at home. Our overall match score was great for Highsted, as our Goal Shooter and Goal Attack scored seven goals between them. We had strong passes and great defending, but catching a rebound was sometimes an issue, which was recovered easily.

On Tuesday 5 October, Highsted's Year 8 Netball Team played against TSS at home. Our overall match score was great for Highsted, as our GS and GA scored seven goals between them. We had strong passes and great defending, but catching a rebound was sometimes an issue, which was recovered easily.

Our winning team: Eki, Emily, Marion, Olivia, Kahina, Nifemi, Hattie, Evie and Rebeka all managed to put in amazing performances in each quarter they played. Marion took possession of the ball incredibly well in defence, all our team played outstandingly and secured an incredible win against the opposing team.

Although we were only able to play two quarters as TSS only brought one team to the match, I would like to congratulate our team with their successful game, well done to On Tuesday 5 October, Highsted's Year 8 Netball Team played against TSS at home. Our overall match

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Although we were only able to play two quarters as the Sittingbourne School only brought one team to the match, I would like to congratulate our team with their successful game, well done to all the players.

Final score: Highsted 7; the Sittingbourne School 0

Kahina B (*Year 8 Captain*)

Year 9 Netball: Tuesday 28 September

Highsted versus Fulston Manor School

Team list: *Kamilla B, Isla H, Scarlett R, Angie T, Bethan W, Tina B-M, Chloe W.*

On Tuesday 28 September, Highsted's Year 9 Netball Team played our first match of the season since lockdown.

We drew 5-5 against Fulston Manor. This was concluding a tough match as we started off amazingly, leading the first two quarters by 4-0. Throughout each quarter we continued to play and support each other with great team spirit and this led to another goal in the final quarter.

Even though we drew with five goals to each team, we played with a great sense of teamwork which we can take forward to our next match.

Final score: Highsted 5; Fulston Manor 5

Kamilla B (*Year 9 Captain*)

U16 Football English Schools' Cup: Tuesday 21 September

Round 3: Highsted versus Plumstead Manor School

On a hot 21 September, Highsted U16s kicked off in their first football match of the year against Plumstead Manor School. Highsted started off strong, with many balls testing the Plumstead defence. Our attack sharply become the dominant side, as Plumstead couldn't get through our defence without being offside. A corner fell early to Highsted and a good kick from Rose was converted into a goal through an excellent header by Holly. Highsted wouldn't let up the pressure and encouraged by the cheerleading at the side of the field, made the score 2-0 as Rose took on the oppositions keeper and put the shot in the back of the net. As if to define their lead, Highsted quickly converted the score to 3-0 with a shot from Fran

hitting the bottom left corner of the oppositions goal, with the goalie only being able to stare as it went in.

Plumstead weren't to give up so easily, however, as a quick run from the middle was turned into a goal, unluckily for Madi, who very nearly got there. Using the momentum they carried from the previous goal, Plumstead scored again, unfortunately for the defence who were so close to stopping it from going through. Not wanting to go into the next half only one goal up, Rose and Holly each scored one goal each to extend the score to 5-2.

With a good first half, and the weather cooling a little, Highsted went into the second half prepared to score more goals and put the game out of Plumstead's reach. Highsted had kick-off and barely gave up possession for the first few minutes, marking their determination to win their first game. Holly fired in a shot soon into the half, which was followed up by Fran, turning the score to 7-2. Keeping up the solid defence, Plumstead were unable to score another goal and yet another two goals between Holly and Rose made the final score 9-2 to Highsted. Overall, a great start to the year for Highsted and looking forward to the next match!

Match report by **RC**