



PE NEWS



**FROM THE PE
DEPARTMENT!**





PE NEWS



Usain Who?

Unless you have been living under a rock for the past 10 years, you are probably familiar with the name Usain Bolt - Fastest man on the planet? If you haven't, you might have heard of Fuad Kasali - Fastest U14 in Manchester.



CardinalLangleyPE @pecardlangley · Nov 25
200m gold medalist Fuad Kasali #boltwho #whatusain 25.42sec

Fuad won 200m gold at the recent Manchester Indoor athletics, continuing on from his fine individual performances at last year's Rochdale School's Athletics where he also won gold.



Manchester Indoor Athletics

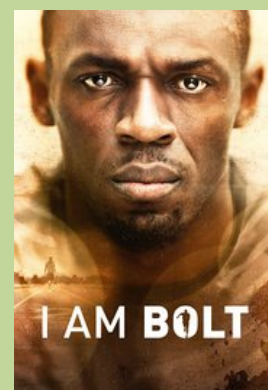
On Friday 15th November, pupils from years 8 and 9 headed to Sport City to partake in the Manchester Indoor Athletics Championships.

The competition was strong, but "Team Cardinal Langley" rallied and dug deep to put on a tremendous performance throughout the running, jumping and throwing events.

Congratulations to all who participated.

NEXT UP
FRIDAY 3RD
FEBRUARY
Year 7

In case you actually haven't heard of Usain Bolt, check out his new movie "I Am Bolt" which premiered on November 28th 2016 and is available now on DVD.



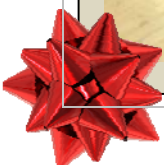


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It's a Balancing Act

Here is a behind the scenes look at what goes on during Year 7 Gymnastics. The girls were paired up and challenged to create as many balances as possible. Here are some of the results...





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Boy's Football Roundup

YEAR 8

Mr McLaughlin's Year 8 Boys are still challenging for the Rochdale, County and Catholic Cup trophy's as well as being one game away from a second successive League title.

In the County Cup, the Year 8's now face Wright Robinson for a place in the semi-final whereas St Matthews are up next in the Catholic Cup.

YEAR 7

The year 7's await the winner of the match between Wardle and Oulder Hill to determine who they will face in the ¼ finals of the Rochdale Cup.

The Year 7's also have one final league match this season, where victory at Oulder Hill will see them crowned champions of Rochdale in their first season.

Good Luck Boys.

YEAR 10

The Cup dreams might be over for Year 10's but there is still plenty of optimism going into the New Year with a potential first ever Rochdale League Championship at stake as they currently sit joint top with 2 games remaining.

Mr Greaves has the Year 10's playing at a higher level than ever and they can count themselves unlucky to have been knocked out of the County and Catholics Cups by Our Lady's thanks to a last minute winner in extra time and a narrow 2-0 defeat.



YEAR 11

It has been a slightly indifferent season for Mr Goddard's Year 11 teams so far.

The "A" team are through to the semi-finals of the Rochdale Cup where they will face St Cuthbert's and look to get even after being knocked out of the Catholic Cup by them earlier in the year.

The "B" team's season may be over but they currently sit top of their division with 10 points from their matches, one above St Anne's who still have one game remaining.

YEAR 9

The Year 9's have 4 matches remaining in the Rochdale League this season where victory in all four could still see them crowned Rochdale Champions. A winning run in the league would be a decent reward for Mr McLaughlin's team who have endured a rough season so far including nail biting losses to Bolton School in the English Schools Cup, Castlebrook in the County Cup and Wardle in the Rochdale Cup.





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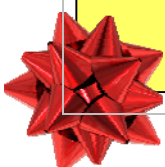
From "Thunder" to "Gail's"



Miss Bloomfield had a dream realised recently when she got to stand shoulder to shoulder with her personal favourite "TV heartthrob" at a recent promotional event.

Keeping with the weather theme... Miss Bloomfield has gone from playing professional Netball for Manchester **"Thunder"** to now meeting Gail **"Gale"** Platt's on screen ex-husband Sean Wilson - Better known as Martin Platt on the hit TV soap Coronation Street. She hasn't stop talking about him since...

Here is Miss in action at a recent Manchester Thunder event. Season Tickets for Manchester Thunder are currently available for £105 for Adults and only £85 for Under 16's at www.manchestert Thunder.com





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Mrs. S Lord

Mrs. Lord is a valued asset to the department and is one of the lead teachers of BTEC Sport. SL began her teaching career with us at Cardinal Langley so long ago that "The Lord or the Rings: Return of the King" was the biggest movie in the world, and "Blazin' Squad - Crossroads" was the UK's number 1 single.

In case you haven't noticed, Mrs. Lord wasn't always situated so local to us posh folk in Greater Manchester. She in fact grew up a lot further south in a place called Surrey, where not only do they not do "Chip Friday's," the simple thought of putting gravy on anything at all, seems alien. After attaining her teaching Degree at the University of Leeds, Mrs. Lord moved across the Pennines to Manchester, and hasn't budged since.

What you might not know about Mrs. Lord is that besides being a fantastic PE and BTEC Sport teacher, she also moonlights in all the following professions in her "Free" time:

Science Teacher
Water Polo Instructor
Professional Mapper
Primary School Teacher
Bed & Breakfast Operator
Official Royal Photographer to Her Majesty The Queen
Gym Owner
Taxi Driver
Head Chef
Pub Landlord

We are incredibly lucky and fortunate to have Mrs. Lord in our department and we don't know where we would be without her. PE NEWS caught up with Mrs. Lord earlier this week...





PE NEWS



Q: How long have you worked at Cardinal Langley?

This is my 14th year

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

The Lake District (No, Really!)

Q: What is your favourite (PE) lesson to teach?

Gymnastics

Q: Walks on the beach or hiking through the mountains?

I'd walk on a beach underneath a mountain

Q: Northern England or Southern England?

As a southerner - North, any day!

Q: If you could have dinner with any person in history, who would it be?

My dad

Q: What is your favourite place you have visited?

Rio De Janeiro, Brazil

Q: Favourite food?

Anything that anyone else has cooked

Q: First car?

Austin Allegro (Dubbed the "All-Aggro," officially voted as Britain's worst car of all time in 2008)

Q: Sunrise or Sunset?

Sunrise

Q: Bunsen Burners or Field Hockey Sticks?

Bunsen Burners

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

Shawshank Redemption

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

I didn't have a TV growing up

Q: What is the best invention during your lifetime?

Mobile Phone

Q: Cardiovascular system or Respiratory system?

Cardiovascular

Q: Can you rearrange the letters in the words "New Door" to make one word?

No

Q: A penguin walks through that door right now wearing a sombrero... what does he say?

"It's a bit hot in here!"

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

I wouldn't - and I definitely wouldn't tell anybody.

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

Invisibility

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

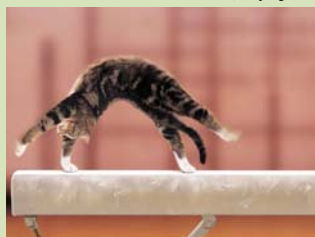
I'm not a violent person - so neither

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

The need to sleep

Q: Finally, if you weren't a PE (or Science) teacher at Cardinal Langley, what department would you want to work in?

Additional Needs




















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Cardinal Langley Extra-Curricular Sport 2016-2017

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
LUNCH 12.50 – 1.25 PM	<u>Sports Hall</u> Basketball (9 & 10) (APG & 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 th Form) (TG) 
AFTER SCHOOL 2:30 – 4.00	<u>Gym</u> Circuit (LG) 	<u>Gym</u>	<u>Gym</u>	<u>Gym</u> Period 6 (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.





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Sports Sudoku - Puzzle 1

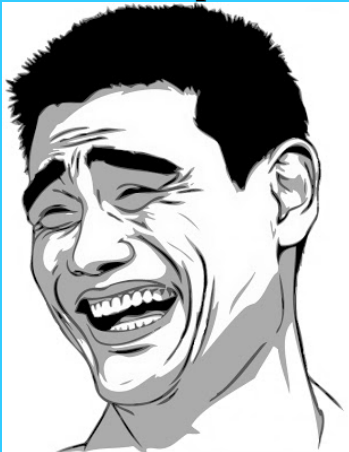


Fill the empty boxes with sporting equipment pictures so there is only **ONE** of each ball in any column, row, or mini-grid.

Football Team Dingbat



How is a rounders team similar to a pancake?



They both need a good batter!

FORGET THE GAME



"If you're not sure what to do with the ball, just pop it in the net and we'll discuss your options afterwards."

Bill Shankly
(Ex Liverpool Manager)

