



St. Michael's Catholic Grammar School



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2019 IN SPORTS:

NETBALL



Years 7 - 10 have all competed in the Barnet Schools' Netball League. All teams have played multiple games, with plenty more scheduled after Christmas including the Barnet Schools' all day tournaments.

In Year 7, we have had a fantastic turnout at training, which has seen over 30 girls represent the school in fixtures already. We have started well and have been unlucky to lose some of our matches, but the team have worked hard in training and will undoubtedly progress and develop throughout the season.

Year 8 have made a lot of improvement from last year and have competed well against competent opposition.

Years 9 and 10 have performed well in their fixtures and both teams beat East Barnet school convincingly. Year 9 winning 17-1 and Year 10 winning 24 - 3.



CROSS COUNTRY SUCCESS



Well done to students in Years 7, 8, and 9 who competed in the Barnet Secondary Cross Country League held at Cophall playing fields on Thursday 10th October. All students showed superb effort and determination in their individual races.

More recently, the Years 7, 8, and 9 team pictured, competed in the Barnet Secondary Cross Country Championships on December 5th at Allianz Park. There were some outstanding finishing positions including Charlotte Reynaert (2nd), Ella Higgins (6th) and Federica Di Genaro (6th) who have now been selected to represent Barnet at the Middlesex Champs in the New Year.

INDOOR/OUTDOOR ATHLETICS

We will be competing at the Barnet athletics indoor and outdoor league meetings in the New Year. Preparation for these meetings will commence in January.

Allianz  Park
ATHLETICS ACADEMY

December
2019

DANCE



We are representing St. Michael's in the Barnet Dance Competition for KS3 and KS4. Thank you to the Year 11 and Sixth Form students who have been choreographing and leading practice sessions at lunchtimes.



Looking ahead we have also entered the Barnet Dance Festival in March.



INDOOR CRICKET



Our KS3 and KS4 indoor cricket teams both won their respective Barnet Schools' Tournaments held at East Barnet at the start of December.

Both teams will now progress into the next round of the competition representing the whole of Barnet. A just reward for their efforts and dedication in attending lunchtime cricket clubs.



“LOVE ONE ANOTHER
AS I HAVE LOVED YOU”

VOLLEYBALL



On Thursdays we attend Volleyball club at lunchtime and play 6 a side games with other students. In addition, every morning and lunchtime we practice Volleyball in the sports hall if there is room.

We also play outside of school for VK Barnet Volleyball Club where we attend skill development sessions on Saturdays and play 6-a-side matches where we have the opportunity to be trained by professionals like Robert Poole.

Collectively, we have competed at the London Youth Games, London Grand prix and Nationals.

Written by

Zoe Panganiban, Mishaela Andrews, Chizo Kema and Adaora Belonwu.

(Year 11)

INDOOR ATHLETICS

At the start of November, 16 students from Year 7 and 8 competed in the Barnet Schools' Indoor Sports Hall athletics, both teams represented St. Michael's admirably.

Our Year 7 team finished in third place resulting in a special mention for Sina Hailu who won the six lap race.



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LUNCHTIME CLUBS

Many students have attended a variety of lunchtime clubs to help engage them in new sports and promote an active and healthy lifestyle.

The lunchtime sports clubs on offer have included Football, Cricket, Netball, Dance and Volleyball.



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KS3 AND KS4 BADMINTON SUCCESS

12 KS4 students took part in the Barnet Schools' Badminton Tournament at QE Girls. An outstanding effort by the A team who finished in first place progressing into the England national finals.

Our KS3 teams also performed excellently resulting in our A team achieving second place.



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SEE YOU IN 2020!



The PE Department would like to say a big well done to all students who've worked really hard in PE lessons and have represented St Michael's in fixtures, tournaments and competitions.

We are so proud of you all!

Keep active, healthy and happy!

**From your PE Department,
Mrs Innes, Miss Nicholson, Mr Ferry and Mr
Heedram**



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