



# PE NEWS

## Ski Trip 2017

Cardinal Langley High School embarked on its annual Ski Trip - to Obertauern, Austria - this past half term with 45 pupils being accompanied on the 30 hour coach journey to by Mr Hughes, Mr Greaves, Mr Campbell, Miss Johnson, Mrs. Davies, Mr Gumbley, Mr Cahill and Mr Nelson.



The weather was good, the powder was fresh and the breathtaking views were appreciated by all. Cardinal Langley students fully immersed themselves into their ski lessons and, with the advantage of small group sizes and quiet slopes, the beginners were able to make exceptional progress throughout the week.

In addition to the skiing, pupils were able to sample the Austrian culture and take part in a wide range of activities, including a ride on the "Lucky Flitzer Alpine Coaster" and the ever popular Karaoke night!

An exhausting yet fun packed week was had by all and it's certain that the remarkable memories created have more than made up for all the blisters, bruises and the odd wipe out on the slopes.

**If you are interested in being part of next year's ski trip, please speak to Mr Gumbley as often as possible.**





# PE NEWS



## Manchester Catholic Schools

Congratulations to our wonderful U14 football team on their 2<sup>nd</sup> place finish at the Greater Manchester Catholic Schools 6-a-side Football Tournament. Mrs. Gillespie and Miss Johnson had the team playing fantastic football and the girls went unbeaten all the way to the final where they were unfortunate to lose a very even contest 1-0 to Cardinal Newman. The U14's can be thrilled with their accomplishments and look ahead to similar success at future tournaments.

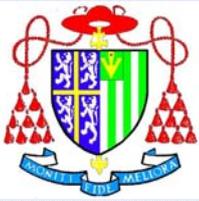
## Netball School Games

The Year 7 Girls Netball Team had a great day out at the recent Greater Manchester Netball School Games Tournament at the Ball Hall in Oldham. After winning the Rochdale League Title, our girls were invited along to represent the best of Rochdale in the competition.

Assisted by Miss Bloomfield's expert leadership, Cardinal Langley finished in 8<sup>th</sup> place at the tournament and can be proud of their achievements this season.

Well done to all who participated.





# PE NEWS

## Representing

Congratulations to Vanessa Luamba (Year 11) and Nell McKee (Year 10) on representing England's Netball Regional Academy verses Scotland on February 11<sup>th</sup> 2017.





# PE NEWS

## County Cup Netball

Commiserations to the Girls U14 Netball Team who crashed out of the Greater Manchester County Cup after a 54-14 defeat to The Blue Coat School. The Year 7, 8 and 9 girls' teams will next be in action in the Catholic Cup KS3 Netball Tournament on Tuesday 28<sup>th</sup> March.



## National Cross County Championships

Cardinal Langley PE Department wants to congratulate Harry Collier on his recent achievement at the National Cross Country Championships in Norwich. Qualifying in 8<sup>th</sup> place in the Regional Tournament, Harry was able to secure a top 100 finish on the day, beating out more than 1,000 other runners across the country. The conditions were good and flat however the course was quite narrow so overtaking was difficult throughout the "Mini-Marathon." Harry finished with a time under 20 minutes and can be extremely proud of his achievement.





# PE NEWS

## Absolutely Smashed It

Congratulations to a handful of our Year 10 GCSE and BTEC students who participated in the U15's Rochdale Schools Volleyball Competition. The boys and girls showed great determination and resilience against more accomplished volleyball schools, such as Siddal Moor, and were able to push them all the way in thrilling matches despite the fact that some of our students were playing in a volleyball tournament for the very first time. Congratulations to the boys team who made it through to the final. Well done to all the girls who took part and an extra special thank you to Lucy Cannavan (Year 8) for stepping up and playing for the Year 10's.





# PE NEWS

## Boy's Football Roundup

### YEAR 8

The Year 8's are through to the Rochdale Cup Semi Final after a comprehensive 12-0 victory over Matthew Moss High School in the quarter finals. The game was over as a contest after the early stages but the team continued to play the correct way and they know that harder games are to come.

Those harder games included a trip to Wardle for a Rochdale League fixture. Shocking conditions and a slow first half performance (plus questionable refereeing) would result in a 2-1 defeat for the Year 8's. The result leaves both teams tied for first place with two games of the season remaining and the reverse fixture at Cardinal Langley still to come.

### YEAR 10

After a superb 1-0 victory in the corresponding fixture, St. Cuthbert's away had been one to look forward to for the Year 10's for a few months as they looked to do the league double over their arch rivals. A feisty 2-2 draw was the result, thanks to goals from Ethan Bradshaw and Emmanuel Lawal. The year 10's now go into their final game of the season against Holy Family knowing that victory **could** see them crowned Year 10 Rochdale League Champions.

Despite being awarded a 3-0 victory for their final game of the season, the Year 10's unfortunately will have to settle for 2<sup>nd</sup> place this season due to Hollingsworth's victory against St Cuthbert's.

13 points from 6 games played was a great return, and huge progress has been made this season.

### YEAR 9

The Year 9's are approaching the end of their school football season and had two quick fire Rochdale League matches verses Matthew Moss, and Kingsway Park.

A Junior Luamba hat-trick led Langley to a 5-2 victory in the match over Matthew Moss, Fuad Kasali and Nathan Brogan with the other goals.

A trip to Kingsway Park followed where a Fuad Kasali hat-trick inspired a solid 3-1 victory for the 10 man team.

### Year 7

After a long break, the Year 7's were back in action in both the Rochdale League Playoffs and the Rochdale Cup quarter final.

First up was a home fixture verses Kingsway Park and after a 45 minute "traffic delay" the match was underway on the grass in the glorious March sunshine. Drawing 1-1 at half time, the Year 7's finally started taking the chances their dominance had deserved and finished up as 8-2 winners with two goals apiece from Tom McDermott, Jack Atkinson, Nai Holden and Henry Dempsey.

A Rochdale Cup Quarter Final tie away to Oulder Hill followed as the team looked to progress to a home semi-final match verses Kingsway Park. Despite having to play on a soaked and muddy surface, Langley dominated most of the game and created multiple good chances whilst Oulder Hill hit the post/crossbar on three occasions. Tom McDermott and Jack Ashton opened and closed the scoring respectively either side of a Jack Atkinson brace as Cardinal Langley won the game 4-1.



# 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.manchesterthunder.com](http://www.manchesterthunder.com)

*Week 2: (0W - 2L)*

**Manchester Thunder suffered their second defeat in a row at the hands of Surrey Storm at Super Ten in Birmingham**

Playing in front of a vocal sold-out crowd at the Genting Arena, Thunder went toe-to-toe with the reigning champions for most of the game but lost their way in the final quarter.

The Black and Yellows were leading at the end of the opening period but that implosion in the final quarter proved costly and Storm surged to a 58-48 win. It has been a frustrating start to the season for Thunder, with two games and two losses in this new look Superleague.





# PE NEWS

## Manchester Thunder's Lightning Round Up

**Manchester Thunder secured a hard-fought win over the Celtic Dragons at the Thunderdome.**

*Week 4: (2W - 2L)*

After clocking up their first win of the season the week before verses The Sirens, the Black and Yellows made it two wins in succession thanks to victory over The Celtic Dragons. Thunder dominated for large periods of the game but The Dragons refused to stick to the script and a blistering performance from the visitors in the third quarter set-up a tasty closing to the game. Thunder dug deep, in front of their home fans that had packed out the Thunderdome for Pink Week in aid of Cancer Research UK, and coupled with some timely - and necessary - changes from Coach Karen Greig, including the introduction of Dani Bloomfield, managed to see out the win.



**Manchester Thunder ground out a win over Team Northumbria in an eventful encounter in front of the Sky Sports cameras.**

*Week 5: (3W - 2L)*

Thunder made it three wins out of three thanks to a feisty 61-49 victory at Team Northumbria. It was a physical, scrappy game which saw several players warned by the umpires for their discipline and Northumbria's Jaydene Robinson sent off in the final quarter. Behind by 10 points, Northumbria set their stall out in the final quarter but Thunder were in no mood to surrender anything as they picked their opposition's pocket to produce a succession of slick passing sequences, with the fresh legs of Dani Bloomfield the catalyst.

The Thunder are next in action this Friday evening against VNSL newcomers Wasps.



# PE NEWS

## Signing on in Style

*"We beat off several Championship clubs for his signature, and it wasn't long before we knew we had someone special in the building. Callum has progressed his all round game this season to new heights and his work rate is now matching his undoubted talent."*

Cardinal Langley PE department would like to once again congratulate ex-pupil Callum Styles on another historic achievement. After making English football history in May 2016 when he became the first player born in the 21<sup>st</sup> century to feature in a Football League fixture, in a 3-2 victory for Bury FC, Callum has now signed his first professional contract with the club and will be under contract until the summer of 2019. Styles already has 11 first team appearances for The Shakers.



Bury Football Club manager Lee Clark had the following to say about the Ex-Cardinal Langley pupil: *"He is an unbelievable talent and a very special player. I saw him when he came on to the pitch at Chesterfield [on Saturday], and wow - he was awesome."*





# PE NEWS

**SAY CHEESE**

You use our facilities - PE News reports it!



## And... Action!



Whilst the Year 11's were getting facing the cameras, our own Head of Department, Mr Greaves, was filming for an upcoming documentary focusing on the impact of defibrillators in sport, ahead of his big screen debut for the BBC.





# PE NEWS

Hey,  
have you met...?

Mrs.  
Gillespie

Mrs. Gillespie has been at Cardinal Langley since before the internet had Wi-Fi. She really is a key asset to the department with her devotion and dedication as a lead subject teacher of BTEC Sport and also in everything extra-curricular.

Before Mrs. G was a PE teacher she followed a fairly extravagant career path which included stints at the local Morrison's, Chippy and (the day after passing her driving test) as a "Crash Test Dummy" for car companies such as Mini Cooper and Vauxhall.

If she isn't forgetting to apply the handbrake on her mum's brand new car, or opening up a new drive through Scout HQ, you can usually find Mrs. Gillespie at any number of Chinese restaurants (or Mazzo) with her



closest friends Summer Shades and Valdo Mionetto, talking politics or debating philosophy, whilst wondering what the difference is between a pork lion and a pork loin whilst always "following in the footsteps of Jesus



Mrs. Gillespie might just be the glue that holds the PE department together thanks to her above and beyond attitude and we really are lucky to have her.

PE NEWS caught up with her earlier this week to ask a few questions...



# PE NEWS

Q: How long have you worked at Cardinal Langley?

A: 12 Years

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

A: New Zealand



Q: What is your favourite lesson to teach?

A: Gymnastics or Netball

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

A: Alcúdia, Spain.



Q: Favourite sports team?

A: Manchester Thunder

Q: What is the best invention during your lifetime?

A: Coffee Machine

Q: Favourite food?

A: Chinese - Sweet and Sour Dim Sum Pork Balls

Q: First car?

A: Vauxhall Corsa (Black)

Q: First car you crashed?

A: A Mini Cooper, into the local scout hut - it cost me my life savings

Q: Who was your biggest inspiration?

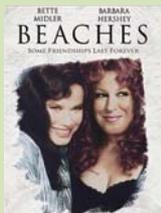
A: Mike Greenwood (Founder of Oldham Netball Club)

Q: What do you get when you cross a joke with a rhetorical question?

A: ..... [Ironically, Mrs. G didn't understand the question]

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

A: Film: *Beaches*. Recording Artist: Meatloaf (Bat out of hell!) ["His name was Robert Paulson"]



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

A: Hollyoaks

Q: Someone parks in "your" school parking space... what do you do?

A: I'd lose the plot, I love routine.

Q: What do you think happened to Old Zealand?

A: What?



Q: An evil wizard was about to turn you into an animal of your choice, which animal would you pick and why?

A: Tiger... They're Grrrrreat!

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

A: Hola [obviously a Spanish Penguin]

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

A: Range Rover Sport

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

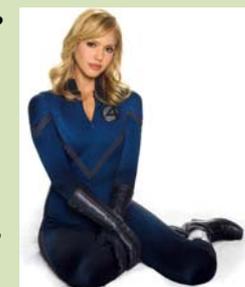
A: To be invisible

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: Mr Gillespie



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

A: Main School Office



# 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 &amp; 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 <sup>th</sup> Form) (TG) 
<b>AFTER SCHOOL</b> 2:30 – 4.00	<u>Gym</u>	<u>Gym</u> Volleyball (LG) 	<u>Gym</u>	<u>Gym</u> <b>Period 6</b> <b>(A Level, GCSE &amp; BTEC)</b> <b>(APG, MG &amp; LG)</b>	<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> <b>Period 6</b> <b>Year 11 GCSE Revision</b> <b>(APG &amp; CK)</b>
	<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

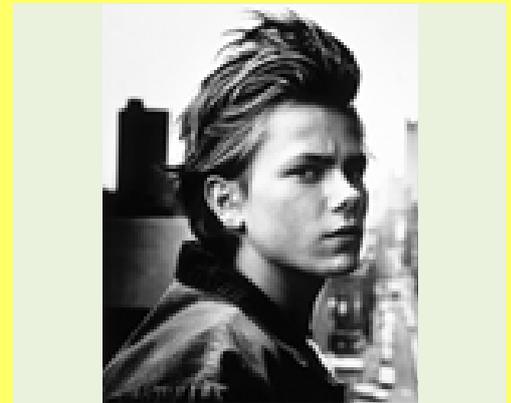


## Football Team Dingbat

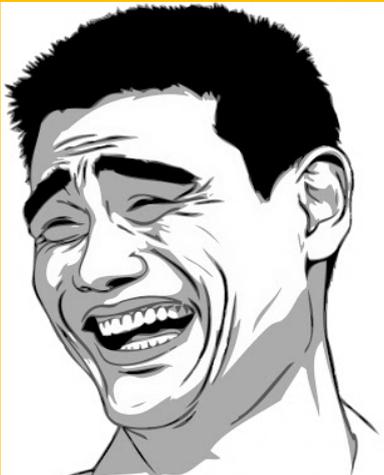
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Why didn't Cinderella make the netball team?



She ran away from the ball!



*"Fade into Bolivian, I guess."*

Mike Tyson  
(Former World Heavyweight Champion)

