



King's

1502



Sport
AT KING'S

Sporting life AT KING'S

King's has long enjoyed an outstanding reputation for excellence in sport, which is an important and vibrant part of pupils' lives.



King's is ranked in the Top 25 Schools in the UK for Sport. This outstanding achievement is achieved through success across a whole range of sports including athletics, cricket, hockey, netball rugby and trampolining.

Pupils enjoy regular practices in a wide range of sports and the fixture

lists involve the best schools in the North of England. Our teams frequently reach county and regional finals, and success is achieved on the national stage. Pupils regularly achieve county, regional and national selection in a range of sports.

In PE and Games, King's seeks both excellence and opportunity for all.

On most Saturdays, more than 350 pupils represent the school, and more than half the pupil body has represented King's in one or more sports. In the last 15 years, the school can boast national champions or international representatives in 16 different sports and our aim is to allow pupils to follow in the footsteps of these alumni.

King's is incredibly proud to offer an **Elite Athlete Pathway** to pupils who demonstrate outstanding sporting achievement and potential in the main school sports.

This specialist programme provides additional support, development and training opportunities. The programme is tailored for each individual pupil as they progress from Year 7 through the Senior years.

Our Ethos

King's believes in excellence in sport. This is achieved through hard work, commitment and the highest standards of sportsmanship and fair play.

- King's believes in providing a range of opportunities in sport.
- We aim to instil a love of sport and physical activity, as well as an understanding of all the physical, psychological and social benefits of physical activity.
- We want pupils to achieve their full potential and we encourage an active, healthy lifestyle.

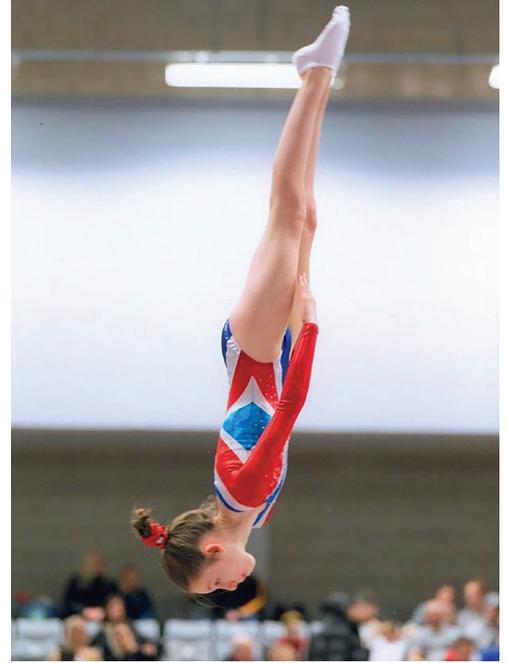


King's ON TOUR!

Hockey & Netball Tour Spain & Gibraltar	2016
Rugby Tour Singapore & Australia	2017
Cricket Tour Dubai	2018
Hockey & Netball Tour South Africa	2018
Rugby Tour South America	2019
Rugby Tour New Zealand & Malaysia	2023

Academic PE & GAMES LESSONS

In PE and Games, King's seeks both excellence and opportunity for all. We also strongly believe in the development of the whole person through an extensive range of extra-curricular activities.



Sporting activity is experienced in a PE lesson and a double Games lesson each week for pupils in Year 7–9. Pupils are taught by specialist teachers and coaches. From Year 10 onwards, pupils may choose GCSE PE which offers both the study of applied anatomy and physiology, nutrition and sports psychology as well as practical performance in Games lessons.

Also, from Year 10 onwards, the range of activities available in Games lessons expands further, and from Year 11 it includes sailing, swimming, climbing, personal fitness, yoga, which are led by qualified instructors. In the Sixth Form, we offer BTEC Sport.

Extra-curricular activities

- Athletics
- Basketball
- Cricket
- Cross-country
- Cheerleading
- Dance
- Equestrian
- Football
- Gymnastics
- Hockey
- Netball
- Outdoor pursuits
- Rugby
- Running Club
- Sailing
- Shooting
- Skiing
- Squash
- Strength & conditioning
- Swimming
- Trampolineing
- Table tennis
- Volleyball

Our major TEAM SPORTS

King's has a national reputation for excellence in a range of major team sports.

ATHLETICS



Athletics is a major sport throughout the Summer Term. Various athletics disciplines are taught during PE lessons and pupils can also choose to participate and develop their skills at the after-school Athletics Club. Athletes compete in the Macclesfield & District Athletics Championships and the ESAA Schools' Cup Athletics competition. King's pupils regularly qualify to represent Macclesfield at the Cheshire Schools' Athletics Championships and our junior and inter teams annually qualify for the Regional Finals of the ESAA Schools' Cup competition.

Several successful athletes who have gained national qualifying standards at the Cheshire Schools' Athletics Championships have competed for Cheshire at the ESAA National Schools' Track and Field Championships, including Sam Danson, who won the senior boys long jump at the 2022 Championships.



CRICKET



Cricket is the major summer sport for girls and boys. King's has up to 14 teams playing fixtures from U12B up to 1st XI. King's teams regularly reach County Cup finals and many pupils achieve county and district representative honours. For the last five years, King's has been one of the Top 100 cricket schools in the country and in the last two seasons, teams have won one National Cup, reached another National Final and they have lifted six Cheshire Cup Trophies in the last three years. In the senior, the 1st XI have a proud record in the end of season inter school Cricket Festival. Girls' cricket features weekend block fixtures, with the U14 team reaching the Cheshire Final. A team of dedicated Games staff and expert coaches work hard with pupils during lessons and practices.

Our pupils benefit from outstanding facilities; training areas include a wonderful new indoor cricket centre and outdoor cricket nets. Matches take place on the five grass pitches at Derby Fields and Brocklehurst Field, in addition to the striking new Wilson Field. Sports tours have visited South Africa, Barbados, Grenada, Kenya, Sri Lanka and Dubai.



BOYS' HOCKEY



Our campus boasts some of the best hockey facilities in the North West with two full-sized floodlit artificial pitches. The pitches, hockey pavilion and changing rooms are in constant use throughout the Autumn and Spring Terms. As well as superb facilities, the school also benefits from a number of highly successful coaches who are able to pass on their knowledge and expertise to the players. King's teams from 1st XI down to U12 are regularly competing in the latter stages of regional and national competitions. In 2023, the U14s were Tier 2 NW Champions and came 4th in the National Tier 2 competition.

Our pupils regularly achieve selection in regional representative hockey and the school has produced a number of exceptional players who play internationally and at the very highest level of club hockey. The school takes great pride in the fact that so many former pupils continue to play the game at all levels through their adult life.





GIRLS' HOCKEY



We offer an extremely strong girls hockey programme that includes entry to county, national school and Independent school competitions for U13, U15, U16 and U18 age groups, as well as competing in invitational tournaments. We offer competitive Saturday fixtures in the Autumn Term with mid-week fixtures in the Spring Term alongside county and national competitions.

Qualified coaches and specialist PE staff are committed to ensuring that all girls are given the opportunity to play hockey as a key curriculum subject.

Recent seasons have produced many Cheshire Cup champion teams, with the U18 the holders for the last 2 years. In 2023 the U14's were Tier 2 NW Champions and came 5th in the National Tier 2 competition.

We have many girls representing East Cheshire, Derbyshire or Greater Manchester at JAC level with some progressing onto Talent Academy squads. King's boasts two superb floodlit AstroTurfs. The pitches are regularly used to host performance centre training sessions as well as Gifted and Talented workshops and external clubs for league fixtures. Sports tours have included Barbados, Spain & Gibraltar, South Africa and a senior pre-season to Loughborough.



NETBALL



Netball is a major sport at King's, played with huge success in the National Schools and County competitions. An excellent fixture programme allows the squads to compete at a high, competitive level. Qualified coaches and specialist PE staff ensure that all girls are given the opportunity to play netball, especially in Years 7-9 where it is taught in games lessons. In addition, a strong extra-curricular programme for pupils from Years 7-13 ensures pupils are coached and challenged to compete at a high level with considerable success. Recent seasons have seen many Cheshire Cup champion teams, with the U19s the current title holders. In 2022, the U16s reached the National Finals.

Individual achievement is hugely important to us and we have many girls representing their counties, as well as selected for Manchester Thunder or Loughborough Lightning, which is the route for the England performance pathway. Indeed, one individual is currently part of the England Roses Academy.

King's boasts six new, floodlit all-weather netball courts. In addition, there are two indoor courts in the Sports Centre. These comprehensive facilities allow for local and national competitions to take place, along with regular netball coaching sessions and workshops. Overseas tours broaden the sporting experience of pupils and King's has toured Barbados, Spain and Gibraltar and South Africa in recent years.



RUGBY



King's rugby continues to gain both national and international recognition for the pedigree of successful players and teams. We have outstanding facilities at Derby Fields, with seven pitches and a pavilion. Each Saturday morning sees around 200 players representing the school either home or away. The boys are coached by a dedicated and experienced coaching staff, including coaches involved in the Sale DPP programme.

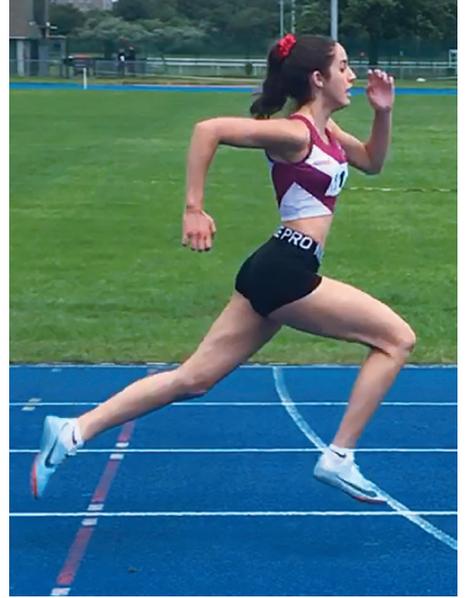
Recent rugby successes have seen the 1st VII reach the Rosslyn Park Vase Final, having previously won the Bowl competition, and the 1st XV and U15's reach the quarter-finals of the National Schools' Cup. The 1st XV were the 2022 Cheshire Cup winners, and there have been numerous 7's successes across the age groups.

King's can boast age group Internationals, North of England and Independent School Lambs players, in addition to dozens of Sale Sharks DPP, Academy and county representatives, as well as current professional & international players such as Tommy Taylor and Cameron Redpath.

Rugby tours include a Year 8 trip to Cardiff, plus exciting overseas Senior Tours to places such as Australia, South America, South Africa, New Zealand and Malaysia.

King's Elite ATHLETE PROGRAMME

King's has long enjoyed an outstanding reputation for excellence in sport, which is an important and vibrant part of pupils' lives.



King's is incredibly proud to offer an Elite Athlete Pathway (KEAP) to pupils who demonstrate outstanding sporting achievement and potential in the major team sports in which the School competes. Pupils on the programme must be able to demonstrate excellent athletic ability, agility and commitment to representing the School in their sports.

In the last 15 years, the School can boast national champions or international representatives in 16 different sports and our aim is to allow pupils to follow in the footsteps of these alumni.

King's Elite Athlete Pathway is a specialist programme, which provides additional support, development and training opportunities. Each pupil on the programme will receive:

- An appropriate mentor and support within their chosen sport(s)
- Regular group strength and conditioning sessions
- Workshops on mental resilience, goal-setting and sports psychology
- Specialist advice on nutrition, sleep and maximising performance
- Help with workload management and reducing stress and burnout
- Screening to identify weaknesses, advice on injury prevention, recovery and conditioning techniques

As pupils progress through the Senior years, the programme can be tailored to their individual sports and needs. The major team sports at King's are: Athletics, Cricket, Hockey, Netball and Rugby, with

other sports offered at the School including Rounders, Cross-Country and Trampolining.

Elite Mindset

Mo Bobat, the newly appointed Director of Cricket at the Royal Challengers Bangalore, delivered an inspiring presentation on "Elite Mindset in Sport". Bobat has been instrumental in the English cricket team's success over the last decade or so. He joined the England and Wales Cricket Board (ECB) in 2011, becoming the designated performance director from 2019.

Other talks in recent years have included a presentation on "Mental resilience: The secrets of success" by former England Cricket Coach Peter Moores. Peter was Captain of the King's cricket team in 1981, then enjoyed a distinguished playing career with Sussex and



Strength & Conditioning

Functional movement patterns are fundamental to success in sport. It is essential that young sportswomen and sportsmen learn how to execute these effectively, in order to maximise their sporting performance and remain injury-free. There are **7 key basic movement patterns**, with other exercises variations on these.

1. Hinge
2. Squat
3. Lunge
4. Push
5. Pull
6. Twist
7. Gait/Carry/Walk.

The S & C sessions will make our athletes aware of these functional movements. In addition, they will

be encouraged to consider the importance of core strength and posture in providing a foundation for these movements.





Worcestershire. He took over the England Head Coach role before leading Lancashire to their first county championship title in over 80 years. He now coaches Nottinghamshire and is revered as one of the game's great innovators: James Anderson cites him as one of the biggest influences on his career. Peter has made a science of his coaching techniques; he talked to the KEAP students about focusing on four key areas, which separate the great from the good: energy, belief, hardwork and resilience.

Workload management and reducing stress and burnout

When students join KEAP, they are assigned their own mentor, with whom there are scheduled meetings and who is available for informal guidance. During these meetings, pupils discuss all aspects of school

and sport and this helps to manage their workload, both academically and physically. During these meetings, students discuss and set targets, which are reviewed at agreed times during the year. Pupils also have an annual review, at which they discuss their progress, achievements and future aspirations.

Expectations

Pupils who are awarded places on KEAP are expected to contribute significantly to school sports in at least two disciplines, representing King's and attending team practices, as well as acting as a role model for sporting excellence and behaviour. From Year 10 onwards, it may be possible for pupils to represent the school in just one sport, due to specialisation. There will be an annual review of sporting achievement and commitment, at which places



on King's Elite Athlete Programme will be renewed for the following year, subject to pupils meeting the required standards.

Academic PE and Games Lessons

Pupils in Year 7 – 9 enjoy a weekly PE lesson and a double Games lesson. Pupils are taught by specialist teachers and coaches. From Year 10 onwards, pupils may choose GCSE PE, which offers the study of applied anatomy and physiology, nutrition and sports psychology as well as practical performance. From Year 10 onwards, the range of activities available in Games lessons expands to include sailing, swimming, climbing, yoga and, again, these are led by specialist instructors. In Sixth Form, students may study a BTEC in Sports Science and can also achieve a Sports Leadership qualification alongside their A Level options.

Nutrition in Sport

Fuel in = Energy out! KEAP students receive a workshop about why nutrition in sport is important and how to fuel their bodies pre-workout, during exercise and post-workout. Our athletes gain knowledge about how to sustain energy levels and which foods they should turn to, as well as discussing balanced diets, sports drinks and added sugars. They will be encouraged to "eat for energy and health", limiting sugar intake to suitable levels and maintaining appropriate hydration.



KEAP students have also taken part in practical workshops to make their own food, including home-made protein balls, home-made sports drinks and basic, well-balanced meals.

Our Sporting FACILITIES

Our stunning 80-acre campus offers exceptional sporting facilities for boys and girls of all ages.

King's is a place of inspiration and innovation. Our campus offers 80 acres of beautiful countryside containing all the space and facilities for our pupils to grow and thrive.

A defining feature of the campus is its rural feel and we have optimised the indoor and outdoor areas for pupil wellbeing, recreation and sport.

Our stunning range of facilities offers exceptionally high-quality provision across a range of sports for boys and girls.

The numbers of pitches and courts available also means that we are able to host national and regional sporting competitions and tournaments.



Floodlit tennis courts



Six floodlit netball courts



Two all-weather, floodlit hockey pitches

Three junior football pitches, three junior rugby, two junior cricket, & four rounders pitches



400-metre athletics track

80-acres of beautifully landscaped grounds bordered by woodland



Rounders pitch





Sporting SUCCESS

Highlights of our pupils' successes from the 2022-23 season include:



ATHLETICS

- Inter Boys, Inter Girls and overall King's Inter District Champions
- ESAA Cup Round 1, Junior Girls finished 1st
- Girls Minor District Champions, King's overall Minor District Champions
- **Philip Goodfellow** - England Athletics Youth Talent Programme, Senior Boys 800m Cheshire Champion
- **Sam Keep & Xander Hunter** represented Cheshire

CHEERLEADING

- 2019 School World Cheerleading Championships in Florida, King's finished 3rd in the super varsity category

CROSS-COUNTRY

- Junior Girls won Cheshire round of the ESAA Cross Country Cup
- Team silver in British Schools Orienteering Championships
- Junior Girls team represented Cheshire in the ESAA Cross Country Cup Regional Finals 2022

CRICKET

- U15 National Cup Finalists
- U14 Cheshire Cup Winners & will now represent Cheshire in the 2024 U15 National KO
- U14 Girls Cheshire Cup Finalists
- U13 National Cup North Finalist, 2022 National Cup winners
- U12 Cheshire Cup Winners in 2021-2023 & will represent Cheshire in 2024 U13 National KO
- **Harry Serafi**, Cheshire Adult Disabled CC - D40
- **Fin Nash**, Cheshire EPP, Cheshire U16
- **Christian Smith**, Cheshire EPP, Cheshire U15
- **Lewis Wheeldon**, Cheshire U15
- **Liam Yahathugoda**, Cheshire EPP, Lancashire EPP, Cheshire U15
- **Joe Moores**, England Young Lions invitation XI, North U15, Cheshire

- EPP, Lancashire EPP, Cheshire U15
- **Alfie Usher & Leo Burns**, Cheshire U14
- **Dylan Hodgson**, Cheshire U13
- **Ben Holder, Oscar Howarth & Oliver Hodgson**, Cheshire U12
- **Gabe Adamson & Tom Kenny**, Cheshire U11
- **Amelia Grace**, Cheshire U11 Girls

EQUESTRIAN

- All England Jumping Course Championship Competition - King's placed in the top 10 for all 7 championship classes.
- 70-75cm class Le Mieux Eventers' Challenge, King's team came 3rd out of 34 teams.
- 90-95cm class Oliver Bonas Inter-County Show Jumping Championships - King's team came 3rd place

GYMNASTICS

- **Ebony Gaddum** - Great Britain Junior International in Belgium

HANDBALL

- **Madi Judge** selected for Great Britain Women's U17 squad for the EHF Championship

HOCKEY

- U18 Girls' Senior 1st XI Cheshire Champions (2022, 2023)
- U18 Girls NW Indoor Finalists
- U14 Girls and boys NW Tier 2 Champions & National Tier 2 Finalists
- U14 Girls Cheshire runners-up
- U13 Girls Cheshire Champions
- U12 Boys North Finals
- Numerous King's pupils selected for East Cheshire, Greater Manchester and Tensworth U12-U14 squads

- **Molly Bridgewater, Poppy Fletcher, Reuben Frodsham, Callum Richardson & Sam Booth** selected for England Hockey Talent Academy squads

NETBALL

- U19 Cheshire Champions
- U16 Cheshire Plate winners
- U14 National Schools Regional Netball Plate winners, Sisters in Sport Plate Quarter-finalists
- U13 Cheshire Champions, Independent Schools Cup Semi-finalists, U14 UK Netball Festival Winners (Keele)
- U12 Cheshire Cup Finalists, UK Netball Festival Winners (Keele)
- **Lydia Hine** selected for England Roses Academy, Manchester Thunder U17, England Netball Fast5 squad for Commonwealth Youth Games
- Manchester Thunder U17 - **Minty Kight**
- Loughborough Lightning U17 Academy - **Madi Baxter**
- Cheshire U17s - **Amy Venables & Daisy Sutton**
- Loughborough Lightning U15 Hub and Staffordshire U15 - **Bea Worlock**
- Cheshire U15 Player Development Pathway - **Esme Sutton** (and Manchester U14 POD)
- Cheshire U12 selections for **Naina Vasireddy, Anvi Lalwani, Lottie Winterton & Eva Sheppard**
- Manchester Thunder U14 - **Lalli Brown & Lottie Baxter**
- Manchester Thunder U13 and Cheshire U13 - **Lola Bianchi, Lottie Baxter, Minnie Farooq & Hattie Usher**
- Manchester Thunder U12 - **Lottie Winterton**

- Manchester Thunder U12 POD
– **Eva Sheppard**

RUGBY

- 1st XV Cheshire Cup, National Cup Quarter Finalists
- Under 15s National Cup Quarter Finalists
- 1st VII Rosslyn Park National Schools Vase Finalists
- U15 Warwick Sevens winners & Myles Marshall winners
- U14 Myles Marshall Plate winners
- U13 Warwick Sevens winners, Myles Marshall Sevens winners & undefeated at the Rosslyn Park National Schools Sevens
- U12 Myles Marshall Sevens & Wirral Sevens Shield winners
- Freeborn Shield Winners at Warwick School Sevens
- Toby Wilson** – England U18 & Sale Sharks U18's
- Haydn Keogh** – North of England U18s & Cheshire U18
- Fin Usher** – Cheshire U18 & Lambs Independent Schools XV
- Harrison Milner** – Lancashire U18 & Lambs Independent Schools XV
- Sale Sharks DPP U15 squad
– **Millar Anderson, Caolon Coulthurst, Charlie Kaye, Sam Keep, Zachary Morris, Will Oliver, Arthur Scrase, Christian Smith, Hamish Usher**
- Sale Sharks DPP U14 squad: **Zach Al-Ausi, Freddie Hempstock, Adam Lancaster, Joe Moores, Josh Phillips, Joe Sheppard, Arthur Winterton**
- Lily Webb** – Cheshire U16

TENNIS

- Annabel Wong** selected for Team GB for the Gran Canaria Tennis Europe tournament; National Training Camp

TRAMPOLINING

- 5 team gold medals at the North of Britain Championships
- 4 team gold medals at the National Schools Trampoline Championships, including Year 10-14 Elite girls (**Izzy Hammond, Leah Shadwell, Lottie Clark, and Millie Crummack**) and one individual gold for James Heald in Year 7-8 Novice Boys

WATER POLO:

- Alexa Watkins** – North West Thunder Water Polo, Bronze medal at the U16 Girls Inter-Regional Championships

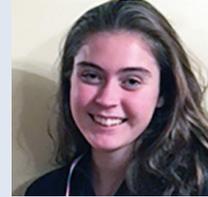
And some of our former pupils' sporting success...



Tommy Taylor (2010) was selected for the England rugby squad to face the Barbarians in 2014. He was called up to England's 2016 Six Nations Championship squad in 2016 as injury cover and he made his England debut against Wales in May 2016.

Katie Hughes

(2017) is a former British Biathlon Champion. In 2017 Katie was selected in the Pentathlon GB youth team, and the GB World Class Pentathlon Performance Programme (WCPP) in 2018.



Elliot Hanson

(2012) is a champion Laser sailor and competed for Team GB in the 2021 Tokyo Olympics

Cameron Redpath

(2017) has represented both England and Scotland in rugby. He made a scoring debut for England U20 against Wales in 2018 and played for England U20 in the 2019 World Championships in Argentina. In 2021, he switched allegiance to Scotland and was instrumental in their Calcutta Cup victory over England. In 2023, he represented Scotland in the Rugby World Cup.



Reece Grady

(2023) represented Team GB in swimming in the 2023 Commonwealth Youth Games, winning Gold

(400IM) and Silver (400 & 1500 Free); he was also selected for the European Junior Championship in Belgrade 2023.

Emma Edwards (2023) won the Female A category at the 2023 BMC Junior British Bouldering Championships.

Alex Thomson (xxx) is a County Cricketer with Derbyshire County Cricket Club. He made his List A debut for Warwickshire against the West Indies A team in a tri-series warm-up match in June 2018.

Sam Danson (2022) represented England in the U20s Athletics Team for the U20 Welsh International.

Johnny Marsden (2011) played first class cricket for Derbyshire County Cricket Club and captained Oxford University.

Jennifer Pinches

(2012) is a British artistic gymnast who competed at the 2012 London Olympics. Jenni achieved personal bests in the floor and vault to help the British team to an excellent 6th place finish. Jenni went on to study at the University of California (LA) on a sports scholarship.



Meet the DEPARTMENT

The PE and Games Department consists of several full-time PE teachers alongside a team of more than 20 experienced, specialist sports coaches and teaching staff. Many are specialists who have played sport to a particularly high level, including national & international standards.



CHRIS THOMSON
Director of Sport



JENNY DUNN
Head of Academic PE



SARAH HOPKIN
Head of Hockey



GILES HETHERINGTON
Head of Rugby;
PE Teacher



STEVE MOORES
Head of Cricket
& Community
Outreach



LISA BOOKER
PE Teacher;
Girls' Extra-curricular
Sports Co-ordinator



PETER LANGLEY
PE Teacher



BURHAN TORGUT
Rugby Coach



AJ HARRIS
Cricket Coach



OLIVER CUTTLE
Hockey Coach



MELANIE STEPHENS
Netball Coach



PHIL OWEN
Netball Coach



RACHAEL BURROWS
Trampolining &
Cheerleading Coach



EMMA-JANE SPEIRS
Head of Junior PE
& Sport



NICK BARKER
Sports Coach
(Juniors)



JESSICA PEPPER
Swim Teacher



DAVID JUDSON
Swim Teacher



TED BROADLEY
Coaching Assistant



MOLLY BRIDGEWATER
Coaching Assistant



HARRISON MILNER
Coaching Assistant



ZAC SPENCER-PICKUP
Coaching Assistant

