

The Physical Education Department has had a busy two terms with great developments within the curriculum and extra-curricular. Staff have been working hard with the new National 5 course and new developments in the CFE curriculum S1 – S3. Extra-curricular activities have increased and so have the number of pupils that are attending. This term we are holding S1/S2 and S5/S6 Christmas Ceilidh's which staff and pupils are looking forward too.

Within the department we also have a new active schools coordinator Nicola Barbour who aims to

- More and higher quality opportunities to participate in Sport within schools
- Build capacity through the development of a network of Volunteers
- Motivate and inspire young people to participate in sport

#### **Active Schools Priorities 2013-2014**

- Opportunities before, during and after school
- Developing young volunteers – Sports Ambassadors
- Effective pathways from schools - clubs
- Participation amongst underrepresented groups
- Connections to PE, school sport and club sport in
- Commonwealth Games Year.

### **Sports Club Scene**

**All sports clubs will resume if week beginning 13 January 2014. If there are any variations to this date we will let you know in the bulletin**

### **Active Schools Competition Calendar – City Wide Competitions 2014**

There are lot of events coming up to play for in the lead up to the Commonwealth Games, such as Giant Heptathlon, Table Tennis, Badminton, Water Polo Girls Football, Hockey, Netball, Golf, Rugby, Basketball and even Clay Pigeon Shooting!

Come along and get involved!

For further information, contact Nicola Barbour Active Schools Co-coordinator  
Or the PE Department.

### **Young Sports Ambassadors 13-14**

#### **Some of this year's Ambassadors**

The current Sport Ambassadors (12) have been proactive in supporting the extra-curricular clubs and they will be working hard in the New Year with the active schools co-ordinator to increase numbers in the clubs, which in turn provide more opportunities to compete in the Dundee Competition Calendar.

Some of the Young Ambassadors have been attending Coaching Awards during the October Holidays. Jack Neave and Tony Myers successfully achieved the SFA Level 1 Youth 1.1 Award and Callum Ewan attained the Basketball Scotland 'Getting Started' Award, Well done to all.

As part of the Young Sports Ambassador Programme, senior pupils are expected to organise and deliver a festival for local primary school children and in preparation for this, six of our Ambassadors attended the recent Primary School Athletics Event which was held at Menzieshill Community Centre. Thanks to Katy, Bethany, Fergus, Callum, Kieran and Ian for their support in making this a great experience for all involved.

#### **This year's current Sports Ambassadors are:**

Callum Ewan, Daniel Johnstone, Fergus Irons, Tony Myers, Scott Muir, Jack Neave, Kieran Neave, Liam Irons, Ian Christie, James Low, Katie Ruddy and Bethany Forbes.

## Basketball Club

This term the basketball club has met on a Thursday lunchtime with the support of leisure and culture Dundee. As of next term the seniors, S4-S6 will meet on a Monday 3.30-4.30 and the Thursday club lunchtime will be for S1-S3 only. We are still in need of players from all years, this is a fantastic opportunity to work with experienced coaches to develop your skills further. Our seniors have had a successful year so far finishing a fabulous 3rd in the senior tournament, close matches against St Johns and Morgan were very exciting, we won by a single basket in each game. All players showed great determination and good sportsmanship throughout the games



Menzieshill Basketball Team

### S5/6 Basketball

Pos		Team	Pld	W	T	L	Baskets	Diff	Pts
1	•	 Grove	4	4	0	0	69	37	12
2	•	 Baldrigon	4	3	0	1	81	37	10
3	•	 Menzieshill	4	2	0	2	41	-17	8
4	•	 St John's	4	1	0	3	38	-20	6
5	•	 Morgan	4	0	0	4	24	-37	4

## **S1-S2 Netball Club**

The S1/2 netball team meet every Wednesday after school. They train for an hour, learning new skills and practising for the Netball competitions. So far the girls have taken part in 2 rounds. The 2<sup>nd</sup> round of the S1/2 Netball League which was hosted by Morgan Academy. The next round of competitions is the end of February and the girls are hoping for a win! They have worked so hard and are getting better with each training session.



## Hockey Club



Well done to all the club attendees this term. We are aiming to increase the number of players in the weekly club in the New Year which will enable us to have a real focus in the Active Schools Secondary School Competition Calendar.

This term the West Heat was hosted at St Paul's Academy, there were a great set of matches between the 4 schools competing (St Paul's, Menzieshill, Baldragon and Harris).

### West

Pos		Team	Pld	W	T	L	Pts
1	•	 Baldragon	3	3	0	0	9
2	•	 Harris	3	2	0	1	7
3	•	 St Paul's	3	0	1	2	4
3	•	 Menzieshill	3	0	1	2	4

## Table Tennis Club

This club is going from strength to strength with over 20 pupils attending weekly, which is fantastic. It has made a real difference being based in the assembly hall this term and we are looking forward to entering the Table Tennis Competitions coming up in February 2014.





Exciting times for table tennis at Menzieshill.

Many thanks to Mr Arthur and Mr Harkins who are supporting the club, your support is much appreciated.

## Badminton Club

Badminton has been running on a Tuesday lunchtime with a good group of 8 to 10 regulars. They have been having fun challenging their friends, but in having fun I can also see improvement in their skills. One or two are even starting to make me move around the court. Both S1-3 and S4-6 teams have played in the inter-School matches.

### S1-3 Badminton

Pos		Team	Pld	W	T	L	Pts
1	•	 Baldragon	2	2	0	0	6
1	•	 Baldragon B	2	2	0	0	6
1	•	 Morgan	2	2	0	0	6
4	•	 Menziesshill	2	1	1	0	5
5	•	 Braeview	2	1	0	1	4
5	•	 St John's	2	1	0	1	4
5	•	 St John's B	2	1	0	1	4
8	•	 Morgan B	2	0	1	1	3
8	•	 Craigie	2	0	1	1	3
8	•	 Braeview B	2	0	1	1	3
11	•	 Grove	2	0	0	2	2
11	•	 St. Paul's	2	0	0	2	2

S1-3 competed well and won many of their games, the four pupils involved enjoyed the experience of playing for Menziesshill.



The S4-6 had a harder time but made a valiant attempt in their two matches. They were handicapped by only having 3 players so lost points immediately. Sibling rivalry between Jess and Jerri added to the competitiveness displayed and to the enjoyment of the team.

All in all a good term has passed, and hopefully another beckons in the New Year.

## Water Polo Club

This term the S3+ Water Polo team has competed in the 1<sup>st</sup> Round of the Active Schools Water Polo West League. The pupils played their first round against St Johns, Harris and Baldragon winning all their games and are now sitting at the top of the league table

The team played together excellently and to quote Active Schools co-ordinators revision on the games “We were blown away by the excellent standard of play: the games were very tactical which made for some engaging and exciting sport”

### S3+ Water Polo

#### West

Pos		Team	Pld	W	T	L	Pts
1	•	 Menziesshill	2	2	0	0	6
2	•	 Harris	2	1	0	1	4
2	•	 Baldragon	2	1	0	1	4
4	•	 St John's	2	0	0	2	2

After Christmas S1 – S6 Water Polo Club will be on a Tuesday 3.30pm – 4.30pm. The club is welcome to all pupils both current experienced pupils to pupils who have an interested in trying out a new sport. Hope to see you all there!!

### Girls Football Club

The girls football club is run on a Wednesday lunchtime from 1 - 1. 40pm in the Blue Gym and is now open to all year groups.

Some of the players attending this club are girls who had previously given up the sport but are looking to get back into it. This is fantastic news and I hope this will inspire more girls to do the same.

We have an extensive amount of talent within the squad and most of our girls play for a team out with school. One player in particular, Leila Strachan (S2) has recently been selected in the East Division Girls Football which is a superb achievement.

In September our S3+ team took part in a Football Tournament and achieved Bronze in the Plate Cup Final. This was a fantastic result and we are hoping to do as well in the remaining girl's football tournament this school year. To win this tournament, Menziesshill put out Grove and St. Pauls Academy to win the Plate

Our next Football tournament is in March 2014 and we are hoping to submit a strong S1/ S2 team who will hopefully bring home another trophy.



### Golf Pros!



To launch the Active Schools Secondary School Calendar for 2013 2014 Camperdown Park held the S4+ and Staff Golf Cup where all participating schools competed in a 9 holes competition in a texas scramble format.

Menzieshill HS pupils demonstrated a high standard of play and finished 3<sup>rd</sup> with a combined score of (-2) Watch out Tiger Woods!



## **S1- S6 Swimming Club**

On a Tuesday lunch time Miss Gilchrist a learn to swim class and a swim club for all pupils.

### **Midland Schools Swimming Championships & Tayside Schools**

Congratulations to Menzieshill High School pupils Robyn McNally, Hannah Edwards, Kirsty Bell and Amy Scott for their success in Midlands Schools under 16 years relay team. They beat off competition from other schools in Tayside to win Bronze Medals. Amy, Kirsty and Hannah also competed in the Tayside Schools Swimming Championships. Pupils performed excellently with Kirsty Bell winning Bronze Medal in the 200m Breaststroke and all the girls achieving personal best times. Well Done Girls!!!!



### **Kick Boxing Club**

A new exciting Kick Boxing club has just started for S1-S6 on Monday after-school 3.30-4.30pm in the gym hall.

This Club is being run in partnership with the Dundee Skyaxe Kick Boxing Club.

Sean McKiddie is the coach and has been delighted to see ten people participating but would love to see more attending in the New Year



### **ROCK CHALLENGE 2013**

Rock challenge 2014 is underway. The team have made a great start to developing their 8 minute choreography which will be performed at the Caird hall in March 2014. The team are also planning fundraisers as they have to raise money for costumes and set for the stage. The group are still looking for some new members rehearsal are on a Tuesday and Thursday 3.30 pm – 4.30 pm