







# Sports Day 2025







## Sports Day 2025

As part of Sports Day celebrations, each year group competes to win the prestigious year group trophy plate for their house. This year's winners showed incredible effort and teamwork across all events. Congratulations to the following houses: **year 7: Rowan**, **year 8: Oak**, **year 9: Willow**, and **year 10: Willow**. Well done to all students who took part!.







## Inter house sports competitions

As part of the Highlands House Competition, students take part in exciting inter house football and netball tournaments throughout the year. These events bring together students from each house to compete for the trophy and the all-important 4,000 house points. Sport plays a vital role in the inter house challenge, promoting teamwork, resilience, and school spirit. It's a fantastic way for students to stay active, build friendships, and represent their house with pride.



### Inter house football

Here are the winners from this year's inter house football competitions.



**Year 7**



**Year 8**





## Inter house sports competitions

### Inter house football

Here are the winners from this year's inter house football competitions.



**Year 9**



**Year 10**





## Inter house sports competitions

### Inter house football

Here are the winners from this year's inter house football competitions.



**Year 11**



**Sixth form**







## Inter house sports competitions

### Inter house netball

Here are the winners from this year's inter house netball competitions.



**Year 8**



**Year 9**



**Year 10**





## Football success stories

Here at Highlands, both our girls' and boys' football teams continue to thrive with impressive success. The year 9 boys were crowned 7-a-side tournament winners. We also took home the title in the year 10 boys' 7-a-side tournament. In addition, both the year 10 and year 11 boys' teams reached the semi-finals of the Enfield Cup - an outstanding achievement that reflects their hard work, teamwork, and determination.



**Year 9 Borough Champions**



**Year 10 boys' 7-a-side tournament winners and Enfield Cup semi-finalists**





## Football success stories

Our successes continue with our incredible girls' football teams. This year, they were crowned U16 Middlesex Football Champions and were finalists in the U15 Middlesex Cup. Our senior girls' team, made up of years 11, 12, and 13, were also named Borough Champions. Meanwhile, our year 7 and 8 girls impressed as Enfield League finalists. A fantastic set of achievements that reflect the talent, hard work and dedication across all age groups.



**U16 Middlesex Football Champions and U15 Middlesex Cup finalists**



**Senior girls Borough Champions and Year 7 & 9 Enfield League finalists**





## Success in rounders

Our rounders teams have also had a fantastic year of success. Most recently, the year 9 girls' team were crowned Enfield Borough Champions after an unbeaten run at the borough tournament held at Winchmore School. They kicked off with a narrow but brilliant win against Enfield County, followed by dominant victories over Lea Valley, Southgate, and St Anne's. Their teamwork, communication, and determination throughout the tournament were outstanding. The year 9 & 10 girls were also crowned Enfield Rounders League Champions!

Meanwhile, our year 8 girls had a fantastic tournament, finishing as Enfield Borough runners-up. The combined year 7 and 8 rounders team also impressed, narrowly missing out on a place in the final after a close semi-final against Wren Academy, but still securing a brilliant 3rd place overall. Well done to all the players on an excellent season!



**Year 9 Enfield Borough Rounders Champions**



**Year 9/10 Enfield Rounders League Champions**



**Year 8 Enfield Borough Rounders Runners-up**





## Athletic excellence at Highlands

Our athletics team continues to shine with incredible talent and determination, securing a host of medals at the Enfield Borough Athletics Championships. From sprinting and distance events to jumps and throws, our students showcased outstanding skill and sportsmanship throughout the competition. Their hard work and dedication truly paid off - a huge well done to everyone involved!

### Girls

- **Year 7 long jump:** Jemimah Cherotich - **SILVER**
- **Year 7 800m:** Jemimah Cherotich - **BRONZE**
- **Year 8 800m:** Erin Eastwood - **BRONZE**
- **Year 8 shot put:** Orla Dimery - **BRONZE**
- **Year 9 100m:** Faye Etuazim - **BRONZE**
- **Year 9 shot put:** Faye Etuazim - **SILVER**
- **Year 9 high jump:** Stephanie Berko - **SILVER**
- **Intermediate shot put:** Keira Cheek - **SILVER**
- **Intermediate 400m:** Elis Cristovao - **BRONZE**
- **Intermediate high jump:** Elis Cristovao - **BRONZE**
- **Intermediate 800m:** Millie Huetson-Varnava - **SILVER**
- **Intermediate 1500m:** Lily Howard - **SILVER**

### Boys

- **Year 7 relay:** Thailan Johnson-Nortey, Paul Lambrou & Daniel Lemonious - **BRONZE**
- **Year 9 triple jump:** Jackson Benbow - **BRONZE**
- **Year 9 300m:** Jackson Benbow - **SILVER**
- **Intermediate long jump:** George Robinson - **BRONZE**
- **Intermediate 200m:** George Robinson - **SILVER**
- **Intermediate relay:** George Robinson, Elliott Marinos, Louis Barker & Kaleb Overton-Yearwood - **GOLD**







## Netball success

This year has been a fantastic season for girls' netball at Highlands, filled with great wins, strong performances, and impressive teamwork. The year 8 team, in particular, showed real determination at the borough tournament held at Winchmore. Their overall performance earned them 3rd place. Meanwhile, the year 7 netball team had an outstanding season and finished as the second-best team in Enfield. Well done to all the girls for a brilliant netball season!







## Girls cricket success

Highlands' U15 girls' cricket team made an impressive debut at the Chance to Shine Tournament this year, with many playing competitive matches for the first time. They secured victories against St Anne's, Fortismere, and Enfield County in a thrilling final game. This meant the team progressed to the South East regional finals which were held at Sidcup CC. The girls played fantastic cricket all day and ended up finishing 6th overall. We are immensely proud of the girls' achievements in these tournaments and are already looking forward to next year's competition.







## Boys cricket

Highlands' boys' cricket teams had a brilliant week of matches across multiple year groups. The year 9 and 10 team played their first competitive match against Dame Alice Owen's, ending in a well-fought draw. Meanwhile, the year 7 and 8 team dominated at the Lea Valley 8-over tournament, securing two impressive wins over Chace and Kingsmead with excellent all-round performances. A fantastic showing of skill, teamwork and determination from all involved - well done!







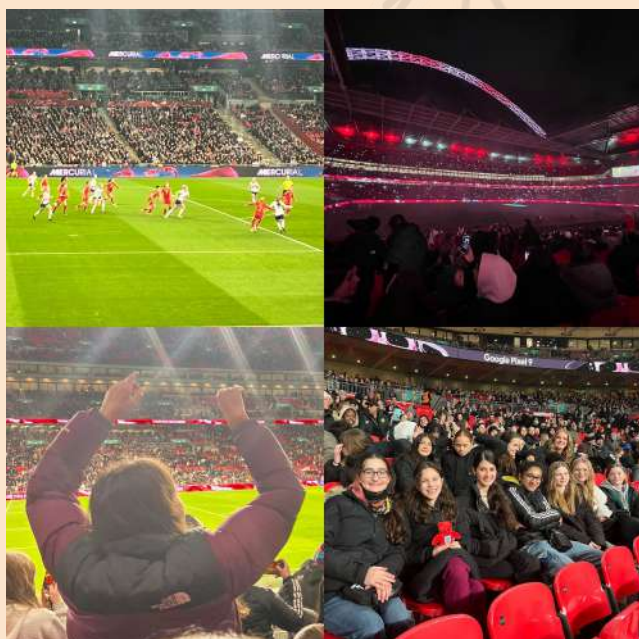
## Boys basketball and school trips

Highlands' senior boys' basketball team is going from strength to strength, they kicked off their first game this year with a confident 39 - 23 win over Lea Valley School. The team impressed with multiple 3-pointers and slam dunks. A year for a rising squad!



### London Mini Marathon

On Saturday 26th April, a number of students across years 7-12 represented Highlands School in the London Mini Marathon. These students finished their race running past Buckingham Palace and down The Mall, sharing the same finish line as used by world famous marathon runners on Sunday. Each student who completed the race received a medal and earned the PE department £10 to be spent on PE equipment.



At Highlands, the PE department offers exciting enrichment opportunities through trips and events beyond the classroom. This year they took a group of enthusiastic girls from years 9 - 13 to Wembley Stadium to watch the Nations League match between England and Spain. It was a thrilling evening filled with cheering, snacks, and a memorable win for the Lionesses! The girls returned inspired after seeing their sporting heroes in action. Trips like this show how sport can motivate and bring students together beyond the pitch.





## Ed-Extra

Every Wednesday, year 7 and 8 students at Highlands take part in Ed-Extra, a fun and engaging enrichment programme. As part of the offer, students enjoy a wide range of sports including basketball, netball, tag rugby, boxing, football, dance, judo, and squash. It's a fantastic opportunity to stay active, build skills, and enjoy teamwork outside of the classroom.







## Physical education in sixth form and beyond

At Highlands Sixth Form, A level Physical Education offers students the chance to explore the subject in both a practical and academic setting. This course is perfect for those with a passion for sport who want to deepen their understanding of anatomy, physiology, biomechanics, psychology, and the role of sport in society. Students also have the opportunity to evaluate and analyse performance or coaching techniques, making connections between theory and practice.



Zoe Kyriacou  
Physiotherapy  
University of Essex

Students regularly compete in a sport of their choice, with their practical performance assessed through video evidence. This combination of classroom learning and practical application not only enhances physical skills but also builds transferable skills such as critical thinking, analysis and communication.

A Level PE at Highlands prepares students for further study in PE, sport science, psychology, sociology, or biology, and opens doors to a wide range of careers in sport, health, and education.