



St Bernadette's Catholic Primary School Sports Newsletter - Autumn Term 2019



September/October/November/December



School Games Kite Mark Accreditation

St Bernadette's has successfully achieved the Gold Award for the academic year 2018/2019. This award is recognised nationally as a Government standard and provides effective evidence for Ofsted in terms of the commitment to both competitive and non-competitive sport in school. It is down to the continuing commitment and hard work of all the staff and children within school and emphasises the importance placed on sport at St Bernadette's.

Football - OLCC - Boys

In October St Bernadette's entered a team in the Our Lady's Catholic College Cup Competition. It was a very competitive field of entries with seven schools from Lancaster and Morecambe taking part. St Bernadette's did extremely well securing 4th place overall. Well done boys, great achievement.

Football - OLCC - Girls

Also in October St Bernadette's entered an all girls team in the first Our Lady's Catholic College Cup Competition. They didn't disappoint. They played extremely well, playing 7 games in total, securing 3 wins, 1 draw and 2 defeats. The team was made up of girls from Y4, Y5 and Y6. The team finished 4th overall just missing out on a bronze medal on goal difference. Well done girls, a great effort.

Football – Lancaster Sports Association Competition

St Bernadette's 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 runners up, they progressed through their group defeating Castle View B 3-0 and Cathedral 4-0. In the semi-final they defeated Ellell on penalties to progress to the final, where they faced Castle View A who had also won their semi final match. The game was extremely tight and St Bernadette's were defeated by a 2-0 score line. Also a special mention to the B team who did amazingly well.

Lancaster & District School's Football Trials

Congratulations to Harvey Suthers, Zac Heywood, and Rory Short of Willow Class who were selected from St Bernadette's School to go for football trials with 46 other children from various schools across the District to try out for the District team.

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 and Mrs Bramhall. 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 St Bernadette's in various competitions.

Boys Football Club – Year 5 / 6

In the Autumn Term, Mr Karim 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. 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.





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



News letter continued...

Go Velo (Reception)

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.

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.

Primary Stars Coaching

This term the children in year 1 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 Spring Term the children in Apple Class and year 2 will also have six weeks of coaching from Primary Stars.

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.



Dates for the Diary – Spring Term

January	Primary Stars Coaching – Year 2 Gym Stars- Reception
February	High 5 Netball Competition – Year 5 and 6 – OLCC Football Club – Year 3 and 4
March	Change 4 Life- OLCC Football Competition – Year 3 and 4 – Moorside Girls Football Competition – Moorside Primary Stars Coaching-Reception Sportshall Athletics- OLCC

Thank you for your continued support & have a lovely Christmas break

Mr P Karim & Mrs R Wood

Sports Coordinators

