



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 has made the national final of the 'Independent School of the Year Awards' in the category of Sporting Achievement. 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.



King's ON TOUR!

Cricket Tour Dubai	2018
Hockey & Netball Tour South Africa	2018
Rugby Tour South America	2019
Rugby Tour New Zealand & Malaysia	2023
Hockey & Netball Tour South Africa	2024

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.

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
- Trampolining
- Table tennis
- Volleyball

Our major TEAM SPORTS

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

ATHLETICS & CROSS COUNTRY



Athletics is a major sport throughout the Summer Term. Various athletics disciplines are taught during PE lessons and pupils can 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.

Each year King's runners successfully compete in the Macclesfield and District Cross Country Championships and ESAA Cross Country Cup. Junior and Inter teams regularly reach the Regional Finals of the ESAA Cup, and each year individuals are selected to represent Cheshire in Inter-County and National competitions. In March 2024, Bobby Tomlinson and Jamie McCabe represented Cheshire in the ESAA National Schools Cross Country Finals.



CRICKET



Cricket is the major summer sport for both girls and boys at King's. The school fields up to 14 teams, with fixtures ranging from U12B to 1st XI. King's teams regularly reach County Cup finals, and many pupils achieve county and district representative honours. In recent years, the school has had two players participate in the prestigious Bunbury Festival, representing the North U15s, a player in the Super 4s Festival representing the North U18s, and a pupil representing England U19s.

King's has been named one of the Top 100 cricket schools in the country. Over the last three seasons, teams have won a National Cup, reached another National Final, and lifted seven Cheshire Cup trophies. The 1st XI also has a proud record at the end-of-season inter-school Cricket Festival. Girls' cricket features weekend block fixtures, with the U14 team reaching the Cheshire Final in 2024.

A team of dedicated Games staff and expert coaches work closely with pupils during lessons and practices. Our pupils benefit from outstanding facilities, including a state-of-the-art indoor cricket centre and outdoor nets. Matches take place on five grass pitches at Derby Fields and Brocklehurst Field, as well as the impressive new Wilson Field. Sports tours have visited destinations such as 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. In 2024 our U12 Boys were 3rd in the North Hockey Finals, our U14s were County runners-up and our U11 Boys were IN2 NW Hockey Champions and AJIS Hockey Champions. 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 county, national school (U14/16/18) and Independent Schools (U13, U15, U19) competitions, as well as competing in invitational tournaments.

Recent seasons have produced many Cheshire Cup champion teams with the U18 winning in both 2022 & 2023. The U14s have reached National T2 Finals for the past two years after winning the NW Finals and the U12 & 13s were crowned County Champions over the past couple of seasons. The U16 team progressed through to the ¼ final of the National Cup in 2023/2024 season and the U18s have been NW indoor runners up for the past three years.

We have many girls representing East Cheshire, Derbyshire and Greater Manchester at County Level, with some progressing to Talent Academy squads. The pitches are regularly used for county training and gifted and talented workshops and external club fixtures. Sports

Tours have included Barbados (2014), Spain & Gibraltar (2016), South Africa (2018), South Africa (2024) and Senior pre-seasons to Loughborough and Nottingham Hockey festival.



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.

For the past 3 years the current Year 10s have been crowned Cheshire schools County Champions, and achieved 4th place at National Schools in March 2024, replicating the success of the U16s in 2021. The U12s and U13s have also been County runners up for the last 2 years. 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 Lydia Hine was part of the U17 & U19 England Roses Academy for four years.

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 continues to gain both national and international recognition for the pedigree of its 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.

Recent rugby successes have seen the U14s crowned National Champions, the 1st VII reach the Rosslyn Park Vase Final, having previously won the Bowl competition, and the 1st XV and U15s reach the quarter finals of the National Schools' Cup. The 1st XV were the 2022 and 2023 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 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 Edinburgh, plus exciting overseas Senior Tours to places such as Australia, South America, South Africa, New Zealand and Malaysia.



King's Elite

ATHLETE PATHWAY

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

Dieter Hill, former pupil (Class of 1993) and England Hockey Junior Talent Development Manager at England Hockey came to deliver an inspiring talk on all things hockey as well as performance development in young athletes. Previously, Mo Bobat, the Head of Sporting Intelligence at Derby County Football Club and Director of Cricket at the Royal Challengers Bangalore, delivered a motivating presentation on "Elite Mindset in Sport". 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 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 Pathway 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.



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.



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.



Sporting SUCCESS

Highlights of our pupils' successes from the 2023-24 season include:

ATHLETICS

- Junior Girls and Inter Girls 1st in the District Championships. Minor girls 1st in the District Championships. Junior Girls qualified for ESAA Cup Regional B Finals
- Ollie Ravenscroft** 2nd in the County Junior Boys Discus; Rocky Maguire 2nd in the County Junior Boys Shot Put; **Imogen Nugent** 3rd in the County Inter Girls 100m
- Ollie Ravenscroft & Rocky Maguire** represented Cheshire in Mason Trophy Inter Counties competition

CHEERLEADING

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

CROSS-COUNTRY

- Minor Girls and Junior Boys both 1st place at the Macclesfield & District Cross-Country Championships.
- Junior Girls, Junior Boys & Inter Boys represented Cheshire at the ESAA Regional XC Cup final. Inter Boys team finished 3rd narrowly missing out on the National Final
- Year 5/6 boys' team finished 1st in the District Cross Country Championships
- Toby Cooper & Josh Jepson** selected for Cheshire in Inter-counties cross country competition
- Bobby Tomlinson & Jamie McCabe** represented Cheshire in the ESAA National Schools Cross Country Finals

CRICKET

- U15 Cheshire Cup winners, North T20 finalists and last 16 of the National Knockout. U12s unbeaten season and Cheshire Cup winners (for the 4th year running) - will represent Cheshire in the 2025 U13 National KO
- U11 girls and boys both AJIS winners.
- U13 girls Cheshire Cup runners up; U12 girls Birkenhead tournament winners
- U13 National Schools Cricket Champions 2022
- U15 National Schools Cricket Runners-up 2023
- Harry Serafi** - Cheshire Adult Disability CC, D40

- Christian Smith** - Cheshire EPP, Cheshire U16
- Lewis Wheeldon** - Cheshire U16
- Liam Yahathugoda** - Cheshire and Lancashire EPP, Cheshire U16 and U15 North England Bunbury
- Joe Moores** - England U19, North England Super 4s, Lancashire Academy, Lancashire 2nd XI
- Alfie Usher** - Cheshire U15 & U16, Cheshire EPP
- Leo Burns** - Cheshire U15 & U16, Cheshire EPP
- Cheshire U13 - **Ben Holder, Oscar Howarth & Oliver Hodgson**
- Cheshire U12 - **Gabe Adamson, Tom Kenny & Freddie Howarth**
- Amelia Grace - Cheshire U12 Girls
- Charlie Kenny - Cheshire U11

EQUESTRIAN

- Preliminary 12 Dressage winners at the National Championship
- 2nd in the 70-75cm show jumping at the National Championship
- Poppy Holding** 3rd place in the Novice Dressage Individual Final at the National Championship
- Issy Lyons** selected to represent Wales at Mounted Games at Windsor; Qualified with club for the Mounted Games Final at Horse of the Year
- Emily Carter** selected for the U18 British Eventing team Wales, West and Midlands
- Libby James** 2nd and top Pony Club member in the Working Sports Pony of the Year at Burghley
- Freddie James** in UK squad for the International Tetrathlon Exchange

GOLF

- Emilia Gravett** (Nett even) and **Anya Clayton** (Nett +1) who took 2nd and 3rd place respectively in the girls' section at the Cheshire Schools Golf Championship

HANDBALL

- Madi Judge** represented GB in Handball at International

Handball Federation U17 European Continental Tournament

HOCKEY

- U16 Girls National Schools Hockey ¼ finalists
- U14 Girls NW Regional Hockey Champions
- U13 Girls County Hockey Champions, U12 County Hockey Champions
- U14 Boys County runners-up
- U12 Boys 3rd in North Hockey Finals
- U11 Boys IN2 NW Hockey Champions and AJIS Hockey Champions
- England Hockey Talent Academy - **Poppy Fletcher, Ella Buddle & Callum Richardson**
- Tensworth (North West Hockey) - **Sadie Campbell, Evan Watkins, Liv Byrne, Aaliyah Hammad, Harris Blake, Ruben Tilling Jones & Hattie Ellis**
- Oliver Gotts** (Year 12) has signed a semi-professional ice hockey contract with National Hockey League Division 2 team, Altrincham Aces.

NETBALL

- U14 4th in National Schools Netball Finals
- U14 County Netball Champions
- U12 & U13 County runners-up
- U18s 3rd in the County
- Lydia Hine** - England Roses Academy U19s, Manchester Thunder U19 captain
- Esme Sutton** - Wales U15 academy & Cheshire PDP
- Jessica Leslie** - Cheshire PDP
- Lalli Brown** - Greater Manchester PDP
- Minnie Farooq** - Severn Stars U18 PDP
- Hattie Usher** - Cheshire Academy
- Lottie Baxter** - Manchester Thunder U14s & Cheshire PDP
- Cheshire U13s - **Eva Sheppard, Anvi Lalwani & Naina Vasireddy**

- Orla Nash** - Cheshire and Manchester Thunder U12s

RUGBY

- U14 National Schools Rugby Champions; Semi-final of the Rosslyn Park 7s
- U18 National Schools Rugby ¼ finalists; County Champions; Solihull 7s Plate winners
- U15 Cheshire Schools 7s winners
- Toby Wilson** - England U18s and Sale Sharks U18s; offered full-time professional contract
- Freddie Griffiths** (Sale Sharks U18s)
- North of England U18s - **Noah Wolstenholme, Ollie Jones & Christian Tattum** (captain)
- Cheshire U18s - **Noah Wolstenholme, Christian Tattum, Ollie Jones, Ed Reynolds, Koby Wilkinson, Fred Riordan & Evan Williams**
- Fred Riordan** - Lambs Independent Schools
- Sale Sharks U16 Academy - **Millar Anderson, Charlie Kaye, Sam Keep, Arthur Scrase & Christian Smith**
- Ten players Sale Sharks DPP U15 squad; 8 players in Sale Sharks DPP U14 squad

SNOWBOARDING

- Charlie Maunders** - Gold in the U16's Slalom at the NSSA English Schools Snowboarding Championships

SWIMMING

- U11 team qualified for the National Finals
- Mason Grady** - 200m freestyle silver medal in NW Regional Championship
- Grace Johnson** - 50m breaststroke bronze in NW Regional Championship
- Darcie Claxton** - 100m butterfly bronze in NW Regional Championship

TABLE TENNIS

- U13 team 3rd in NW Championship

TENNIS

- U15 girls' semi-finalists in the Lawn Tennis Association Youth Schools Division
- Annabel Wong** - Lexus Bradfield Junior International Tournament winner

TRAMPOLINING

- 4 team golds at the National Schools Trampoline Finals: Year 1-6 Novice, Year 7-9 intermediate girls, Year 10-14 intermediate boys and Year 9-10 novice boys
- 2 individual silver medals and 2 bronze medals
- Tilly Fox & Lily Hardcastle** - qualified to represent the Northwest region in the British trampoline finals

WATER POLO

- Alexa Watkins** - Scotland U18 Girls Water Polo Squad

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.



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

Alex Thomson (2010) 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.

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 and has been selected for Scotland's 2024 Six Nations squad.



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.



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



PETER LANGLEY
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



**SOPHIE
HETHERINGTON**
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



FREDDIE GRIFFITHS
Coaching Assistant



ARCHIE OFFER
Coaching Assistant



WILL WORSWICK
Coaching Assistant

