



PE NEWS

Manchester Indoor Athletics

On Friday 3rd February, pupils from Year 7 headed to Sport City to partake in the Manchester Indoor Athletics Championships.

The competition was strong, but "Team Cardinal Langley" dug deep to put on a tremendous performance throughout the running, jumping and throwing events. Congratulations to all who participated with an extra special shout out to Jack Atkinson who finished 2nd and claimed a silver medal in the 800m event.



GMSAA Cross Country Championship

On **Saturday** 4th February, Miss Bloomfield, Mr Goddard, Mr Greaves and a handful of pupils from Year's 7-11 travelled to Heaton Park to take part in the Greater Manchester School's Athletic Association's Cross Country Championship. In what was a collection of the best athletes in the County, and with qualification to the National Final's the prize, our pupils ran their muddy socks off and did themselves proud. Harry Collier, (Year 10) was able to secure a top 8 finish and qualify for the finals. Well done to all who took part.





PE NEWS

Absolutely Smashed It



Congratulations to our fantastic Year 8 girls who claimed 2nd and 3rd place at the recent Rochdale Schools Volleyball Competition. The girls put on a tremendous showing against more accomplished schools, such as Siddal Moor, and were able to push them all the way in thrilling matches despite the fact that some of our girls were playing in a volleyball tournament for the very first time. Well done to all the girls who took part.





PE NEWS

Boy's Football Roundup

YEAR 8

After a dominant 2016, Mr McLaughlin's Year 8 Boys have had a mixed start to 2017, getting knocked out of Catholic and County Cup competitions at the Semi Final stage whilst being crowned winners of the Rochdale 6-a-side tournament at Matthew Moss.

Defeats away to St Matt's (4-0) and Wright Robinson (4-3) mean that the Year 8's are down to the two Rochdale competitions as they look to end year 8 with a league and cup double.

In the 6-a-side, the boys won every match they competed in on route to the final without conceding a goal and ended the 10 team "Round Robin" tournament ranked #1. It looked like they were to fall to an undeserved defeat in the final verses St Cuthbert's as they conceded a goal with only 2 minutes remaining, conceding from the first shot they faced all tournament. Dylan Forbes was able to equalise with the last kick of the game before Daniel Turner scored the winning penalty in the shootout to secure the trophy for Cardinal Langley

YEAR 11

The Year 11 football season has reached a premature end in January as the boys were knocked out of their final tournament after yet again losing on penalties, this time to St Cuthbert's in the Rochdale Cup semi Final. After going 2-0 up and looking to be well placed for victory, St Cuthbert's pulled back two late goals before fully completing the comeback on penalties. Mr Goddard would like to congratulate and thank all the members of the Year 11 "A" and "B" teams for their success and hard work over the past 5 years at Cardinal Langley.



Ryan Meredith "scoring" his 2nd and Langley's 4th.



Sixth Form

The Sixth Form can celebrate reaching the Final of the County Cup after a thrilling 5-3 victory against Bolton School. Sam Oko and (captain) Ryan Meredith scored two goals each in a strong team performance to progress to the final. Mr Campbell's team, led by Ryan Meredith and Jacob Stevenson, now awaits the winners from Wellington School, St Ambrose College or Altrincham Grammar School. Good luck to all the young men involved. PE NEWS will be there for a full report.



PE NEWS

Manchester Thunder's Lightning Round Up

Join us each edition as PE NEWS follows the progress of our very own superstar netballer Miss Bloomfield in her and her team's progress in the Women's Netball Superleague. The following information is brought to you from our friends at www.manchestert Thunder.com

Thunder get a taste of International Netball

1/2/2017



The Manchester Thunder squad got a taste of international netball at training on Tuesday.

The players were visited by the New Zealand Silver Ferns, who are in the country for the international Quad Series with England Roses, South Africa and Australia Diamonds. Currently camped out in the north west, the Kiwis visited the Black and Yellows' training session and also took part in a friendly match.

It worked as part of the Ferns' preparations ahead of their clash with the Roses in Liverpool on Thursday. The session also gave Thunder players the opportunity to play and learn from international-level athletes, ahead of the start of the Superleague season on February 18.

Head Coach Karen Greig said: "I was really pleased with how our girls performed against such quality opposition, they really stepped up to the challenge. Thank you to the Silver Ferns for the opportunity, it's another valuable part of our pre-season preparation."

"Manchester Thunder also stepped up their pre-season preparations with a "neat" 84-65 win over Team Northumbria. Thunder's own attacking play lacked composure and penetration at certain periods in the game but new signing **Dani Bloomfield** injected much-needed **pazzazz*** when she came on at centre."

*Pazzazz, is a beauty shop located next to "ChinaXpress" in Brandlesholme, Bury. They are open from 9am-5pm, Mon-Sat. For more information please visit www.pazzazzbeauty.co.uk or email them at contact@pazzazzbeauty.co.uk



JOIN THUNDER IN 2017

Tickets on sale now for the new Superleague season



PE NEWS



Mr V. McLaughlin



Mr. McLaughlin is in his second year as a PE teacher here at Cardinal Langley and is a valued asset to the department. He is a key member of the core PE team and one of the lead subject teachers of BTEC Sport.

Not only is Mr. McLaughlin a terrific teacher, he is actually almost unbeatable when it comes to playing sport himself. In his near two years at school he has yet to taste defeat in badminton, table tennis or any other sport you would like to challenge him at. This is further evidenced if you have been "fortunate" enough to ever witness the staff trying their hand at football on a Friday afternoon after school has finished. You might be forgiven for thinking that all the staff are equally terrible, however, even though that is not too far from accurate, Mr. McLaughlin stands out as one the best footballers in our school of teachers and more often than not finds himself on the winning team, having scored the most goals... usually in spite of the best efforts of Mr Cahill, who sometimes chooses to forget the legal rules when it comes to tackling in football and not rugby... something Mr. McLaughlin knows all about, being a fully qualified referee.

What you also might not know is that Mr. McLaughlin has not always wanted to just be a PE Teacher. For an 18 month period he was keen to be a veterinarian for pets, and could often be spotted doing volunteer work at the local animal hospital in Middleton.

Our department is incredibly fortunate to have Mr McLaughlin a part of our team: PE NEWS caught up with him earlier this week to ask a few questions...





PE NEWS

Q: How long have you worked at Cardinal Langley?

A: 1 year and a half

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

A: Any Greek Island

Q: What is your favourite lesson to teach?

A: Badminton - specifically the smash

Q: Where is the last place you went on holiday?

A: Poland & Slovakia

Q: Favourite sports team?

A: Manchester United or the mighty AC Horsens, if I am playing FIFA

Q: What is the best invention during your lifetime?

A: Android phone or UBER - definitely not the avocado peeler!

Q: Favourite food?

A: Pizza

Q: First car?

A: Vauxhall Corsa

Q: Why is a boxing ring square?

A: Because you have to fight out of the red or blue corner

Q: You are tasked with changing one rule in the game of association football, what do you do?

A: Handball - if it hits your hand it's a free kick/penalty

Q: Favourite central European Country?

A: Slovakia

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

A: Outkast

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

A: The Simpsons

Q: If nobody buys a ticket to a movie, do they still show it?

A: No

Q: Why is there a light in the fridge and not in the freezer?

A: Items in a freezer have frost on so it adds to the mystery. Chicken Kiev or fish fingers? Who Cares?

Q: What 3 things would you take to a deserted island?

A: Football, Lynx Africa and the bible.

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

A: Probably starts talking to me about his midlife crisis

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

A: A house and a comfortable sofa

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

A: Time travel

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

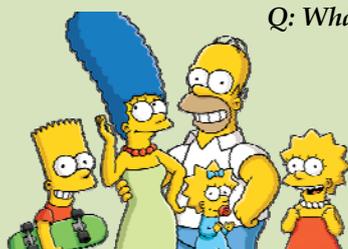
A: 10 duck sized horses

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

A: Waiting

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

A: Either Art or Design Technology - I enjoy being creative and drawing





PE NEWS

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 & GYM</u> Basketball (9 - 11) (APG & MG) Table Tennis (7-8) (PK)  	<u>Sports Hall</u> Basketball (7 & 8) (VM & PK) 	<u>Sports Hall</u> Dodgeball (DLB) 	<u>Sports Hall</u> Badminton (LG) 	<u>Sports Hall</u> (6 th Form) (TG) 
AFTER SCHOOL 2:30 – 4.00	<u>Gym</u>	<u>Gym</u> Volleyball (LG) 	<u>Gym</u>	<u>Gym</u> Period 6 (A Level, GCSE & BTEC) (APG, MG & LG)	<u>Gym</u> Table Tennis (MG) 
	<u>Sports Hall</u> Badminton (MG) 	<u>Sports Hall</u> Netball (GCSE) (DLB) 	<u>Sports Hall</u> Basketball (7 - 9) (VM) 	<u>Sports Hall</u> Netball (7, 8 & 9) (DLB) 	<u>Sports Hall</u> Period 6 Year 11 GCSE Revision (APG & CK)
	<u>3G</u> Hockey (ALL) (SL) 	<u>3G</u> Football (7, 8 & 9) (VM & PK) 	<u>3G</u>	<u>3G</u>	<u>3G</u> Staff Football 



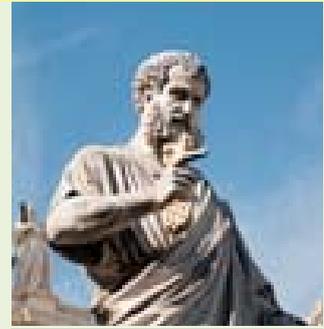
Don't be like
Rashawn!!!!

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.

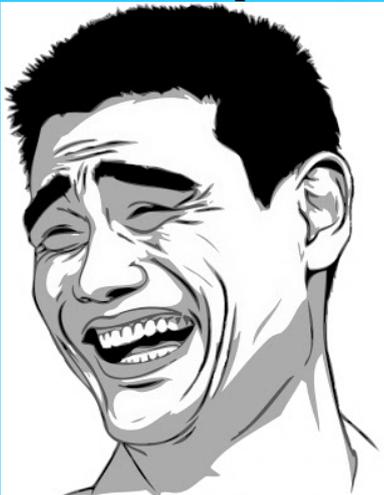


PE NEWS

Football Team Dingbat



What is a sheep's favourite sport?



Baa-dminton!



"No regrets, none at all. My only regret is that we went out on penalties. That is my only regret but no, no regrets."

Mick McCarthy
(Ipswich Town FC Manager)

