



Sports Newsletter

Inside this issue:

U12 boys win ESFA National Final!	2
Senior Sports: Review of the school year through sport	4
Senior School Sports Day	12
Preparatory School Sports Day & House results	18
Prep. School: Review of the school year of sport	24



English Schools Football Association PlayStation U12's National Cup Winners

U12's crowned National Football Champions with a 5-1 win!



St. John's U12's boys' football team performed in a sensational final against Whetherby School. Reaching the final in a cup that saw 116 different schools compete for the title. Goals from J. Oba (2) H. Hudson (1) J. Simo (1) L. Charles (1) ensured St. John's U12's lifted the National Cup for the second time in the school's history, following the success of 2018.

The team travelled to West Bromwich Albion Stadium, a fantastic experience in itself. The match was available live on YouTube. However, if you missed the action or you would like to see just how well St. John's played, then you can find the video on the link below. <https://fb.watch/dZq-WT2vYd/?fs=e&s=c>

This was an amazing opportunity for the team and the whole school who travelled to the venue in support! Following all their hard work, the boys enjoyed a day out at Thorpe Park to celebrate their victory. Well done to J. Lo-Tutala (C), L. Margolis, J. Simo Tchounga, A. Akarakiri, L. Georgiou, L. Charles, J. Oba, H. Hudson, J. Richmond, A. Sharifi, E. Kimberley, Z. Muhammed.



St. John's celebrate National Semi Final win with Krispy Kreme day!



Celebratory team trip to Thorpe Park!

Senior School: Sports Review of the Year

It's been another successful year of sport here at St. John's Senior School, where sport continues to thrive. The students have worked through a range of activities within their P.E. and Games curriculum, learning key skills, developing fitness levels, learning about an active healthy lifestyle.

Through sport, we aim to educate pupils holistically, developing their knowledge and understanding of the physical and mental benefits of regular exercise. Pupils look in details at the key skills and tactics required to perform in a range of sports. We aim to provide a broad range of individual and team activities, in order to ignite the passion and enjoyment for sport amongst our pupils.

The sports covered within their P.E. and Games lessons are listed below:

Golf	Tennis
Horse-riding	Table Tennis
Netball	Rounders
Football	Badminton
Hockey	Cricket
boxing	Fitness
Yoga	Basketball
Dodgeball	Quick Cricket
Zumba	Aerobics
Athletics	Ultimate Frisbee



M. Sthalekar is an avid boxer outside of school and participates in lunchtime boxing club.



M. Witter is a talented athlete who participates in Athletics outside of school.

A. Aliadiere is one of our most talented netballers.



Pupils at St. John's have had the opportunity to represent the school in a variety of competitive fixtures, which are listed below: We have entered a host of tournaments and Cups for both the girls and the boys in a range of age groups.

Boys: U12, U13, U15, U16 English Schools Football Association PlayStation National Cup
U13, U15, U16 Independent Schools National Cup
St. Aubyn's U13 6 a-side Tournament

Girls: Sisters n' Sport Netball National Cup
Sisters n' Sport Football National Cup
Enfield Netball Leagues U12, U13, U16
U11 Mixed Netball Cup

Rounders	Tennis
Netball	Football
Girls Football	Cricket
Mixed Rounders	Mixed Netball

St. John's U16's Netball Team finish entire season undefeated!



The U16's signed off the Enfield League netball season with a convincing home win (21-7) against Chace Community School.

The U16 Netball Team are undefeated in their Enfield Netball League Pool this year.

In addition to their netball skills, the team have demonstrated high levels of team cohesion, mental toughness and resilience. We are super proud of them! An incredible achievement.

St. John's first Mixed Netball Match



G. Okoh and G. Sergiou voted players of the match by the opposition. Well done!

St. John's won their first ever mixed netball match against Heron Hall Academy. St. John's dominated from the off, showing excellent movement all down the court and high levels of discipline. St. John's opened up space for the shooters to convert chances and defensively, St. John's superb marking and perception of the game resulted in them making numerous interceptions within the circle.

This fixture was organised to support those pupils taking G.C.S.E. Physical Education as part of their practical assessment for both schools. St. John's took the victory with a convincing 35-4 win.

U13 Boys win St Aubyn's 6 a-side Tournament

St. John's crowned St. Aubyn's U13 six-a-side Football Tournament Champions, scoring 16 goals and conceding just one.

Game 1

St. John's: 3 - 1 Keble School
L. Scarlett (2) J. Oba (1)

Game 2

St. John's: 3 - 0 Kings School
T. Murisa (1), L. Scarlett (1), J. Oba (1)

Game 3

St. John's: 3 - 0 Normanhust School
L. Scarlett (2), J. Oba (1)

Semi-Final

St. John's: 4 - 0 King Alfred's School
J. Oba (2), L. Scarlett (1), N. Kounnis (1)

Final

St. John's: 3 - 0 Keble School
J. Oba (2), L. Scarlett (1)



**A huge
congratulations
to J. Oba &
L. Scarlett who
both scored 7
goals!**

Girls enter Sisters n' Sport National Football Cup

For the first time at St. John's, the girls entered the U14 Sisters n' Sport Cup. This organisation is designed around empowering girls through sport. In 2021/22, over 350 schools, almost 1000 teams and 11,000 girls have taken to the court or pitch in one of the Sisters n' sport competitions.

The girls made it through to the second round following a bye in the first. The girls faced tough opposition in Round 2, knocking them out of the competition. They continued their campaign into the Plate competition but were unable to proceed following a defeat.

The pupils that took part were competitive, showed an excellent range of skills and demonstrated a good understanding of the game. They trained hard for the competition and will enter again next year!



Golf

Golf sessions continued this year at Oakhill's Golf Club. This amazing opportunity was offered to pupils from 1st-4th form and took place weekly throughout the Summer Term.

This is an excellent opportunity for pupils to experience a new and exciting sport within the curriculum and gives those pupils that are avid golfers outside of school the opportunity to demonstrate their skills.



Horse-riding



Horse-riding was offered to 1st-4th form pupils during their games lessons.

Pupils travelled to Trent Park Equestrian Centre, where they received a weekly riding lesson.

Pupils enjoyed the opportunity to help with grooming the horses as well as enjoying learning how to ride.

Horse-riding has numerous benefits including increasing muscle tone and strength and improving core strength and posture.



Rounders



This year, 1st/2nd form & 3rd/4th form girls have joined forces to represent St. John's in their respective Enfield Borough Rounders Leagues. Both teams have worked hard to improve their knowledge and understanding of the rules and have secured some impressive wins over their local opposition.



Tennis & Cricket vs. Northbridge House



**Z. Moiz
represents
Middlesex
Cricket**

Pupils in 1st-4th form enjoyed the opportunity to play some competitive tennis and cricket fixtures against Northbridge House.

These fixtures were designed to get as many pupil as possible involved in representing St. John's whilst encouraging healthy competition.



**I. Simionescu is one of our most
talented tennis players.**



Senior School Sports Day

Sports Day is one day in the school year when St. John's Senior School comes together as a community to celebrate sport.

Every year, new stars emerge and the level of competition rises, reminding us all that with hard work and dedication anything is achievable. Athletes, staff and all the supporters play their part in creating an atmosphere for success, making Sports Day a highlight of the school calendar. Athletes strive to retain titles, break records and work together to gather points to be crowned the winning house.

Supporters and Staff join the festivities at the end of the event in the annual Teachers vs. Parents Tug of War.

This year was another shining example of how sport unites and provides a platform for individual and team achievement. A huge congratulations to all the pupils for their hard work in training and preparing for the event, and all the incredible performances on the day.



Senior School Sports Day



Pupils completed their field events within their Games lessons. All the heats are completed in the morning and then the whole school enjoy an afternoon of competitive sport.

Pupils have the opportunity to compete in the Javelin, Discus and Shot Putt for the field events and the 60m, 200m, 400m, 800m and the House Relay.

There is also the House Tug of War competition that runs alongside the athletic events.



Senior School Sports Day



Senior School Sports Day



Senior School Sports Day



E. Goumal & E. Simo-Nzepang performed exceptionally well to be awarded Male and Female athlete of the day. This trophy goes to the individuals that scored the most points in the track and field disciplines.

Senior School Sports Day



A. Adenuga & E. Nwaneri collected the trophy as representatives of the Badgers. All the points across both track and field events are added together. Well done to all the Badgers that competed and contributed to the win!

Prep School Sports Day



Prep. School Sports Day



Prep. School Sports Day– Field Results

Year Group	Event	1 st Place	2 nd Place	3 rd Place
Pre-Prep (Girls)	Bean Bag Throw	M. Yiannakis 9.20m	S. Koccat 4.30m	A. Jamil 4.20m
Prep-Prep (boys)	Bean Bag Throw	R. Dias 8.30m	T. Callegari 8.00m	F. Cakir 7.20m
Prep 1 (Girls)	Bean Bag Throw	I. Nolan 5.60m	N-R. Doherty 4.65m	F. Constantinou 3.90m
Prep 1 (Boys)	Bean Bag Throw	C. Quiling 8.20m	A. Hudson 5.90m	C. Guven 5.70m
Prep 1 (Girls)	Quoit Throw	I. Nolan 7.75m	E. Ofori 7.60m	N-R. Doherty 4.90m
Prep 1 (Boys)	Quoit Throw	C. Guven 9.05m	C. Hadjioannou 8.50m	N. Wilkinson 7.75m
Prep 2 (Girls)	Bean Bag Throw	A. Chawda 7.60m	S. Markou 7.00m	P. Avraamides 5.80m
Prep 2 (Boys)	Bean Bag Throw	S. Thomas-Gwam 11.90m	I. Serieux 11.50m	D. Rishi 11.40m
Prep 2 (Girls)	Quoit Throw	T. Aderoju 9.70m	A. Chawda 6.70m	S. Markou 6.35m
Prep 2 (Boys)	Quoit Throw	S. Thomas-Gwam 13.50m	I. Shaikh 13.10m	G. Teaca 12.55m
LT (Girls)	Bean Bag Throw	N. Croad 8.70m	S. Wadhar 8.60m	M. Darabi 7.55m
LT (Boys)	Bean Bag Throw	T. Dias 9.70m	I. Koccat 8.80m	T. Hadjioannou 7.80m
LT (Girls)	Quoit Throw	N. Croad 8.45m	M. Cakir 8.33m	S. Wadhur 7.57m
LT (Boys)	Quoit Throw	T. Hadjioannou 12.75m	A. Koyama 12.10m	C. Donovan 8.44m
UT (Girls)	Bean Bag Throw	O. Bayode 9.10m	E. Kaptan 9.00m	A. Elash 7.10m
UT (Boys)	Bean Bag Throw	L-A. Thomas-Gwam 12.90m	Z. Jamil 11.60m	A. Shah 11.30m
UT (Girls)	Quoit Throw	E. Kaptan 13.20m	A. Elash 10.60m	A. Deseva 8.90m
UT (Boys)	Quoit Throw	L-A. Thomas-Gwam 26.40m	Z. Jamil 15.10m	A. Shah 14.10m

St. John's 2022

Prep. School Sports Day– Field Results

Year Group	Event	1 st Place	2 nd Place	3 rd Place
F1 (Girls)	Shot Put	A. Ballone 6.50m	B. Yavuz 6.00m	E. Tang 5.90m
F1 (Boys)	Shot Put	R. Croad 8.10m	L. Mowbray-Lahuerta 7.50m	M. Mukerjee 6.90m
F1 (Girls)	Quoit Throw	N. Yi-Papoulidas 12.10m	B. Yavuz 9.30m	E. Tang 8.50m
F1 (Boys)	Quoit Throw	R. Purryag 17.90m	A. Dolman 16.85m	K. Chawda 16.10m
F1 (Girls)	Standing Long Jump	B. Yavuz 1.50m	E. Tang 1.40m	N. Yi-Papoulidas 1.35m
F1 (Boys)	Standing Long Jump	L. Mowbray-Lahuerta 1.60m	K. Chawda 1.35m	R. Purryag 1.20m
F2 (Girls)	Shot Put	A. Bakrania 6.80m	S. Ahir 6.70m	S. Saravanapavan 5.85m
F2 (Boys)	Shot Put	L. Aliadiere 9.40m	A. Wilkinson 9.30m	E-J. Tang 8.70m
F2 (Girls)	Quoit Throw	A. Bakrania 14.00m	N. Gallagher 13.90m	T. Howell 13.40m
F2 (Boys)	Quoit Throw	R. Bakrania 22.70m	D. Hopkinson 21.20m	A. Wilkinson 18.80m
F2 (Girls)	Standing Long Jump	A. Perera 1.70m	F. Su 1.69m	A. Bakrania 1.66m
F2 (Boys)	Standing Long Jump	L. Aliadiere 2.00m	D. Hopkinson 1.78m	K. Quiling 1.75m
F3 (Girls)	Shot Put	R. Poyraz 10.80m	K. Ofori 10.40m	L. Khamesi 8.70
F3 (Boys)	Shot Put	J. Mathangani 13.10m	A. Bhagat 10.60m	M. Gilbey 9.85m
F3 (Girls)	Quoit Throw	R. Poyraz 17.90m	K. Ofori 17.20m	X
F3 (Boys)	Quoit Throw	A. Patel 17.80m	I. Yokoyama 13.20m	X
F3 (Girls)	Standing Long Jump	A. Aderoju 1.77m	K. Ofori 1.70m	E. Milicevic 1.65m
F3 (Boys)	Standing Long Jump	S. Gilbey 1.55m	I.Yokoyama 1.35m	X

The Prep. School pupils completed all their field events during their games lessons, prior to sports day. The tables above show all the results. There were some outstanding performances from the pupils. Well done to all!

Prep. School Sports Day House Relay Results

POSITION	1st	2nd	3rd	4th
BOYS' HOUSE RELAY	Moles	Toads	Water Rats	Badgers
GIRLS' HOUSE RELAY	Toads	Badgers	Moles	Water Rats



Prep. School Sports Day Overall House Results

House	Badgers	Moles	Toads	Water-Rats
Sports Day	81	73	67	70
Field Events	43	53	65	34
Total	124	126	132	104
Position	3rd	2nd	1st	4th

After adding up the final scores, taking into consideration both the track and field events, the scores were extremely close. A huge congratulations to the Toads, who finished in first place with a total of 132 points. Second place was Moles, with a total of 126. In third place was Badgers, with 124 points and in 4th place was the Water-Rats with a final score of 104.



Prep. School Fencing



St. John's are excited to announce that during the Summer Term F2 and F3 pupils were able to try their hand at Fencing.

St. John's have partnered with Inspion Sports to provide this excellent opportunity for students.

All their programmes are designed by Olympians and European Champions, which gives the sessions structure and quality. They run a creative syllabus designed for children, catering for ages 3-18.

“we utilise Sport as an Educational Tool to Develop Social and Personal Skills of Every Athlete”



Prep. School Horse-Riding



The F3 pupils enjoyed the opportunity to visit Trent Park Equestrian Centre to take part in Horse-riding lessons. Learning all about how to care for the horses as well as developing their riding skills.



P.E. Department



Another school year draws to a close, we would like to say a huge well done to all pupils involved in P.E. and Games lessons and to all those who have represented the school in competitive fixtures.

Congratulations on all you have achieved in your P.E. and Games lessons.

We wish everyone an active and healthy summer break and look forward to seeing you all in September.

P.E. DEPARTMENT



U16 Football Team



U16 Netball Team