



PE News

It has been so lovely to see so many girls back to extra-curricular clubs this term. Full of smiles, energy and enthusiasm! If anyone would still like to join, please look at the clubs that are currently on offer:

Year 9 Netball Tuesday morning 7.45am- 8.30am

Year 8 Netball Thursday morning 8am- 8.30am

Year 8 Rugby Wednesday after school (Week B) 3.10pm- 4.30pm

Year 7 Netball Tuesday after school 3.10pm- 4.20pm

Year 7 Football Thursday after school 3.10pm- 4.30pm

Advance warning:

During curriculum time, Year 7 and 8 girls will be taking part in football and tag rugby on the fields and will require the use of boots and shin pads. These will be needed after the October half term break. If your child can borrow these to save you purchasing them, **please ensure you adhere to the Covid health and hygiene rules.**

Girls PE Department



With the Year 7 netballers on Tuesday, and the Year 9 rugby players on Wednesday - we're up to over 600 attendees at our extra-curricular clubs in the last 5 weeks. We can't do everything given we can only have one year group at a time, but it has been great to see so many active students. More will follow after half term. Thank you to all the students who are coming along.



Great to get the Year 8s back to rugby training on Wednesday, and with the girls too, who joined us for the first time. Special thanks to Mia, whose Jack Petchey Foundation award bought our new tackle bags.

Mr Lines, Head of PE






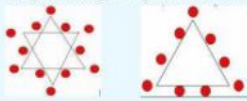
We were delighted to add Luke (Year 10) and Vaibhav (Year 8) to our honours board for their selections for Kent in cross-country and cricket respectively. These impressive achievements will serve as inspiration for future BGS athletes. Well done boys.

Mr Lines, Head of PE



It is important that you stay active and healthy during this time so here are some ideas for those students who have been self-isolating at home. To match up with the PE curriculum, there are a few activities to try at home... Good Luck!

Mrs Kemp, PE Department

Dance	HRE	OAA
<p>Just Dance</p> <p>Dance for All Key Stages</p> 	<p>25 min Joe Wicks Workout</p> <p>30 min HIIT Workout</p> <p>Fidget Spinner Board</p> <p>Yoga Workouts</p> <p>6 min Abs Workout</p>	<p>OAA Bottle Flip Challenge</p> <p>Challenge 6 – Problem solving 🧐</p> <p>26 in a line!</p> <p>You will need chalk if you can draw on a patio or a pen and paper if not.</p> <ul style="list-style-type: none"> • Draw 2 triangles (see diagram below). • Using the numbers 1-12 only once, try to make each line add up to 26. • You can only have 4 numbers on each line. • Complete a triangle, using the numbers 1-9 



Year 9 Netball Stars!

It's been lovely to finally have sporting clubs back in action! The Year 9 girls are keen and ready to go 7.45am every Tuesday morning. The sporting stars over the past few weeks have been Elizaveta Newton and Zoe Handscombe for their fantastic defensive work at training. Well done ladies!

Mrs Kemp



Year 8 are taking part in some team challenges as part of their fitness unit of work to round off this term. Here are Mrs Howard's girls at the end of their team 5k challenge. Teams of 3 run a relay to cover 5k in the quickest time, carefully managing the levels of fatigue and energy within their group. In an incredibly close competition Malou, Anna and Grace came first with a winning time of 20:18, closely followed by Soahasina, Eloise and Edie with 20:21. Only 3 seconds in it! All did brilliantly in pretty perfect running conditions on Wednesday. Well done to all of the girls for working incredibly hard, not just the winners.

Mr Lines, Head of PE



We're delighted to take part in a fixture (of sorts)! Some of our Year 8 groups are competing in a borough wide sports hall athletics competition organised by our local School Games Organiser. Students are collecting scores for vertical jumps, speed bounces and shuttle sprints, amongst other events. Good luck Year 8!

Mr Lines



Good Luck!



PE News

Students will be provided with activities to complete for their PE lessons via google classroom. In addition, they will be invited to participate in a number of extra-curricular activities should they wish to. These will mostly be activity and distance challenges, so students will need to calculate the distances they have covered. With that in mind, it would be great if students who are interested in participating could download a fitness or activity tracker app to their phones (or the phone of a parent). Strava is a common choice, but Google fit, Under Armour MapMyFitness or Nike Run Club all do a similar job. All can be downloaded and used free of charge, although some have subscriptions for advanced content.

All will be voluntary, but we hope as many students as possible will take part.

Thank you,

Mr Lines, Head of PE



Our first extra-curricular challenge is a simple one - run as far as you can in 40 minutes!

Our Year 12 prefects have been sending in their scores, and want you to join them. You can do this on your own, or with a family member. It is not compulsory, but adds a bit of focus to any activity you are looking to do beyond your PE lessons. Instructions are as follows:

- Warm-up
- Run (or walk) for 40 minutes
- The run can be completed in your garden if you have one, on your street, or in the park
- Record your run with Strava, or similar
- Screenshot your run and email it to Mr Lines



Make sure you observe social distancing rules at all times, ensure you have a drink and a mask with you (not to be used at the same time), and make sure you stay safe, especially if it is dark.

Have fun!



BGS Physical Education Virtual Challenge

40MIN RUN










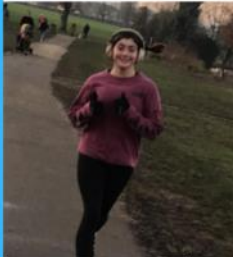


Today - 15:55
Friday Afternoon Run

8.30
Kilometers

5'14" Avg. Pace 43:00 Time 542 Calories

75 m Elevation Gain 0 Avg. Heart Rate 152 Cadence



40:01
TIME

4.59
KILOMETERS

1:05 **8:42**
CURRENT PACE AVG PACE

16.7 **45.2**
CURRENT PACE AVG PACE

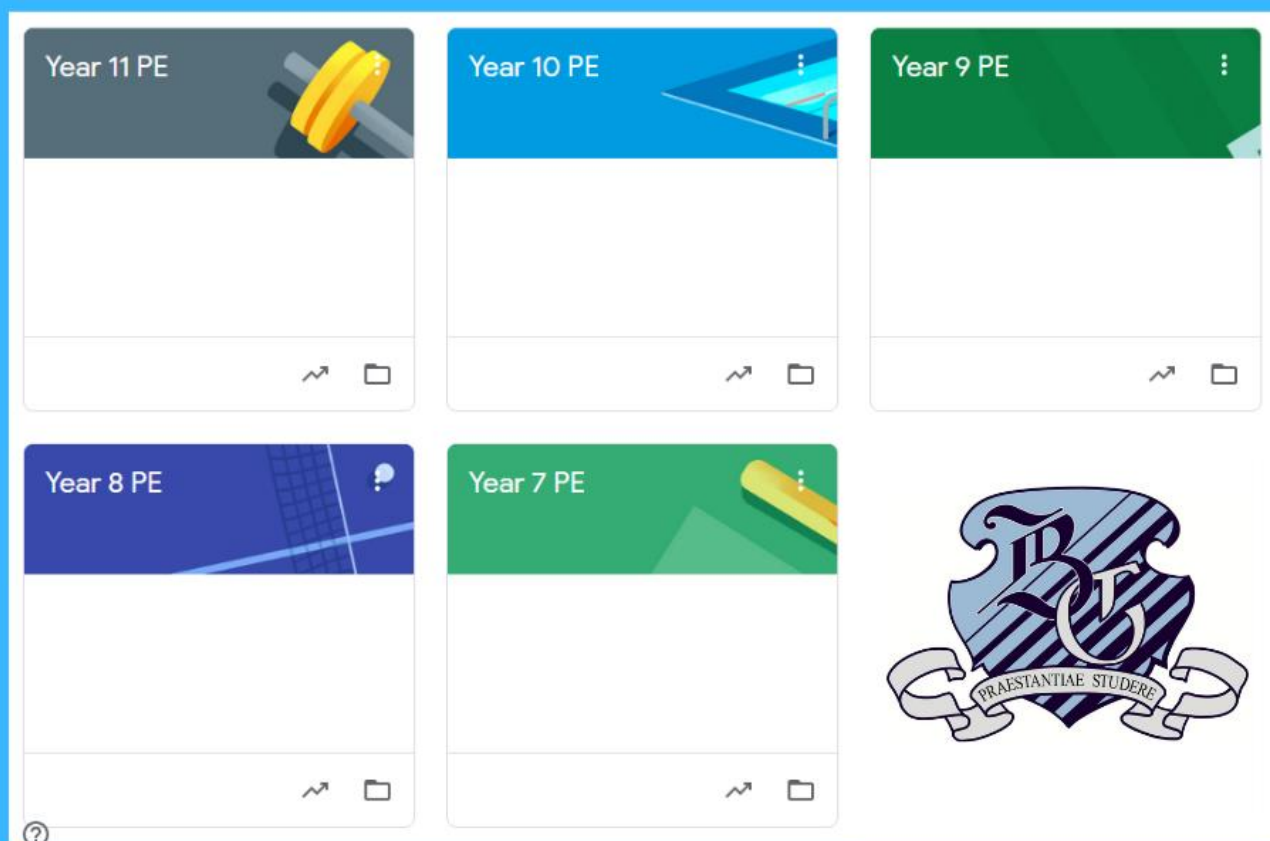
17.1 **138**
CURRENT PACE AVG PACE

Instructions:
Observing social distancing rules at all times
Drink plenty of water and stay safe
Screenshot & email your run to Mr Lines by Monday 18/1/21



All students in Years 7-11 have been added to new google classrooms for their core PE lessons. If you missed the email with the link, or are not sure about what you should do, please email your PE teacher and they can provide instructions for you.

BGS PE Google Classrooms



Virtual Mount Everest challenge

Blake Wymark, 7VLP has climbed an amazing 8850M to raise money to support his Sea Cadet unit. This amazing achievement is the equivalent of climbing Mount Everest. Blake climbed every day for 6 weeks finally reaching his goal, the summit of Everest- Well done Blake!

Mr Lines, Head of PE





PE Star Students

Well done and thank you to everyone who took part in our 40min extra-curricular challenge. These students collectively ran nearly 300km in just 40 minutes! Super impressive. If you didn't get involved this time, have a look at our art challenge in PE News and take part this week.

Mr Lines, Head of PE

Name	Year		Name	Year
Diego DJM	7		Jacob J	9
Theo J	7		Rohan D	9
Sam P	7		Henry B	9
Lydia C	7		Jacob J	9
Lewis H	7		Emilia M	9
Oliver M	7		Adam M	9
Armaan C	7		Rebecca E	9
Aydan V	7		Aaron K	9
Daniel R	7		Marcel M	9
John L	7		Jamie B	9
Harry K	7		Freddie M	9
Yuv P	7		Lily H	10
Theo J	7		Holly B	10
Marco V-G	7		Ray M	11
James I	8		Lucas Z	11
Arthur C	8		James W	11
Sammy Q	8		Nathan F	11
Eddie G	8		Lora S	11
Thomas E	8		Harrison E	11
Tomas S	8		Jess B	12
Sam H	8		Shrenik C	12
Jacek B	8		Sasha H	12
Anna T	8		Pippa V	12
Zachary M	8			



PE News

Our next virtual challenge is more creative than usual - an active art attack! Run, ride or walk your picture, record it with Strava, or similar, screenshot and send it in to Mr Lines. We can't wait to see what you are able to produce. You could try your initials to keep things simple, or try to produce an elaborate work of art! Check the poster out for some advanced examples, or Google "Strava art" for further ideas and inspiration.



Mr Lines, Head of PE

BGS PE VIRTUAL CHALLENGE

MAP YOUR ACTIVITY ART

RUN, RIDE OR WALK YOUR ARTWORK!

Maintain social distance, record your activity and screenshot the result to Mr Lines

Deadline - Monday 25th Jan 2021

PE News

Strava Art Challenge

We received some brilliant entries in our Strava Art Challenge - far too many to share them all here, but we have chosen some of our favourites. Well done to everyone who took part - we hope you were inspired to get outdoors and be creative.



Mr Lines, Head of PE





A-Z Cycle Challenge

Our next extra-curricular virtual challenge is an A-Z bike ride. See how many letters of the alphabet you can tick off on the roads near your home. You could set yourself a time limit - as many as you can in an hour, or see how many you can do over the weekend or a series of days. Any entry is welcome, just make sure you cycle safely and have the permission of a parent or guardian. Email the list of streets you cover to Mr Lines.



BGS PHYSICAL EDUCATION VIRTUAL CHALLENGE

A-Z RIDE



ALPHABET CYCLE CHALLENGE

TRY AND CYCLE ALONG ROADS NEAR YOU WHICH START WITH AS MANY DIFFERENT LETTERS OF THE ALPHABET AS POSSIBLE, FROM AVONDALE ROAD....TO ZAMPA ROAD

Please cycle safely, wear a helmet and only participate with the approval of a parent or guardian. Put your list of roads into an email and send it to Mr Lines.



DEADLINE: 2ND FEBRUARY 2021










PE News

How far you can hypothetically travel in a week? Part 2


For half term we're extending our Map Challenge and making it international! With a week off, let's see how far we can travel and whether we can get beyond our own shores.

The basic instructions are the same as last week, but there are more aspects below, so read carefully:

-  Record how far you travel during your exercise over the next week (run, ride or walk - you can count steps and add them on!).
-  Add up the total distance covered
-  Multiply the distance covered by the number of people in your household who took part in the activity
-  Go to <https://www.freemaptools.com/radius-from-uk-postcode.htm>
-  Enter your distance travelled from either your home or BGS (DA16 2BL)
-  Work out where you could have travelled to and pick a town or country from the map
-  Email your town and distance to Mr Lines

This half term we are extending this to be a family and friends event, so if you go for a walk with your brother or sister, you can count the distance twice. Add up your whole household distance over the course of half term and see how far you would have travelled. Mr Lines will also be working out how far we would travel as a school, and as year groups, too. As always - please be very careful on roads, and only ride with the permission of your parent or guardian. Good luck, stay safe, and have fun.

BGS PHYSICAL EDUCATION VIRTUAL CHALLENGE




MAP DISTANCE CHALLENGE 2

HALF TERM INTERNATIONAL
SPECIAL EDITION

How far can you virtually travel in the next week?

- Run, ride or walk
- Record your total before Sunday 21/2/21
- Enter into website
- Find where you would have got to & choose a town in that country
- You can add on your distance from last week too!
- Email the result to Mr Lines



<https://www.freemaptools.com/radius-from-uk-postcode.htm>





PE Star Students

What an incredible half term effort! Collectively we travelled 5717km, enough to get to China, India, anywhere in Europe and the east coast of the US. It was great to hear of so many of you exercising with families, so well done to everyone who contributed their walk, run or ride from the last week.

Thank you.

Mr Lines , Head of PE



STAR STUDENTS OF THE WEEK

PE News

All of our extra-curricular challenges so far have been more about fitness than skills. Now it's a time for our skill players to show off with our "Shoot your Shot" challenge. We want you to channel your inner Dude Perfect and show us your shooting skills. Bonus points will be awarded for difficulty and creativity, but you can do it with anything - a tea bag and a mug or a golf ball and a bucket. When you've had a go - please upload your video to the Google Drive folder (the link is in your PE google classroom), and make sure you give your video your name. Deadline for this is Wednesday 3rd March.

Mr Lines
Head of PE



**BGS Virtual Skills Challenge**



Make it Stylish!

TAKE A SHOT - A PENALTY IN A FOOTBALL GOAL, A TEABAG INTO A MUG, A TENNIS BALL INTO THE BIN? YOU CHOOSE!

SHOOT YOUR SHOT

UPLOAD IT TO OUR GOOGLE DRIVE - MAKE SURE YOU INCLUDE YOUR NAME!



PE News

Really fun to finish off our week with some Year 8 volleyball on Friday after school. With lots of first-timers, these guys are making loads of progress.

Mr Lines, Head of PE





PE News

Being outdoors through the rain hasn't always been fun, but well done to the Blues who romped to victory in our class cup final on Monday in the sunshine. We're looking forward to more sun after the holiday.

Here is the timetable for extra-curricular sport for the summer term. Everyone is welcome, regardless of experience, as always. Please note that after school clubs start at 3:30 - students must wait for the changing rooms to clear of other age groups before coming in to change. Fixtures are being planned for cricket and rounders, as government guidance now allows, and students will be notified of those when they are confirmed.

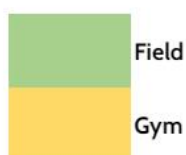


Mr Lines, Head of PE



Bexley Grammar School Extra-Curricular Sports Timetable - Summer Term

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School: 7:45 - 8:15		Year 9 Tennis	Wk A: Yr 9 Basketball Wk B: Yr 10 Basketball	Year 8 Tennis Year 9 Rounders	Wk A: Yr 8 Volleyball Wk B: Yr 10 Volleyball
After School: 15:30 - 16:30	Year 7 Tennis Year 9 Cricket	Year 12 Basketball Year 7 & 8 Rounders	Year 12 Table Tennis Year 8 Cricket	Year 10 & 11 Rounders Year 7 Cricket	





PE News

Year 9 Cricket

On Wednesday night the Year 9 Cricket team took to the field after nearly a two year absence and took on Langley Park in the Kent Cup. Langley batted first and their openers looked very comfortable but our tight fielding and good pace bowlers restricted their runs, eventually finishing on 103/5. Bexley had a shaky start to their innings, losing a couple of early wickets, but captain Sadun steadied the ship with a 28 and settled our nerves. Some loose bowling from Langley enabled us to get back into the game and in the 19th over we reached our target of 104. Well done to all the lads who took part, especially during exam week. We now face Hurstmere in the next round.

Mr Skinner, PE Department





PE News

Well done to everyone who attended Year 7 girls' Tennis Club on Thursday.

We focused on the forehand and backhand shots and then played some small games. The girls worked hard to improve their skills and showed huge improvements during the session. Year 7 girls' tennis club runs Thursday week A, from 3.30pm- 4.30pm on the Tennis courts- new members welcome.



You can also come along to cricket club (for Year 7 girls) on Thursday week B, from 3.30pm- 4.30pm on the school field.

Miss Leffen, PE Department



well done!



Well done to 2 of the BGS Tennis squads who performed extremely well against tough opposition on Wednesday 19th May 2021. We gathered at lunch to head off to the other side of Maidstone to take on Sutton Valence School. In wet and windy weather conditions, all had to concentrate really well to perform as they did. The Year 7/8 girls team were up against more experienced players but held their own and were able to give a fantastic account of themselves. The Year 9/10 boys were involved in a very close game and lost narrowly in a match that went all the way to the last set. It has been brilliant to get out and play fixtures against other schools and the teams have made a good start so far this season. Well done!



well done!

Mr Mackle, PE Department



Year 9 Cricket

The Year 9's took on Hurstmere this week in the second round of the Kent Cup, knowing that it would be a tough encounter. We lost the toss and were put in to bat first which actually was our game plan all along. We faced some pretty fierce opening bowling and Hurstmere, having a strong bowling team, didn't ease up as they went through the overs. However, they couldn't bowl us out and we batted the full 20 overs finishing on 81-9 with Adam Mawdsley staying in for the full 20 overs and scoring a superb 42 off 55 balls. We had a quick team talk at the break and the boys took to the field knowing that they had to bowl tight and keep the pressure on Hurstmere. This they did from the outset and Hurstmere found themselves 9-2 after just 3 overs. However, their middle order batsmen steadied the ship and the run chase ensued. But, in stepped Sahil Panesar. In his first over he took two wickets in a row and broke the partnership, giving us the advantage back. Hurstmere battled on valiantly but could not recover from this and Bexley managed to pick them off with a couple of great catches from Alex Laing and Henry Bush. Eventually we bowled them out 19 runs short of our total. It was a fantastic team performance and the boys look forward to their next game in the Quarter-Finals having received a bye in the 3rd round.



Congratulations!

Mr Skinner, PE Department

Year 7 Cricket

Congratulations to the Year 7 cricket squad. It was one of the best performances I have seen for a long time. The fielding was brilliant and BGS kept Skinner's School down to 133-7. The support that BGS players gave to their teammates was very encouraging throughout. BGS managed to get 134-2 with 5 balls to spare of the innings. A superb team effort. We move ahead to the next round!



Mr Mackle



Year 9 Rounders Training

A beautiful morning to continue our successful rounders training sessions with the Year 9s. What a superb turnout as we are prepare for our forthcoming fixtures against Trinity and Chis and Sid.

Good luck ladies!

Mrs Kemp

Good Luck!



PE News

Rain doesn't stop play for the rounders girls! A great indoor circuit working on co-ordination and accuracy on Thursday morning. The girls are preparing for their forthcoming fixtures and the build up to the house rounders competition before the end of the academic year. Well done on your weekly commitment ladies, fantastic effort and good luck!

Mrs Kemp, PE Department



NEWSLETTER



www.bexleygs.co.uk

24th June 2021



Read our special edition
coverage for
National School Sport Week 2021

 **NATIONAL SCHOOL**
 **SPORT WEEK 2021**

 **Together Again**

**Congratulations to all of our students
who have participated in National
School Sport Week 2021!**



 **#NSSW2021**



National School Sport Week 2021

National School Sport Week is back! This year the theme was Together Again to celebrate the lifting of restrictions and a return to some kind of normality after an extremely difficult year.

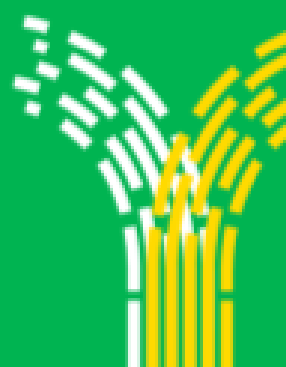
Taking place from 19-25 June, the week has given families, communities, schools and sports clubs the opportunity to get active and put on some events that everyone can take part in.

Over the week students took part in a range of competitions within PE lessons and during extra-curricular clubs and also had the chance to try out some different challenges in their free time.

We had a variety of activities for students to try on their google classrooms with our focus changing each day:

- On Monday students had the chance to learn the iconic duo that Afro Pierre showcased on Sky One's "Got to Dance".
- Tuesday was football day! The Euros are up and running with Scotland and England both in action on this day. Tuesday's challenges were football focused, looking at skills and drills for students to try at home (or in the park!).
- On Wednesday we celebrated International Olympic Day with an Athletics based challenge.
- Thursday gave students the opportunity to try something different, we suggested students give Fencing a try via the Explore Fencing App.
- And finally, to close our week, we were using Friday as a chance to look forward to the coming months of sporting events coming to our screens and to plan what students will be doing to keep active over the summer.

There are a huge amount of opportunities to participate in sport in the local area, please see your google classroom for links to local sports clubs that you can join or try.





Sports News

Our Year 8 cricketers played really well in the sunshine at St Olave's. Matthew top scored with the bat, while he and Rohan went on to take wickets as we lost narrowly to a strong Olave's team. We're really looking forward to more games next week if the weather allows.



U14 Cricket Team

The U14s had our first North Kent league match against local rivals Hurstmere this week. After narrowly beating them earlier in the season in the Kent Cup we had high hopes for this game too. It didn't disappoint. We lost the toss and we made to field first. A couple of early wickets only bolstered our confidence, but Hurstmere rallied together and put on quite a stand. Coupled with some unusually loose bowling they managed to bat out all 20 overs for 121. Our team talk consisted of going out with the bat and hitting anything wide, using the pace of the bowlers and the fast outfield to our advantage and keeping the pressure on the bowlers. This started well and we found ourselves 31/1 off of the first 3 overs. However, some tight bowling did restrict us and we floundered a little in the mid order. Some dogged performances from A. Mawdsley (25), S. Medagoda (23) and A. Laing (21) gave us a fighting chance, but it wasn't to be. **We managed to score 110 with our allotted overs. The scene is now nicely set for finals day** where we will face Hurstmere one final time for the deciding game of the 2021 season.

U12 Cricket Team



The U12s had their game last week cancelled due to the wet weather. We carried out some intensive training in the indoor nets instead in preparation for our final games. Everybody worked really hard and there are some real improvements in the squad as we progress through the season. Well done to all those who attended. The postponed clash with CSGS will take place this week on Thursday instead. After losing to them on the last ball of the game in our first match we are hopeful of revenge this time. The U12 squad is large and many players attend training regularly and have played their part this season. Well done to all those involved and keep up the great work!





Year 9/10 Rounders Team

Outstanding commitment from the girls every Thursday morning. Come rain or shine they are ready to go!

Fixture Tuesday 22nd June v Trinity - RESULT

Forthcoming Fixtures for Year 7s and 9s Tuesday 29th June.



Year 7 Tennis

A huge well done to everyone coming along to Year 7 Girls Tennis club on a Thursday evening. This week we focused on the volley and smash shot and when best to use them in a game situation. Students have shown dedication to training and as a result have shown great improvement!

Remember it's not too late to come along!





Virtual Games

Due to COVID- 19 restrictions many Bexley Games competitions have been completed virtually this year. At BGS we have had a huge number of students participate in a range of competitions over the past term.



QuadKids

After a full half term of Athletics for Year 8, eight students were selected to represent BGS in the virtual QuadKids competition in June. Students participated in 4 events with their scores recorded and submitted to the Bexley Borough School Games competition. The events were 100m, 800m, Howler Throw and Long Jump.



Well done to our team: Zac Stewart, Andy Whitmore, Jesse Oshogwe, Euan Turner, Sienna Ulrich, Precious Nwaekpe, Olivia Talentaite, and Imogen Vivian.

A huge congratulations to Jesse Oshogwe and Precious Nwaekpe who topped the leader boards. Their scores will now go forward to the borough competition. Good luck!



Girls' Football

Our Year 7 girls took part in the girls' football competition in April. They tried a variety of football skills and drills within their PE lessons in April. We hope to increase our participation in Girls' Football next academic year both in PE lessons and within our extra-curricular clubs - watch this space!

Spring Finals Activities

BGS had the most participants in the Spring Finals activities in Football and Netball in the spring term with all students across Year 7 to 11 contributing to our entry. You can follow our progress on the Bexley School Games Twitter page on [@BexSchGames](#).



Virtual Basketball

The Year 9 & 10 Basketball team took part in our virtual basketball tournament this term. Students competed as a team in a range of skills and drills. Well done to both teams who secured some excellent scores. Results are yet to be announced.



#NSSW2021



Rugby League

Some of our Year 8s took part in the virtual Rugby League skills and drills competition in April. Students tried out various skills and competed virtually across the country. This was many of our students' first experience at rugby league and lots showed great skill and flair- well done!

A Summer of Sport

After COVID-19 hugely impacted the 2020 sporting calendar, 2021 is full of fantastic sporting events for you to watch and support.

Euro 2020 started a year late on 11th June 2021 and consists of 51 matches in 12 cities across Europe, with England, Wales and Scotland all qualifying for a spot, there are plenty of chances to show your support for our teams!



The Wimbledon Championships return on 28th June, with the women's finals being played on 10th July and men's on 11th July where we may see championship favourites, Naomi Osaka and Novak Djokovic fighting to grab the top spot!



On 23rd July Tokyo will stage the opening ceremony of the 32nd Olympic Games, where Great Britain's athletes will seek to improve on the 67 medals they won at Rio 2016. As always, we have plenty to be excited about at this year's Olympics with a lot of athletes gearing up for the biggest sporting event in the world, across 33 different sports.



While the Olympics are in full swing, rugby union's British and Irish Lions attempt to challenge world champions South Africa in a three-Test series.



The Paralympic Games get under way in Japan on 24th August with the British team seeking to build on their incredible success in Rio four years ago when they came home with 147 medals in total, as well as second place in the medal table.

We will also have lots of cricket to watch this summer too. We have a test series against India, the inaugural Hundred,

World Test Championship, T20 matches, the World T20 championships and the Ashes to entertain us! Plus golf events in the Open, Solheim Cup and the Ryder Cup, the Tour De France, the London Marathon and the Rugby League World Cup, and the non-stop sporting action continues throughout the autumn.



 #NSSW2021

Sporting Calendar

11 June-11 July: Football - Euro 2020

26 Jun-18 July: Cycling - Tour de France

28 June-11 July: Tennis - Wimbledon

13: Athletics - Diamond League: Anniversary Games at London Stadium

15-18 July: Golf - The Open at Royal St George's

17 July: Rugby League - Challenge Cup final at Wembley

21 Jul-21 August: Cricket - The Hundred

23 July-8 August: Olympic Games in Tokyo

24, 31 July & 7 August: Rugby Union - South Africa v British and Irish Lions Test series

4 August-14 September: Cricket - England v India five Test series

19-22 August: Golf - Women's British Open

24 August-5 September: Paralympic Games in Tokyo

30 August-12 September: Tennis - US Open

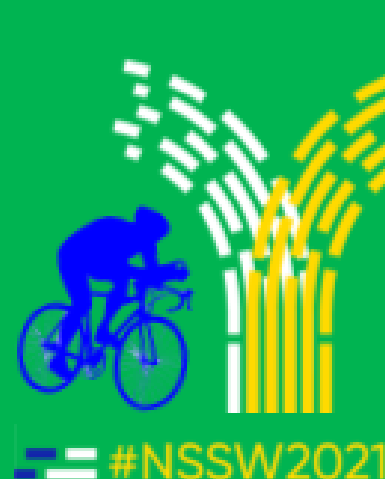
4-6 September: Golf - Solheim Cup

24-26 September: Golf - Ryder Cup

3 October: Athletics - London Marathon

18 October-15 November: Cricket - Men's T20 World Cup in India

23 October-27 November: Rugby League - World Cup in England (men's, women's and wheelchair tournaments)





Orienteering

We're really grateful to the Parents' Association for funding the purchase of markers for a new orienteering course for KS3 students to follow in orienteering lessons. Our friends at Dartford Orienteering Klubb have mapped the school site for us, and we cannot wait to get racing in the autumn term!

Come and Try Orienteering - A sport the whole family will enjoy!

Pre-entry essential at [racesignup.co.uk](https://www.racesignup.co.uk) (no entry on the day)

Come along, have fun in the fresh air while improving your fitness!



WHAT IS ORIENTEERING? An outdoor adventure sport where the object is to visit a number of checkpoints in the shortest time possible using a map and compass to find them. You can walk, jog or run at a pace that suits. There are different length courses ranging from 2.5 to 6.5km, so something for everyone.

WHERE: Danson Park
Bexleyheath

WHEN: Saturday 1st July 2021

STARTS: From 11 am and 12.30pm

PRICES:

Juniors (under 21 years) - £3

Adults - £6

Groups - £6

For more information go to:

dofk.co.uk



 **#NSSW2021**



Tokyo 2020 is coming!

The Olympic Paralympic Games are almost here and we'd like pupils to Share Your Pride and support for Team GB and Paralympics GB and be a part of the action as they go for Gold in Tokyo this summer.

Get Set and Adidas have teamed up to create the Design a Trainer challenge this summer. It's time to get creative and design your very own trainer for an Olympic or Paralympic athlete. Once you've made your trainer as unique and colourful as possible, email them to getset@getset.co.uk for the chance to win a pair of Adidas trainers!

Download the template from your Google classroom and follow the instructions on how to enter.

Good luck!





BGS National School Sport Week 2021 Diary

Monday

Monday dawned with some very poor weather, but we're lucky to have both the sports hall and gym available for lessons (the single benefit of no exams this year!). Year 9 and 10 got us started with some volleyball and Danish longball which was super competitive.



The Year 7s enjoyed a tightly contested benchball tournament, with the white team narrowly securing victory in the last game!

Year 8 girls were in fierce competition to gain the title of 'Rounders Circuit Champions'. Winners with a whopping score of 616 were Lottie, Alice, Eve and Poppy. An additional medal for effort went to Jess for her commitment and enthusiasm throughout the lesson.



Tuesday

Tuesday kicked off with some athletics in fairly damp weather. The girls worked on their sprinting indoors, with Ese, Evie and Megan roaring to victory, while the boys made some brilliant throws in the discus, with Timothy narrowly winning over Lanre, Sadun and Ethan!





The afternoon saw our Year 8 girls compete in an indoor rounders competition. The girls were super competitive with our winning team securing a 12.5 to 8.5 rounder victory. The Year 8 boys took on a tennis challenge, where Joseph, Gen, Andy and Jesse grabbed the top spot!

The Year 7 girls worked hard in the Rounders Circuit challenge where Kitty, Aliza, Emily and Zahra were crowned rounders Champions!



TEAM
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Year 9 rounders v Trinity on Tuesday 22nd June. We lost the first innings and with a new set of bats we stormed the second innings! Rapid bowling from Sophie, bash to head by Isobel, but she battled through, super hands from Bariyah. Player of the match voted by the opposition was for Neve Morgan. Well done ladies! You need to work on the singing on the minibus for our away matches!

Mrs Kemp

Wednesday

Wednesday had all sorts of action going on in some glorious sunshine. The Year 7 girls crowned class champions for rounders, while Michael and Chizu were proud winners of Mr Madle's Year 9 tennis tournament! Further winners came in the year 8 cricket lesson in the afternoon, and Year 9 high jump and Year 10 volleyball events in other lessons. Wednesday was completed with cricket matches for the Year 8s and Year 9s against Chislehurst & Sidcup GS, with the Year 8s roaring to a brilliant victory.



TEAM
WORK





Thursday

Thursday started with a tennis challenge in the Year 8 tennis club. Points were awarded for returning a fed ball accurately to the target, and the trophy for highest score went to Zachary, who scored 11 points! The Year 9 rounders team were out working on their skills, too. Highlights for today include some athletics for Year 9, and more striking and fielding for Years 7 and 8.



Friday

On Friday we will be continuing our challenges within lessons, where some of our Year 7 students will be competing in a rounders tournament, year 8's will be completing the return challenge and our Year 9s will be trying to break records in various athletic events!

Well done to all students for participating in national school sports week 2021.

TEAM WORK



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