



St Bernadette's Catholic Primary School Sports Newsletter - Autumn Term 2017



September/October

Football – Lancashire Cup

In September the school football team entered the Lancashire Cup Tournament at Lancaster and Morecambe College which was attended by other 25 schools from across the district. The team was made up from Year 5 and 6 boys. The boys played some excellent football in a very challenging group which included Ryelands, Lancaster Road, and Ridge. Unfortunately on this occasion they just missed out on a quarter final place by finishing 3rd in their group with only two teams progressing. Good effort boys.

Football - OLCC

In October St Bernadettes entered a team in the Our Ladys Catholic College Cup Competition. It was a very competitive field of entries with seven schools from Lancaster and Morecambe taking part. St Bernadettes did extremely well securing 3rd place overall thus all the boys came away with bronze medals for their effort. Well done boys great achievement.

Football – Lancaster Sports Association Competition

Also in this term St Bernadettes entered two teams of boys from Year 5/6 into a competition held at Moorside School. Both teams played some excellent football. Congratulations to the school A Team who were the competition winners, they progressed through their group defeating Willow Lane 1-0 and drawing against Moorside 0-0. In the semi-final they defeated St Lukes 3-0 to progress to the final, where they faced Moorside again who had also won their semi final match. The game was extremely tight and the match was 0-0 after normal time and extra time, so it was decided in a penalty shoot out. The boys did not disappoint winning 2-0 in the shoot out. A special mention must go to Billy Confrey who saved one of the penalties and also Tom Lewis from Year 5 who calmly stepped up and buried his penalty in the bottom corner of the net sending the goal keeper the wrong way. Also a special mention to the B team who did amazingly well winning their group with a win against Ellel and a draw against St Lukes, thus taking them to the semi-final where unfortunately they were defeated by Moorside. They still secured 4th place overall, an excellent achievement as the B team was all made up of boys from Year 5. Well done to all the boys who took part.

Sportshall Athletics Competition OLCC

In October, 10 pupils from Year 6 were entered into an athletics competition at Our Ladys Catholic College. The children competed in a wide range of events that included team relays, obstacle courses, javelin throws, long jump and many more. There were seven schools that took part with over 100 children taking part. After a fantastic afternoon the scores were very close and St Bernadettes secured the runners up position with all the children receiving a silver medal for their fine effort. The children represented the school with an excellent attitude and great level of play. Thank you to all the parents who attended the event and helped with transport.

September/October/November/December

Sports Coaching

Throughout the Autumn Term there have been a wide range of external Sports Coaches that have been into school to deliver a varied programme of sports and activities to the children and to offer coaching tips for the class teachers.

Morecambe Football Club – Football Coaching

In September and October, Year 5 had a six-week block of football training delivered in curriculum time by ex-professional footballers from Morecambe Football Club.

Ludas Dance

In October, Year 6 had five weeks of dance coaching provided by Ludas Dance Company and the emphasis of the sessions was on street dance.

Multi-Skills

Throughout September / October, professional coaches from MFC worked with children in Year 1 over a five week period in a wide variation of sports to aid their fundamental movement and ball skills.

Games and Teamwork

Also in September and October, MFC worked with the Year 4 class to further enhance the PE skills with the emphasis being on team games and participation.

Dan Lofthouse (OLCC Sports Coach)

Mr Lofthouse came in for two full afternoons in October to work with Year 2 with the emphasis on multi-skills games and then worked with Year 3 on ball games and skills / teamwork.

Gym Stars

During November and December Year 2 had five weeks of rigorous coaching activities with various equipment provided by MFC which included mini cross trainers, mini exercise bikes, running machines, rowing machines and fitness circuit training. The children really benefitted from these activities and certainly got a lot out of this opportunity whilst thoroughly enjoying it.





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Sports Coaching continued...

KS Sports

In November and December, a professional coach worked with Reception for three weeks with the focus being on games and activities to further enhance their fundamental movement and balance skills.

Korfiball

During November and December the children in Year 3 benefitted from having a professional coach teaching them a new sport for the school called Korfiball which is a variation of netball / basketball where boys and girls are fully active throughout the game.

Bike Ability (Go Velo)

In September the majority of pupils from year 6 had the opportunity to spend several days participating in cycle proficiency training with the Go Velo training provider. This took place within the school grounds and supervised on nearby roads.

Go Velo (Reception)

Also for the first time, the Go Velo training providers spent a couple of days in school with reception children introducing learning to ride a bike and basic safety skills.

September / October Sports Clubs

Boys Football Club – Year 5 / 6

In the Autumn Term, Mr Karim and Mr McKeivitt held a football club for the boys in Year 5/ 6. It was extremely well attended. The boys learned new skills and played in match situations. Also, all the boys who attended the club, have had the opportunity to represent the school in competitive matches against other Lancaster and Morecambe District schools.

Girls Football Club – Year 4 / 5 / 6

An after school football club was also run for girls in Year 4, 5 & 6 by Mr Karim and Mrs Bramhall. It was also well attended, with some girls taking their first opportunity to play football and learn new skills. Some of the girls who attended will also have the opportunity to represent the school in the future in competitive matches. The enthusiasm of the girls was great to see.

Netball Club

Both boys and girls in Year 5 and 6 had the opportunity to attend the netball club in September / October. The club was run by Mrs Wood, Mrs White, Mrs Bramhall and also assisted by Mrs Lord. The children further developed their skills and had the opportunity to practise in match situations. Some of the children will have the opportunity in the Spring Term to represent Bernadette's in various competitions.

Dates for the Diary – Spring Term

January	Primary Stars Coaching – Year 2 Sports Leaders Conference – Salt Ayre Annual Sports Conference – Salt Ayre
February	Gym Stars – Reception Football Club – Year 3 and 4
March	High 5 Netball Competition – Year 5 and 6 – OLCC Football Competition – Year 3 and 4 – Moorside Girls Football Competition – Moorside Korfiball Coaching – Year 4

Thank you for your continued support & have a lovely Christmas break
Mr P Karim & Mrs R Wood
Sports Coordinators

