



# St Bernadette's Catholic Primary School Sports Newsletter – Spring Term 2018



## January

### Primary Schools Sports Conference

In January St Bernadette's were awarded the runners up position as Lancaster P.E School of the Year at the Primary Sports Conference held at Salt Ayre for 2017 which follows St Bernadette's fantastic achievement of winning the award in 2016. This award recognises the continuing commitment the school has made to all aspects of PE and sport including extras-curricular sports activities, competitive sports fixtures and the use of professional sports coaching within curriculum time . Congratulations to all the children and the commitment of the staff and support of all parents to which make it possible for the school to continue to be recognised in achieving the awards.

### Primary Schools Sports Leaders Conference

St Bernadette's took six children from year 5 to this conference at Salt Ayre. The children had a opportunity to work with other local schools at various workshops that consisted of activities such as teamwork, problem solving and communication with the help from professional coaches from the local area. The children thoroughly enjoyed this opportunity and represented the school with great enthusiasm.

## February/March

### Korfball Tournament

Congratulations to the eight pupils from year 3 (4 boys and 4 girls) who took part in the first ever Korfball tournament held at Moorside School. Korfball is a game of equal boys and girls on each side . The game its self is a fast paced exciting game that can be described as a mixture of netball/basketball. St Bernadette's did very well in this year 3/4 tournament one of the teams got to the quarter finals . It was the fist time the eight children had represented the school in a competitive event and they did extremely well and enjoyed this opportunity. A big thank you to Joe Lewis of year 6 for giving up his time to help manage the team that progressed to the quarter finals ( further than Mr Karim got the other team !) well done Joe.

### Lancaster Schools Year 3/4 Football Tournament

In March St. Bernadette's entered two teams into the Year 3/4 Football Tournament held at Moorside School. Again both teams did very well against some very difficult opposition. The A Team played 4 games defeating Moorside 1v0 , Dallas Road 3v0, St Luke's 2v0 and losing 2v0 to St Johns Ellel. The A team finished the competition in 4 place overall. The B Team recorded wins against Willow Lane and 2 defeats well done boys. A special thank you to Juan, Casper, and Joe (year 6 boys ) for their assistance managing the B Team.

### KS2 Lancaster Girls' Football Tournament

In March the girls football team (consisting of girls from years 4,5,& 6) entered the football tournament held at Moorside School. They played extremely well as a team and beat Rylands 1v0 , drew with Dallas Road 0v0, Bowerham 0v0 and were narrowly defeated by Moorside and Willow Lane. The girls represented the school with a very positive attitude and finished in forth place out of seven local schools.

### High 5 Netball Tournament OLCC

In March Mr Karim took seven children from years 5 & 6 to the High 5 Netball Tournament at OLCC. The children played very well with a excellent attitude. The team had 3 wins and 3 loses and achieved forth place overall out of eight schools. Well done to all involved you did yourself, parents and school proud.

### High 5 Netball Tournament LMC

In March also , the same group of children competed again at Lancaster and Morecambe College in another High 5 Netball tournament under the supervision of Mrs Bramhall. Again the children played with a great attitude and enthusiasm and played some excellent netball . The team finished in eight place out of 14 schools that took part. Once again children well done.

## January/February/March

### Sports Coaching

Throughout the Spring Term the schools commitment to provide external Sports Coaches , to work with various classes and along side class teachers to help provide coaching tips.

### Primary Stars Coaching

This term the children in year 2 have had the opportunity to have six weeks of professional coaching from the Primary Stars programme. The coaching focused on the importance of exercise and healthy living. The core principles that the children learn are benefits of exercising , healthy living, team work , core areas like balancing , catching , throwing and of course just having a go and having fun. In the Summer Term the children in Apple Class will also have six weeks of coaching from Primary Stars.

### Gym Stars

During February/March Apple Class 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 definitely benefitted from these activities and certainly got a lot out of this opportunity as did Mrs Bramhall .





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News letter continued....

## Sports Clubs

### Year 3/4 Football Club

During the Spring Term the children in years 3 and 4 had the opportunity to attend a football club. The club was run by Mr Karim and assisted by some year six Sports Leaders. The children further developed their football skills and also had the opportunity to practice in match situations. Most of the children who attended represented their school in the Lancaster Schools Year 3/4 Tournament held at Moorside School.

### Change 4 Life Club Year 2

The children in Year 2 had the opportunity to attend a Change 4 Life Club run by Mrs White and Mr Karim, also assisted by four year 6 Sports Leaders. The theme of the club was for the children to try a range of different sports including cricket, netball, hockey, rugby, football and tennis. The children were encouraged to try each sport and to just have fun without the competitive edge. Again a big thank you to the year 6 Sports Leaders who did an amazing job with motivating the children to participate fully.

## Dates for the Diary - Summer Term

**April** Easterfield Football Competition 5/6  
Korfball coaching Y4  
Primary Stars coaching Apple class  
Netball Club Y3/4  
Tag- Rugby Competition Y5/6  
Change 4 Life Club Y1

**May** Boys and Girls Cricket Clubs 4/5/6  
Netball Tournament Y3/4  
Change 4 Life Event OLCC

## **May (continued)**

Netball Competition Y3/4  
Netball Competition Y5/6

## **June**

Change 4 Life Club Apple class  
Bowick Hall Y6 residential  
Athletics Competition OLCC Y3  
Hockey coaching Y6  
Tennis coaching Y6  
Athletics Competition Y6  
Rounder's Club Y6  
Climbing Wall Y6 Salt Ayre

## **July**

Rounder's Competition Y6  
KS1 World Cup Football Club  
KS2 World Cup Football Club  
Bowling Event OLCC

**Thank you for your continued support**

**Mr P Karim  
Sports Coordinator**

