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Beech Hall School

for pupils aged 6 months to 18 years

The Griffin Extra

Issue 8/4 - May 2023



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"I love sport at Beech Hall because it allows others to get involved, and it helps us to push ourselves to higher levels. The rugby fixture in Sheffield, James Barlow was unstoppable, Theo Naylor was incredible, and I didn't even know Subhaan had a good kick to a rugby ball."

Amaan Mohammed, Upper IV

With the continuing success of the weekly Griffin newsletter on Sway, The Griffin Extra will once again focus on just one subject area. Since we welcomed Mr Ryan Walker as our new Head of Sport in September, and the warm weather has finally graced us with her presence, sport, PE and all things athletic seems especially relevant for this half term's content.

When we think about sport at Beech Hall, it's a long way from football and netball (although these are both important aspects of the offer). Sport includes both team and individual pursuits, lesson-led activity and extra-curricular opportunity. It includes sporting fixtures against other schools, competition within the Independent Schools Association (ISA) and wider experiences at football stadia, cricket grounds and athletic arena.

Mr Walker is insistent, quite rightly, on instilling in our pupils a sense of enjoyment and commitment for whichever sport you choose. You put in one hundred per cent, you take part because you have found a sport that you love, and the winning comes later. It's why the first question we ask when a team returns from a fixture is

never "did you win?" I am far more interested in "did you have a great afternoon?" "are you pleased with how you played?" "how was the team?"

In his application for Sports Captain next year, Isaac Inwood (Lower V) wrote: *"When I started at Beech Hall in Year 2, I would not take part in sport as I had no confidence in myself and thought I wasn't good enough... I would encourage pupils to try different sports and see them as fun activities with friends or whilst making friends or setting themselves a personal challenge. I would tell them about how I used to hate sports but by trying different things they will find something that they love, just like I found my love of athletics."* **It's about finding your sport.**

Tilly Warren (Lower V) summed up this attitude in her opening statement: *"I feel I would like to be Sports Captain as I take pride in my sport and always get involved in whatever I can and give everything a go."* **It's about effort.**

"The role of Sports Captain would involve me setting a good example for the rest of the school", said James Boyle (Lower V), *"and ensuring the school values are met... I would do this by being approachable to the*

other pupils." **It's about having a role model.**

For James Barlow (Lower V) *"my passion for sports in unmatched. I dedicate most of my free time to sports honing my skills and always willing to improve. My determination and passion in my eyes is my strongest ability as for me there is never an excuse not to give 100%. I want to implant a mindset of determination, to never give up and to keep going. During my experience in the Channel swim there were plenty of times I was wanting to give in however I stayed determined and kept going."* **It's about passion.**

Beech Hall is at a very exciting time in its sporting development. Always high on the agenda and now continuing to expand in all sorts of directions. Cricket is very much back on the Beech Hall map, thanks to the BHPA for funding the indoor cricket nets which are soon to be installed in our Sports Hall. Our Swim Squad is working towards qualifying for the school's sixth Channel Relay team as they head to the south coast this half term, and hope they can manage the gruelling two-hour swim in Dover Harbour in water of no more than 15 degrees. Last weekend they were practising in the choppy

currents of Colwyn Bay and a fortnight before that in the jellyfish-strewn Liverpool Docks.

Six of our pupils completed their open-water dives last Friday and Saturday, and are now qualified PADI open-water scuba divers. Congratulations to Ethan Watson (Upper II), Jacob Inwood (Form III), Theo Wright (Lower IV), Rory Kaye (Lower IV), Thane Davenport (Upper IV) and Matt Carling (Lower V).

Whilst Isaac has enjoyed much attention both around school and on social media for his recent long jump success, we couldn't have a sporting celebratory Griffin Extra without mentioning his success at the ISA North Athletics. He smashed the long jump record by 30cm, jumping into the National Finals with a jump of 6.13m! Effort, commitment and hard work have led to this phenomenal achievement, and good luck to Isaac in the Finals at the Alexander Stadium in Birmingham on 19 June. **It's about attitude.**

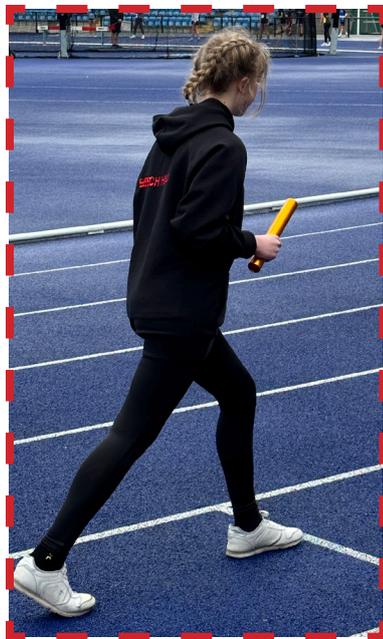
From athletics to horse-riding, rugby to waterpolo, I hope you enjoy this magnificent mashup of all things sporting at Beech Hall.



Headmaster



ISA NORTH ATHLETICS



"One of the most memorable sporting events I participated in was the athletics in Manchester. This was an opportunity to compete against many other schools in various types of athletics. This was a good experience because it allowed me to push myself and try things that I wouldn't have tried otherwise."

Dulcie Pearson, Upper IV





FOOTBALL



"I think it is excellent and exciting because my friends and teachers inspire me to do new sports and I love playing competitive fixtures with my friends. These are the best times of school for me."

James Stokes, Lower II



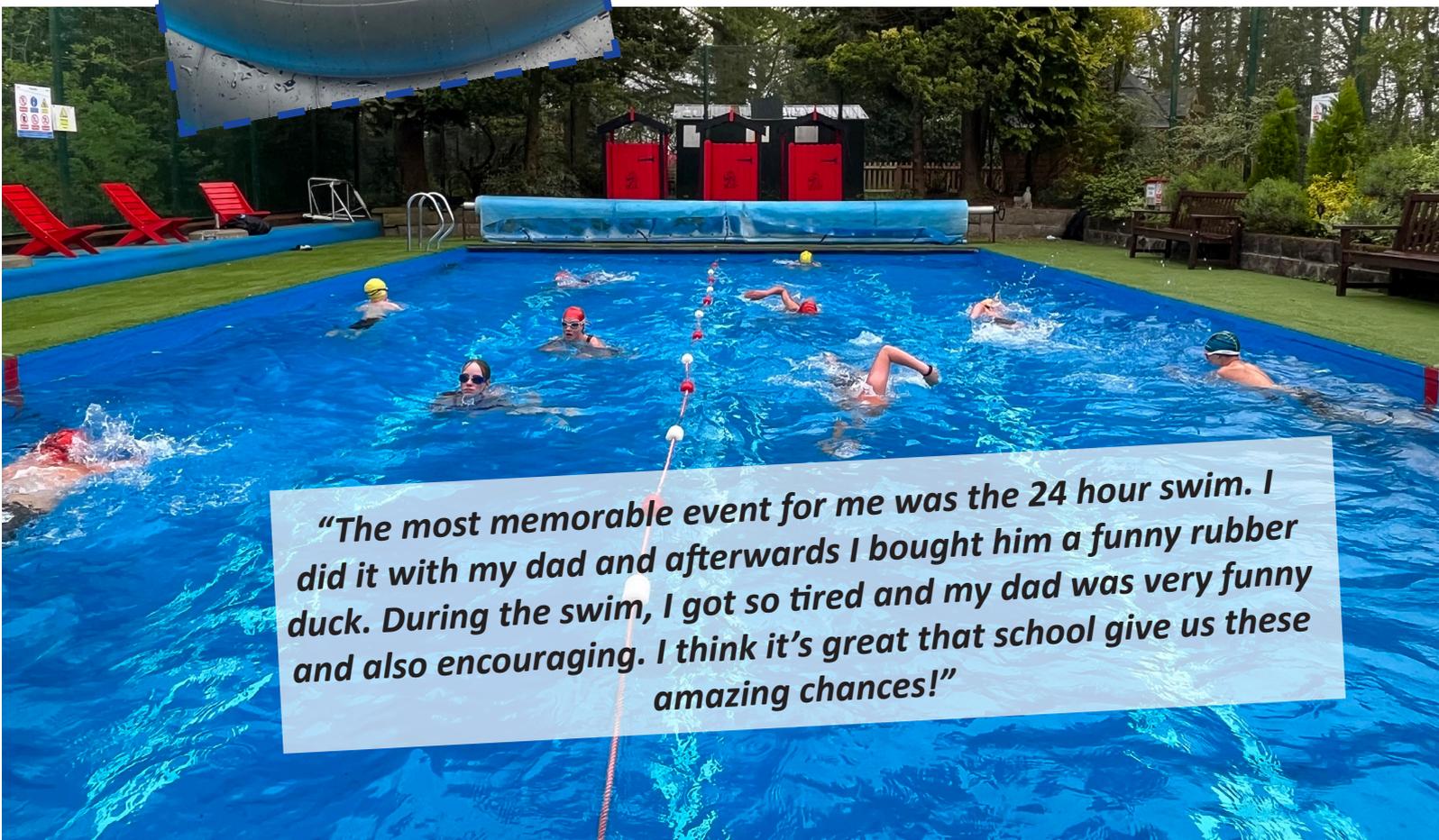
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SWIMMING

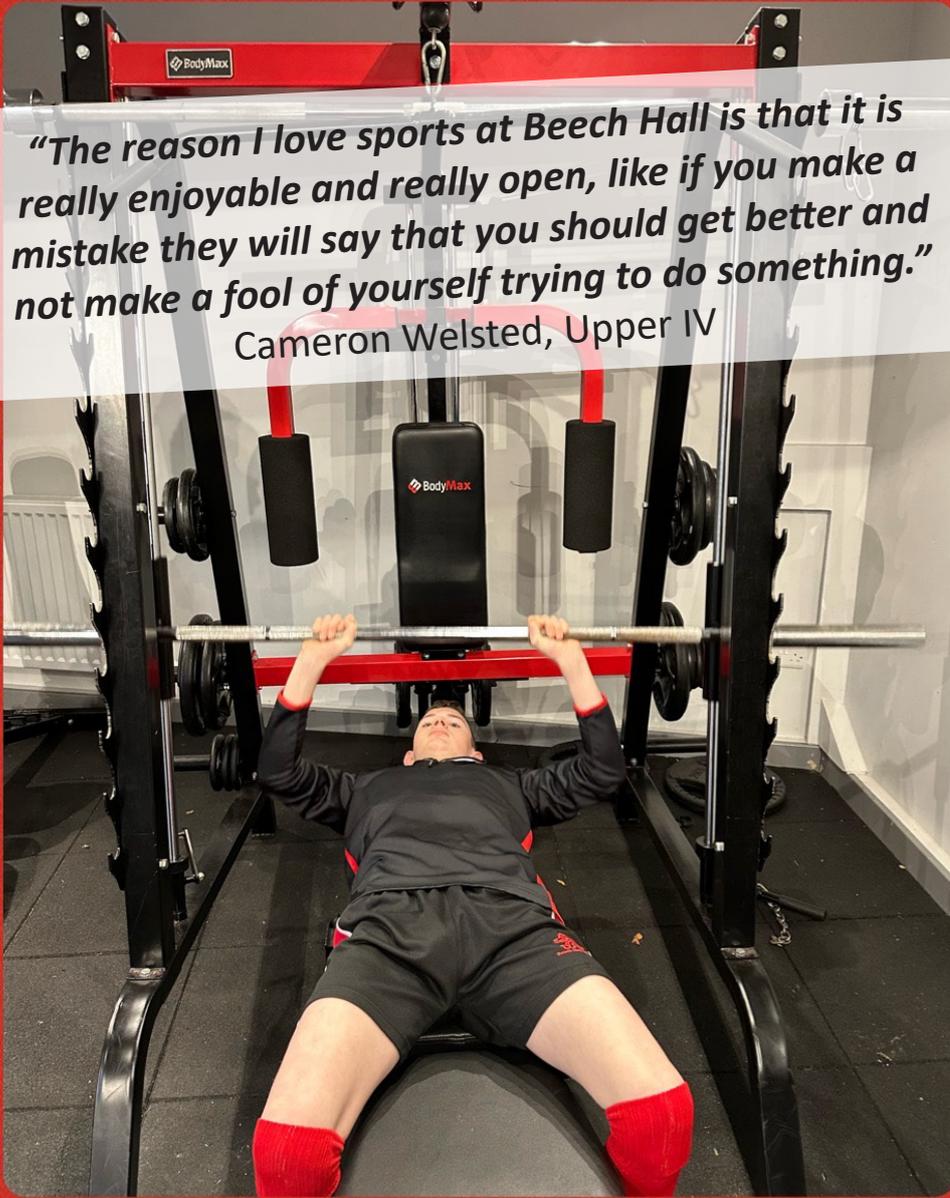




"The most memorable event for me was the 24 hour swim. I did it with my dad and afterwards I bought him a funny rubber duck. During the swim, I got so tired and my dad was very funny and also encouraging. I think it's great that school give us these amazing chances!"

"The reason I love sports at Beech Hall is that it is really enjoyable and really open, like if you make a mistake they will say that you should get better and not make a fool of yourself trying to do something."

Cameron Welsted, Upper IV



PIC•COLLAGE

MULTI-GYM

Physiological and Psychological Benefits of Regular Physical Activity

There are so many benefits of taking part in sport and regular exercise at Beech Hall. It will improve your physical health, and it will improve your psychological well-being too. Sport helps your mental health because there are numerous studies proving that people who exercise frequently are generally more happy compared to people who don't. If you enjoy playing a sport, you should pursue the sport outside of school and join a local club or team. It will make you feel like you are part of a team and give you that feeling of belonging. There are also studies proving that regular exercise improves concentration in lessons, thus raising academic attainment in schools. Next term, try to be more active and consider joining a sports club or incorporate more exercise into your daily routine. You will certainly feel the benefits.

James Boyle, Lower V, Candidate for Sports Captain

The Benefits of Regular Physical Activity

This Monday, move your health in the right direction.



- 1 REACH OR MAINTAIN A HEALTHY WEIGHT
- 2 STRENGTHEN BONES AND MUSCLES
- 3 IMPROVE HEART AND LUNG FUNCTION
- 4 SLEEP BETTER
- 5 FEEL HAPPIER

#MoveItMonday MoveItMonday.org

MOVE IT MONDAY!



Why should you choose extracurricular activities?

To be totally honest with you I wasn't such a huge fan at the start, I thought they were a waste of time. I'd rather be at home with my games console or whatever people do nowadays. But now they're not a boring after school activity, yet a new window of opportunity to pursue what sports you love. There's so many options football, cricket, rugby, swimming and much more! Each of these allow you to improve different sporting skills and develop life skills that will help me in the future. You could gain physical strength, develop your knowledge of tactics, and maybe even beat Isaac Inwood in the long jump if you keep practising and working hard. Who knows what you could accomplish if you try and get involved in a sports club. They're not clubs in my eyes, but an additional session to improve your fitness - cardiovascular endurance, muscular strength, flexibility, and maybe you'll improve your speed! Next term get involved, and you will be amazed how much you could improve, maybe this time you'll win at Sports Day and become an athletic champion of the future!!

Tom Case, Lower V

Are You Using Our Multi Gym Facility?

The Beech Hall school multi gym is a fantastic facility that has a variety of both cardio and resistance machines. One of the machines you can use is the Smyth machine, which you can use for squatting, which trains your glutes and quadriceps. The bench press is an exercise that you can perform that works your pectorals and triceps. You could also use one of the numerous benches and dumbbells in the gym to develop your muscular strength or your muscular endurance. You can get creative and perform numerous exercises such as chest press, incline chest press, shoulder press, preacher curls and many more. There are also three cardio machines including a treadmill, where you can increase the speed and incline, there is also a bike where you can increase the cadence to make the ride more challenging and there is a rowing machine too. The cardio machines can be used to develop your cardiovascular endurance, so you can run for longer without experiencing symptoms of fatigue. Furthermore, there is a Samsung TV where you can listen to music and watch work out tutorials to aid and compliment your training.

Henry Barnes, Lower V





NETBALL





CRICKET



"Our PE teacher and head of sports, Mr Walker, is very good at teaching the theory aspect of GCSE PE in a simple and logical way."

Indigo Platt Wells, Upper IV

"A sporting fixture that I can remember was the cricket fixture against the Riley's where me and Louisa got so many points when it was our turn we only lost by 1 point! I fielded really well"
Maisie Darlington, Upper II



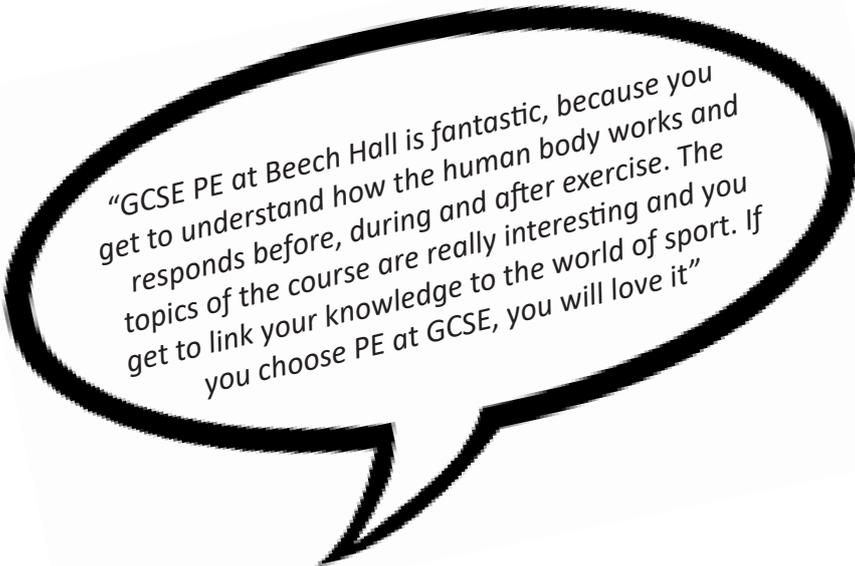
During academic GCSE PE, I have learnt about anaerobic and aerobic respiration. Anaerobic respiration happens immediately when you start doing vigorous exercise and when there isn't enough oxygen available to be delivered to your working muscles, and there is a waste product of lactic acid. Anaerobic respiration is high intensity and low duration. Examples of ANAEROBIC respiration is 100 m sprinting, 50m swimming sprint. Aerobic respiration takes place in the mitochondria, it is a chemical reaction in which oxygen is used to make energy from carbohydrates, aerobic respiration is low-moderate intensity and high duration. Examples of AEROBIC respiration are triathlon, light jogging, cycling, swimming. I now know when I am playing a game of football that when I do a sprint that I am using anaerobic respiration, and when I am jogging I am using anaerobic respiration.

Alex Stanley, Lower V

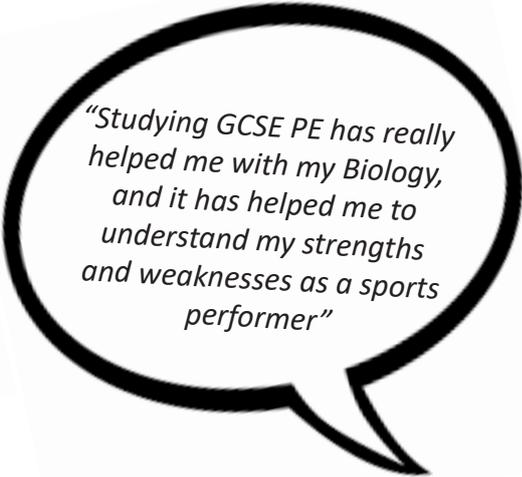
One of the numerous reasons why I chose PE was because I wanted to apply what I learned into real life scenarios and situations. One of them is reducing the risk of cramps, fatigue and DOMS (Delayed Onset Muscle Soreness). This is soreness that occurs 24–48 hours after exercise, it occurs after high intensity anaerobic exercise. You can reduce or eliminate the effects of DOMS by taking an ice bath or a cold shower, perform a cooldown after training and stretch before and after exercise; an example of a dynamic stretching exercise you can do after training are lunges which work your quadriceps and your glutes. This is very beneficial if you do a lot of anaerobic exercise, and it has helped me a lot in the gym recovering after intense sessions. Performing an effective cooldown after exercise, makes me feel good and refreshed the day after, without feeling painful and aching effects, so I can perform longer and higher intensity workouts.

Henry Barnes, Lower V

GCSE PE ACADEMICS



"GCSE PE at Beech Hall is fantastic, because you get to understand how the human body works and responds before, during and after exercise. The topics of the course are really interesting and you get to link your knowledge to the world of sport. If you choose PE at GCSE, you will love it"



"Studying GCSE PE has really helped me with my Biology, and it has helped me to understand my strengths and weaknesses as a sports performer"

Theory GCSE PE has helped me to understand how I can use both dynamic and static stretching before and after exercise. Dynamic stretching is when you stretch while moving for example high knees that stretches quadriceps. Static stretching is when you stretch while standing still for example the calf stretch which stretches the gastrocnemius and the soleus muscles which are found in the calf muscle area. These types of stretching can reduce the risk of injury but if you overstretch you can tear muscles and ligaments. Also, I have learned the names of the muscles so I can use specialized stretches, so my muscles are more usable and flexible and reduces the factor of injury. So I can become a better football player and to improve my components of fitness as well.

James Boyle, Lower V

During academic GCSE PE I have learned to understand the difference between muscular strength and muscular endurance. I can now apply this knowledge to my own weight training, to enable me to perform at a higher level in my sports performance. Muscular strength is the amount of force I can produce against a resistance. Muscular endurance is the ability to use my muscles repeatedly for a prolonged period of time without experiencing fatigue of my skeletal muscles. 1 rep max (1RM) is used to identify the heaviest weight you can lift for one rep. When training to improve my muscular strength, I lift a high weight (80-90% of my 1RM) with a low number of repetitions for 2 sets. However, when I train my muscular endurance I lift (60-70% of my 1RM) with a higher number of reps and a minimum of 3 sets. Using this knowledge when going to the gym has really helped me to make my training more effective. I have noticed improvement in these components of fitness that have helped me with my football performances.

James Christian, Lower V

"You get to learn all about the different systems of the body and it really helped me with my studies in Biology. You get to go on a residential trip for Road Cycling and Climbing, whilst embracing new sports as part of the practical aspect of the course. GCSE PE is highly recommended"

"I would highly recommend GCSE PE at Beech Hall School. It has helped me to understand how the different systems of the body integrate and respond during exercise. You also get the opportunity to build teamwork and develop friendships through playing sport and the residential trip"

In theory GCSE PE, I have learnt a lot that I can apply to my sport in the future. The first thing being anaerobic and aerobic exercise. Anaerobic exercise is respiration without oxygen. It is done over a short duration with a high intensity and a sporting example of anaerobic exercise is a 100m sprint. Whereas aerobic exercise is exercise with oxygen and is usually over a long duration with a low-moderate intensity. A sporting example of aerobic exercise is running a marathon. Due to my theory lessons in GCSE PE I can now apply my knowledge to the sporting world around me. I can now when watching a football match identify what part of the game is anaerobic and which is aerobic.

Liv Thorndyke, Upper IV

In GCSE PE I have learnt how to reduce muscle soreness and muscle cramps after high intensity exercise, by using various methods to prevent delayed onset muscle soreness (DOMS). DOMS usually occurs 24 - 48 hours after exercise, and is caused by not cooling down or stretching properly after exercise. After high intensity exercise your muscles have a buildup of lactic acid which causes pain. This can be prevented via cooldown methods such as ice baths, this has helped recovery from football, gym and other exercise that I take part in. I now know that when I'm performing I need to cooldown to prevent any build up of lactic acid, which is a byproduct of anaerobic respiration which happens during high intensity or vigorous exercise. I've learnt that after high intensity exercise e.g. football I can use a variety of static and dynamic stretches which helps flush out lactic acid.

Tom Case , Lower V



OPEN-WATER SWIMMING







"The most memorable was when we went to fives and played against 25 schools and won 5th place. We were really proud when we came 5th place. Also, the funniest thing was when we played a friendly match and when I fell, everyone else just tripped over me and fell on top of me. It made me laugh so much!"

Ethan Watson, Upper II

RUGBY







HORSE RIDING

“When I went horse riding at Buxton Riding School, I had so much fun. My horse was called Buster. I learnt how to trot. I learnt how to brush a horse and clean out a stable. I also saw a baby foal who was five days old; she was called Honey because her mum was called Winnie.”

Abe Edwards-Wright, Lower I

“I rode on a black and white horse called Polly, who was a bit cheeky. She kept eating the hedges! My favourite part of the trip was seeing a 5-day-old foal.”

Eleni Worthington, Upper I

This term we entered the ISA Athletics Qualifiers at the Manchester Athletic Stadium. We had 44 competitors who were able to compete in a range of events on both track and field. There are certainly a few people to look out for on Sports Day this year. We all know that Isaac Inwood is good at his sprints, but you could also look for: James Boyle, James Christian, Tom Case, and Henry Barnes as they are pretty fast at the 100m and 200m sprints. Will any of them win both to take the Sprint Double trophy? They will also be strong competitors for the 4x100m relay. In the Long Jump we know that Isaac Inwood will once again win it as he got the national record of 6.13m and he will be competing in the Nationals next month down in Birmingham! The previous record in long jump before he beat it was 5.85m, and his own Beech Hall School record is 5.56m. Will he clear 6m in our own sandpit?

For our long distance runners you can also look out for James Johnson and Sam Allmand-Smith, as they were the ones who bravely competed in the 800m and the 1500m in our day away in Manchester. Both performed well and demonstrated good stamina.

All pupils will be excited to compete in this year's events, and we look forward to welcoming all members of our Beech Hall School community. Let's hope that the weather is beautiful and sunny for what promises to be a great day of sport and athletics for our pupils.

Alex Stanley, Lower V

WHO TO LOOK OUT FOR ON SPORTS DAY

"The sports fixture that was so memorable was when I went horse riding with my friends at school. It was so memorable because I got to enjoy being with my friends, be with the horses and I had a great time. We had to clean out horse poo which we all thought was gross but it was funny at the same time!"

Lucy Dale, Upper II

"I ride horses competitively outside of school and I learn that it's not about doing competitions for the rosettes, it's about doing it for fun and to never give up."

Thomas James, Upper II

"Sport at Beech Hall is more inclusive than other schools because of the small numbers of pupils. It's easier to learn and progress because the teacher can focus on individuals as well as the whole group. My sporting highlight is when we beat Hulme Hall 5-1 and I got 4 assists. I also enjoy sport because it's a good way to make friends and exercise."

Oli Pinches, Upper IV



SCUBA DIVING



“Really positive feedback from the dive team, but also the cafe staff at The Delph who commented about how lovely and well-mannered the six lads were - they did us proud.”
Mr Colin Richards





PADI[®]



Theo Wright, Lower IV



Ethan Watson, Upper II



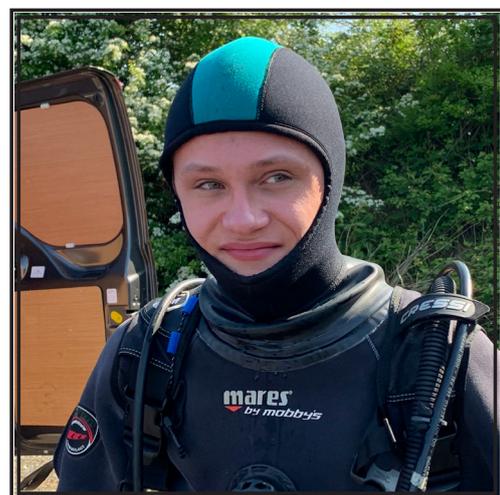
Thane Davenport, Upper IV



Isaac Inwood, Form III



Rory Kaye, Lower IV



Matt Carling, Lower V



allow
nd
No
Diving



"The most memorable sporting event that I took part in was the water polo event because everyone smelt my feet on the bus home."

Thomas James, Upper II

WATERPOLO



“The water polo match at Rochdale. I remembered that I did a good save in goal, it made me happy to have helped my team. We also had some strong swimmers on the team like Thomas and Louisa. Having a pool at school helps us practise. I would like to play more water polo this year.”
Morgan Partridge, Upper II



