



# PE NEWS

## Getting to the "Heart" of BTEC Sport



Ever wanted to know what the internal organs of your favourite farmyard animals looked like? Us neither... Yet that was exactly what was on the menu for the Year 12 BTEC Sport class as they got up close and personal with a fresh set of heart and lungs.

The class, with the help of Mrs. Lord and Mr Brumfit, were able to identify and dissect the key aspects of the organs and even got to see what happens when you attempt to inflate lungs using a straw!

It was safe to say that nobody was rushing to the canteen for a bacon roll after this...





# PE NEWS



Mrs. Lord stepped up to the plate and volunteered to manually inflate the lungs... really hope she didn't inhale.





# PE NEWS

## National Schools

Congratulations to Mrs. Gillespie's and Miss Bloomfield's "Crazy Gang" who played some amazing netball at the most recent National Schools Tournament. In what was a "fab" day out, the girls were able to match up competently against teams of Year 11 pupils and come away with a lot of pride. Anna Gifford was voted player of the tournament. Well done.



## Upcoming Netball

### Year 7 & 8

Home Vs St Cuthbert's - Monday  
28<sup>th</sup> November

Away @ Wardle - Tuesday 6<sup>th</sup>  
December

### Year 9 & 10

Away @ Wardle - Thursday 8<sup>th</sup>  
December

Speak to Mrs. Gillespie or Miss  
Bloomfield if you have any questions.



## NETBALL

Congratulations to the Year 10 Netball team for defeating Falinge Park 39-2. Nell McKee voted player of the game.

The Year 8's were also victorious against Hollingworth. Olivia Hall was voted as player of the game for her performance in a 20-4 victory.

Awesome performance from the Year 7's who came away from Hollingworth with an 11-5 victory.





# PE NEWS

## Boy's Football Roundup

### YEAR 8

#### Still Invincible



From 6 wins out of 6 games played to 8 wins out of 8, the Year 8's keep going from strength to strength much to the delight of Mr McLaughlin.

The possible sextuple (that's 6 tournament victories) is still achievable as the boys have made further progress in both the County and English Schools Cup since we got back after half term.

A 7-3 victory on the "grass" pitch here at home verses Stretford Grammar School in the 8vs8 County Cup was followed up by a 5-3 win against Cheadle Hulme in the English Schools Cup where the team were cheered on by a bumper crowd of parents and students... and even a dog.

By the time this goes to print the boys will have played Parrswood in the 11vs11 County Cup Competition where they will look book their place in the last 16 and record their 9<sup>th</sup> straight victory.

**Nothing is won yet boys** so keep up the hard work and don't take any game for granted and let's see what can be achieved this season.

### YEAR 11

Mr Goddard's Year 11 team finally got their first win on the season at the sixth attempt thanks to Catholic Cup victory verses St Paul's.

A Ryan Beard hat-trick was enough to ensure a relatively comfortable 3-0 and ensure progress into the next round of the cup. Cup ties against Siddal Moor and St Cuthbert's wait for the Year 11's as they chase Rochdale and Catholic Cup success.

The "B" team must be gathering a reputation as a hard team to face as their last two proposed opposition have forfeited the fixture without a ball being kicked. They finally, and we really do mean finally, after a 50 minute delayed arrival from their opponents, had a game against St Anne's where they fell to a 4-0 defeat after starting the game cold... possibly due to being on the 3G for almost 2 hours before kick-off..

### YEAR 9

The Year 9's started this half term with Rochdale Cup defeat away to Wardle. A score of 3-0 slightly flattered the hosts but it is Wardle who progress into the next round.

The defeat to Wardle certainly seemed to unite the team as their next match away to Appleton Academy in the English Schools ended up with our Year 9's demolishing their opponents 17 (**Seventeen**) - 1. In a score that resembled more of a result from a rounder's match, the boys took the lead in the first minute and barely had time to slow down as they raced into a 4 goal lead inside 8 minutes and an 11-0 half time lead. A more patient and controlled second half followed as the team were still able to add a further 6 goals to take their total to a whopping 17. Next up for Mr McLaughlin and the boys is an English School Cup verses Wright Robinson (at home) on Thursday December 1<sup>st</sup>.



# PE NEWS

## YEAR 7

### English School's Cup Dream Still Alive

The Year 7B team put up a spirited performance in their English School's Cup match against Cheadle Hulme before eventually falling to a 6-5 defeat despite being 6-1 down at half time. After a bit of confidence building, the boys came out rejuvenated and laid siege on Cheadle Hulme's goal, scoring 4 unanswered goals to get back to 6-5 but it wasn't enough to force extra time.

The fixtures just keep on coming for the "A" team and the boys were able to record another 3 straight wins before succumbing to a 5-4 defeat in the county cup against St Peters.

Resounding victories away to Wardle in the ESFA Cup (5-2) and Matthew Moss in the League (7-0) was followed up by another league win at home to Hollingworth (3-0), taking the Year 7's winning streak to six matches. This streak ended in the County Cup against a decent St Peter's team who on another day, under different conditions, could have been the 7<sup>th</sup> straight victory.

The English School's journey has now reached Round 5 thanks to a hard fought 4-1 victory in Leeds against a strong Abbey Grange High school. A "backs to the wall" opening 15 minutes was followed by an equally dominant period where, even after 2 wonder saves from the Abbey Grange 'keeper and being denied a "stonewall" penalty, Jack Atkinson and Brandon Smith were able to take a couple of half chances to put Langley 2-0 up at half time. A counter attacking second half, enough to make manager Mr Kennedy proud, followed as Jack added his second before Mason Fullerty broke clear in the final minutes to wrap up an impressive 4-1 win and set up another away day - this time in Harrogate - in round 5.

The most recent match for the 7's was at home to St Anne's; a final score of 8-1 was well deserved after a controlled and composed performance. Jack Atkinson scored in his **ELEVENTH** straight game for school, taking his personal tally of goals to well over 20 for the season. Eat your heart out Jamie Vardy.

Congratulations to Ryan "Scholes" Beard (Year 11) on his most recent appearance for Oldham Athletics Youth team in the FA Youth Cup victory away to Romulus, setting up a next round tie versus Birmingham City. Ryan entered the game in the 72<sup>nd</sup> minute with the score at 1-0, playing his part in guiding Oldham to a 2-0 victory. Well done Ryan.



Oldham Athletic AFC @OfficialO AFC · Nov 15

72' Change for @OAFCAcademy as Bailey Whalley is replaced by Ryan Scholes.

1 3





# PE NEWS



## YEAR 10

Fresh from their 5-4 victory at Hollingworth, the Year 10's put in their best performance of certainly the season - if not ever, to beat rivals St Cuthbert's 1-0 thanks to a late headed goal from Lucas Turner. Mr. Greaves has demanded solidity and unity from the team and they put on a fantastic defensive performance. Cullen Charnock was a giant in goal and claimed every cross and free kick with poise and all 10 outfield players did their job defensively, limiting St. Cuthbert's to only 1 chance all game.

The hat trick of wins came against Holy Family with a 3-2 win thanks to 2 goals from Cody McCann and a first goal at Cardinal Langley for Mohammed Hussain.

## Girls Football

The annual girls football tournaments at Matthew Moss are currently ongoing every Tuesday night and Cardinal Langley girls are there representing. Under the stewardship of Miss Johnson, the U12, U14 and U16 teams are all getting their chance at competitive football against the best Rochdale has to offer.

Week 1 saw the U14 team record an impressive 3 victories with only 1 defeat from their matches played. The girls will look to close the gap on 1<sup>st</sup> place Middleton Tech the next time they are in action in a couple of weeks. The U16's faced strong competition in their age group and were able to put up a determined performance which resulted in 7 points from the 5 games played. The girls will look to improve their record before Christmas when they will be back for weeks 2 and 3 of the tournament.



# PE NEWS

## No such thing as wet play time at Cardinal Langley



Primary school was great when it rained - you could stay inside and play board games, or just talk and hang out with your friends for an hour instead of getting soaking wet and freezing cold in the rain.

At high school, there is one slight difference to this scenario... we don't have Monopoly or Connect Four... we do have a gymnasium and a Bluetooth music speaker.

When the inclement weather rolls around this time of year, we turn to a little bit of Zumba and exercise to music to keep practical sport going.

So remember to bring your PE kit for every lesson... even when it's raining or snowing.





# PE NEWS

Hey,  
have you met...?

Mrs. C  
Keefe

Mrs. Keefe has been with us at Cardinal Langley for about as long as the Year 8's (she is Head of Year of) have been alive. CK is a key member of the core PE team and is one of the lead teachers of A-Level and GCSE PE.

What you might not know about Mrs. Keefe is that she was born, and grew up, on the Isle of Man, a relatively tiny island located in the Irish Sea between England and Northern Island. As a child, Mrs. Keefe used to have a pet Manx Loaghtan called "Doug", a six horned sheep native to the tiny island.



Mrs. Keefe loves to dance, and she actually used to participate as a professional Celtic dancer at the "Manx Music Festival" in Douglas every April until she moved to mainland England. Even now, whenever she gets a spare moment and you can usually catch a glimpse of her practicing her "Michael Jackson moonwalk" around the PE department.

Known for rocking her fluorescent trainers, Mrs. Keefe is never one to shy away from a challenging situation (except for maybe a Welsh Bull or two, on Duke of Edinburgh). PE NEWS caught up with her earlier this week to ask her a few questions...



The Isle of Man is located in an area between England and Northern Island sometimes ironically referred to as "No Man's Land."





# PE NEWS

Q: How long have you worked at Cardinal Langley?

10 Years in September

Q: If you could be a PE teacher in any place in the world, where would you go?

Bora Bora Island

Q: What is your favourite lesson to teach?

A Level Physiology - In particular energy systems

Q: Dodgeball or Benchball?

Dodgey-B

Q: 3G or Grass?

Grass

Q: Favourite song?

Make me a channel of your peace - Johann Sebastian von Tempelhoff

Q: What is your favourite place you have visited?

St Michael's Beach, Barbados - Miles of white sand and green sea!

Q: Favourite food?

Lebanese - I particularly like Shawarma chicken, rice and Tabbouleh salad

Q: Favourite Sports team?

The Jamaican sprint team

Q: First car?

A white Vauxhall Corsa with a black number plate - she was called Demeena

Q: Sunrise or Sunset?

Sunrise!

Q: Savio House or Duke of Edinburgh?

After the "bull" incident I'd have to go with Savio - But I do love both

Q: What film or recording artist do you consider to be your guilty pleasure?

I'm a massive power ballad fan! I also love Justin Bieber. "Is it too late now to say sorry?"

Q: What was your favourite TV show when growing up?

Fresh Prince of Bel Air. I also used to watch "Sister, Sister" back to back on Nickelodeon.

Q: What is the best invention during your lifetime?

iPhone

Q: Which word in the dictionary is spelled incorrectly?

Incorrectly

Q: If a 2 year old passes you a toy phone, do you answer it?

Absolutely. This happens to me all the time. It's usually Peppa Pig on the other end.

Q: If you won £100million on the lottery, what is the first thing you would buy?

P-Diddy's luxury yacht. Then I'd donate the rest.

Q: If you could have any one superpower, what would you choose and why?

To be able to freeze time.

Q: Would you rather fight - 10 duck sized horses or 1 horse sized duck?

Either - I'm a black belt Jujutsu. They would both be a piece of cake to me.

Q: If you could eliminate one thing from your daily schedule, what would it be?

Sitting in traffic

Q: And finally, if you weren't a PE teacher at Cardinal Langley, what department would you want to work in?

History



Make me a  
channel of  
Your peace.



# PE NEWS

## Cardinal Langley Extra-Curricular Sport 2016-2017

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>LUNCH</b> 12.50 – 1.25 PM	<u>Sports Hall</u> Basketball (9 & 10) (AGP & MG) 	<u>Sports Hall</u> Basketball (7 & 8) (VM & PK) 	<u>Sports Hall</u> Netball/Fitness (ALL Girls) (DLB) 	<u>Sports Hall</u> Badminton (LG) (Key Stage 3) 	<u>Sports Hall</u> (6 <sup>th</sup> Form) (TG) 
<b>AFTER SCHOOL</b> 2:30 – 4.00	<u>Gym</u> Circuit (LG) 	<u>Gym</u>	<u>Gym</u>	<u>Gym</u> <b>Period 6</b> (A Level, GCSE & BTEC) (APG & MG)	<u>Gym</u>
	<u>Sports Hall/Yard</u> Badminton (10 & 11) (SL) Netball (7) (DLB)  	<u>Sports Hall</u> Netball (10 & 11) (LG) 	<u>Sports Hall</u>	<u>Sports Hall</u> Netball (8 & 9) (DLB) 	<u>Sports Hall</u>
	<u>3G</u> Boys Football (10 & 11) (APG & MG) 	<u>3G</u> Boys Football (8) (VM & PK) 	<u>3G</u> Boys Football (7 & 9) (VM & PK) 	<u>3G</u> Girls Football (7 & 8) (NU) 	<u>3G</u> Staff Football 



Don't be like  
Rashawn!!!!

Remember to check the PE notice board and PE office whiteboard for up to date football and netball fixtures as well as any other upcoming sporting events.



# PE NEWS

## Sports Games

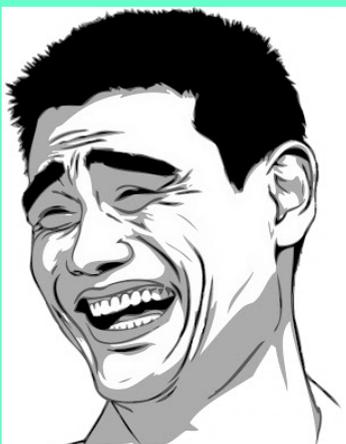
B	A	S	K	E	T	B	A	L	L	C	I	L	B	R
N	E	U	Q	E	D	E	Z	Z	R	E	C	C	O	S
B	K	S	V	M	H	B	A	S	E	B	A	L	L	A
A	X	G	W	S	D	S	B	T	Z	M	J	Q	S	O
D	T	L	J	R	T	E	K	C	I	R	C	Y	E	C
M	Q	C	L	N	E	R	F	A	T	Z	X	I	R	F
I	C	R	F	A	S	S	A	H	T	E	S	E	H	G
N	I	H	H	H	B	D	T	D	I	W	N	F	D	O
G	L	X	K	O	R	Y	Y	L	B	I	O	N	B	L
T	N	P	A	B	C	B	E	N	I	O	Y	B	I	F
O	B	I	V	H	G	K	O	L	T	N	F	M	M	S
N	W	I	L	X	E	E	B	L	I	G	F	M	D	
H	W	Z	R	C	J	Y	A	Y	B	O	X	I	N	G
E	A	J	I	A	Y	L	T	M	I	K	V	V	X	W
Z	A	H	G	R	L	C	A	M	P	A	C	M	J	V

- TENNIS
- BOXING
- RUGBY
- GOLF
- DARTS
- CRICKET
- SOCCER
- CYCLING
- FOOTBALL
- BASKETBALL
- BASEBALL
- VOLLEYBALL
- WRESTLING
- HOCKEY
- BADMINGTON

## Football Team Dingbat



Why did the golfer have an extra pair of pants?



(In case he got a hole in one!)



*"I owe a lot to my parents, especially my mother and father."*

Greg Norman  
(Ex Professional Golfer)

