



St Bernadette's Catholic Primary School Sports Newsletter – Spring Term 2019



January/February/March

Sports Coaching

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

Primary Stars Coaching

This term the children in Apple and Elm class 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 children learn the core principles of exercising , healthy living, team work , core areas like balancing , catching , throwing and of course just having a go and having fun.

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 .



February/March

Korfball Tournament

Congratulations to the eight pupils from year 4 (4 boys and 4 girls) who took part in a 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 with one team securing 3rd place overall. Also this term two teams entered the Year 5 tournament also at Moorside, again they played to a very high level with both teams finishing in the top 10 schools.

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 Dallas Road 5v0 , Scortforth 3v0, St Luke's 2v0 and losing 1v0 in the semi-final. The A team finished the competition in 3rd place overall. The B Team played against 4 other schools but unfortunately didn't record any wins this time. But well done for keeping going and not letting your heads drop. A special thank you to Liam, Lucas, Oliver, and Thomas (year 6 boys) for their assistance managing the B Team, and Paul for his great help in assisting Mr Karim with the A Team.

High 5 Netball Tournament OLCC

In February Mrs Wood 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 didn't finish in the top 3 on this occasion but the attitude to keep going was a credit to themselves and the school. Well done to all involved you did yourself, parents and school proud.





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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. The children further developed their football skills and also had the opportunity to practise in match situations. All 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 1 and 2

The children in Year 1 and 2 had the opportunity to attend a Change 4 Life Club run by Mr Karim, also assisted by six 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

May
Boys and Girls Cricket Clubs 5/6
Netball club Y3/4
Netball Tournament Y3/4 Girls
Netball Tournament Y3/4 Boy
Netball Tournament Y5/6

June
Change 4 Life Club Apple class
Bowick Hall Y6 trip
Athletics Competition OLCC Y3
Hockey coaching Y6
Tennis coaching Y6
Athletics Competition Y6
Tag- Rugby coaching Y3 and Y5
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
Mrs R Wood
Sports Coordinators

