

PE SUPPLEMENT

U19 Football – Essex Schools & Colleges Division 3 Cup Champions 2024/25

U19 Boys Crowned Essex Schools and Colleges 3rd Division Cup Winners

The U19 boys football team enjoyed a standout season, culminating in winning the Essex Schools and Colleges 3rd Division Cup with an impressive 4–1 victory over a strong FITC side. A dominant league campaign saw them play 14 games, winning 11, drawing 1 and losing just 2, reflecting their consistency, teamwork and commitment across both league and cup competitions.



Year 7 Football Report

The year 7 football team enjoyed an exciting and promising season in their first year at Shoeburyness High School. They showed great determination and teamwork throughout the season and performances throughout the year showed this. All the players have represented the school brilliantly, displaying excellent sportsmanship both on and off the pitch. The team have suffered some difficult moments this year and played some great teams throughout the course of the season however they have stuck together and continued to show a positive team spirit. There have been many memorable moments this season with the team producing some impressive performances including the game against Southchurch where they picked up their first victory together in a 5-4 win. A special mention goes out to all the squad members for their commitment at training and matches. Their positive attitude and hard work have made this season a success. We look forward to building on this year and wish the team every success next season.

Year 8 Football Report

A year of steady progress for the boys saw an improvement in results including victories against Westcliff Boys, Cecil Jones and Chase. Fitness has improved amongst the boys throughout the season and this is now starting to see more positive outcomes in games. Hopefully the new academic year under a new coach will see the boys able to push beyond their two semi-final defeats they had this year and progress to their first final in year 9.

Year 9 Football Report

The Year 9 football season has been extremely successful, highlighted by impressive early victories against Mossbourne Academy, Plume and WHSB. These performances set the tone for what has been a highly competitive and positive year for the squad. One of the standout aspects of the season has been the seamless integration of B team players stepping up and making significant contributions at A team level. Their progress and confidence have been a real credit to their hard work and commitment. The A team reached the quarter-finals of both the Southend Borough Cup and the South East Essex Cup, demonstrating consistency and resilience against strong opposition. Meanwhile, the Year 9 B team enjoyed an outstanding cup run, reaching the Diamond Cup Final with excellent victories against Chase and Cecil Jones. Although they were defeated by Thorpe Hall in the final, their journey and performances throughout the competition were exceptional. In total, over 40 boys represented the school across Year 9 football this year, reflecting the depth of talent and enthusiasm within the group. The staff are extremely proud of the players' progress, attitude, and conduct throughout the season, both on and off the pitch. There is great optimism and excitement for what this group can achieve next year.



SHOEBURYNESSE HIGH SCHOOL

P E (CONT'D/...)

Year 10 Football Report

The Year 10 football team came extremely close to what would have been a fantastic season, narrowly missing out on two cup finals after reaching the semi-final stage in both competitions. In the Southend Borough Cup, the team produced a strong run before facing SHSB in a tightly contested semi-final. After an evenly matched game, the tie was decided on penalties, where unfortunately the boys were edged out. A similar story followed in the South East Essex Cup, where the team again reached the semi-finals, only to be defeated by Greensward in another competitive fixture. Despite the disappointment of falling just short of finals, the season was full of excellent performances and notable victories. The team recorded impressive wins against WHSB, Bexleyheath Academy, Mossbourne Academy, St Thomas More, and King John—demonstrating their quality and ability to compete against strong opposition.

2025-26 Basketball Report

Year 7 Basketball Team

Our Year 7 Basketball Team showed fantastic commitment and development throughout the season. Despite many players being new to the sport and facing strong local opposition, the team finished on a high with an exciting 46–45 victory over Eastwood School in their final league fixture.

Year 9 Basketball Team

The Year 9 Basketball Team continues to demonstrate exceptional potential and progress. Competing successfully in local, Essex Cup and National League competitions, the team secured runners-up position in the Eastern Pool and qualified for the National Playoffs following impressive victories against Woodlands School (Basildon) and Northfleet School (Kent).

Year 10/11 Basketball Team

Our Year 10/11 Basketball Team enjoyed a strong season, with players from both year groups combining effectively to produce some excellent performances. Highlights included outstanding performance versus Gateway Academy, and great victories against Northfleet School, as well final league game finishing on a high with a 2 Point win against St Thomas High School, showcasing the team's skill, determination and teamwork.

2026 Borough Swimming Finals

Boys' Swimming

William G (Year 10/11 Breaststroke) - William achieved an excellent silver medal in the Year 10/11 Breaststroke event, demonstrating determination.

Quincy P (Year 10/11 Freestyle) - Quincy secured a bronze medal in the Year 10/11 Freestyle, producing a strong performance against high-quality opposition.



P E (CONT'D/...)

2026 Borough Swimming Finals (Cont'd/...)

Harvey P (Year 8 Backstroke) - Harvey earned a bronze medal in the Year 8 Backstroke event, reflecting his hard work and dedication in training.

Cooper K (Year 8 Breaststroke) - Cooper achieved a bronze medal in the Year 8 Breaststroke, highlighting his excellent progress and competitive spirit.

Year 8 Boys' Freestyle Relay Team

The Year 8 Boys Freestyle Relay Team delivered a fantastic team performance to secure a bronze medal, demonstrating excellent teamwork and determination throughout the event.

Girls' Swimming

A fantastic effort by all the swim squad at this year's gala.

Always an exciting event but special mention to the Year 7 girls with all relay squad members gaining a medal. Individual bronze medals for Blossom & Matilda in Breaststroke & Backstroke respectively. Squad Bronze medals in both the Medley & Freestyle Relays (Matilda / Ruby / Blossom / Lottie / Emily).

2025-26 Netball Report

Netball Teams Shine in Another Outstanding Season: A fantastic season of Netball saw Shoebury winning 3 of the 4 Borough Leagues.

Seniors/ U16 : Captain : Olivia M/ Vice Captain Millie W - Having been undefeated winning the Borough Rally & taking Gold Medals they then later that week played a VERY competitive final league match where the winners would take top spot. Finishing victorious meant they also won the Borough League, with a huge positive goal difference. Add to this progressing through the Essex Plate competition to reach the Semi Finals an excellent season all round.



P E (CONT'D/...)

Year 9 Netball.

The Year 9 netball team enjoyed another impressive season, demonstrating determination, resilience, and excellent teamwork throughout the year. Competing against some very strong opposition, the girls consistently rose to the challenge and achieved outstanding results. Their hard work and commitment were rewarded as they finished **1st in the Borough League** and secured an excellent **4th place in the Borough Tournament**. The team also enjoyed success in the **Essex Cup**, progressing all the way to the **last 16** against highly competitive opposition. Overall, it has been another fantastic season for the Year 9 team, and they should be extremely proud of their achievements and the way they represented the school.

Year 8 Borough Netball Success: Squad Secures Impressive Second Place Finish

The borough netball season concluded on a high note, with the squad delivering an outstanding performance to secure **second place overall**. Their hard work, resilience, and team spirit throughout the season needs to be commended.

Individual Achievements

A number of players stood out with exceptional contributions this season:

- **Player of the Season** was awarded to **Angel B.**, whose performances were consistently outstanding.

The **Most Improved Player** award went to **Ada M.**, who has shown tremendous development over the course of the season. Her dedication to training and willingness to push herself has resulted in a remarkable rise in performance level. Special recognition goes to team captain **Olivia P.** for her **excellent organisation, leadership, and commitment**. Her efforts off the court have been just as important as her contributions during matches. With such a strong season behind them, the squad is already **looking forward to next year, well done to everyone involved on a fantastic season!**



Year 7: Captain : Alice B / Vice Captain : Ruby E

It has been a pleasure to work with both squads in this year group. Both attended the Borough Rally & did themselves proud.

The A Squad was also entered in the Borough League winning by two clear points with only one defeat. An amazing achievement & well deserved!





SHOEBURYNESSE HIGH SCHOOL

P E (CONT'D/...)

Summer Athletics

Well done to all the athletes for their commitment to Athletics this summer, although some may have not achieved medal positions at the Borough Athletics, to be selected to represent the school is a massive achievement and well done for representing the school and making us all in the PE department very proud of your efforts.

Many in our community will have fond memories of being taught by Mr Binns and the school records he started to collect as far back as the 1960s continue to be maintained by the PE department. Our students love the challenge each year of trying to etch their name into our school history and a few more records were broken this year.

2026 Borough Athletics Report

Our students delivered some outstanding performances in recent athletics competitions which were held in extremely hot conditions. Despite the challenging weather, the girl's team showed resilience and determination to finish an impressive **5th place overall**, reflecting the strength and depth across all year groups.

🌟 Standout Performances

Across the competition, several athletes delivered exceptional results:

Year 7

MH – 🏆 2nd place in the 100m

JJ – 🏆 3rd place in Shot Put- setting a new school record

Year 9

EB – 🏆 3rd place in the 200m

MPM – 🏆 2nd place in the 300m

LH – 🏆 2nd place in Hurdles

SB – 🏆 3rd place in the Javelin- setting a new school record

Year 10

PL – 🏆 3rd place in the 100m

EB – 🏆 1st place in the 200m and 🏆 3rd in Long Jump

🏆 Record-Breaking Relay Team

A special mention goes to the relay team who not only performed brilliantly on the day but also broke the school record, finishing in an outstanding 3rd place in the borough. This achievement highlights the squad's teamwork, speed Representative Honours. Further recognition of the squad's talent came with **EB** and **EB** being selected to **represent Southend at the Essex Schools Championships** — a fantastic achievement and a testament to their consistent high-level performances.



P E (CONT'D/...)

In Year 7, **OA** claimed victory in the 100m final with an impressive time of 12.93 seconds, as well as finishing 5th in the shot put. **LW** narrowly missed out on a medal in the 200m final, but still set a new school record with a fantastic time of 27.24 seconds.

In Year 9, **LA** secured a bronze medal in the 100m final, clocking 11.73 seconds—just 0.04 seconds shy of the school record. **TL** also performed strongly, finishing 4th in the same race with a time of 11.81 seconds. Year 10 saw exceptional success, with **GH** crowned Borough Champion in the 100m, setting a new school record of 11.12 seconds. In the same event, **GT** achieved 4th place with a time of 11.62 seconds. George Hill and George Thompson, alongside **QP** and **MM**, then combined superbly in the 4x100m relay to break the school record and secure a bronze medal. Congratulations to all athletes on their impressive achievements and dedication.

A **huge congratulations** to all our students and staff for their incredible commitment and effort throughout this athletics season. Your hard work, determination, and team spirit have truly shone through!

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Mr B Butler

Head of PE

