



PE NEWS

GCSE PE Moderation

Cardinal Langley PE Department would like to say a huge thank you and congratulate all of our GCSE PE students for their hard work and dedication during their recent GCSE Moderation week.

From activities ranging from trekking to boxing to kayaking to rugby union, the group was moderated over 24 different sports during a 5 day period, culminating in an external Edexcel moderator coming in on the Thursday to personally evaluate the football, netball, circuit training and orienteering sessions.

Congratulations to all the Year 11's on their excellent performances in their practical assessment.

Next up... The GCSE theory exam on Friday May 19th 2017.



edexcel





PE NEWS

Manchester Marathon

Cardinal Langley PE department want to congratulate our very own Mr Goddard on completing the Manchester Marathon with a time of well under 4 hours.

Mr Goddard was raising money for himself and a few of our Sixth Formers to go and carry out missionary work at the Good Life Orphanage in Kenya, and was able to raise over £1300 for the cause, thanks to his efforts.

Opened in 2008, the Good Life Orphanage, in the eastern equatorial African country of Kenya, is a UK founded charity which cares for over 60 orphaned children. Mr Goddard and co will be spending 2 weeks in Kenya from the 1st of July this summer. You can find out more information at www.thegoodlifeorphanage.com





PE NEWS

Don't Sweat It

Strength, performance... Two words you would not commonly associate with this certain group of Year 11's, yet "Strength and Performance" is exactly where a collection of our Year 11 boys have been visiting each Friday after school.

Voted one of the 'Top 10 private gyms in the UK' by readers of Men's Health Magazine, "Strength & Performance" is a gym completely different to anything you'll have experienced anywhere, and they generously offered 5 weeks' worth of hard training sessions between half term and Easter break for our pupils to work out and immerse themselves in some high intensity exercise.





PE NEWS



One of the more memorable challenges the boys faced was a good old fashioned "Tug O' War". Congratulations to the team of Michael Okwuike, Taylor Metcalf, Renato Melcam and El Elias Voight who were victorious in three straight match-up's versus team Reece Hamlett, Ryan Beard, Daniel Fayomi and Jonathan Kaengele. Four of our pupils were also **just about** able to overcome the super human strength of one seventeen year old intern.

They were not to be celebrating for long as a four man team, **lead by Mr Kennedy**, defeated all **EIGHT** of our Year 11's at once in the final tug of war of the day. Better luck next time, 'ey boys!





PE NEWS

Catholic Cup Netball Tournament

The Year 7, 8 and 9 netball teams participated in the recent Catholic Cup Netball Competition at St Patrick's High School in Eccles.

The weather was warm and the standard of netball was impressive and every team had to be at their very best throughout the afternoon against strong opposition from across Manchester.

Miss Bloomfield and the Year 7's competed in six matches, winning four. Mrs. Gillespie's Year 8's won three and lost three of their 7 matches and Mr Kennedy and the Year 9's were victorious in two thirds of their six games played.

Congratulations to all who participated.





PE NEWS

Boy's Football Roundup

Year 7

The Year 7's still await confirmation on their Rochdale League semi-final fixture verses Siddal Moor. With the Final rapidly approaching, the fixture will most likely be played the first week back after Easter.

YEAR 8

The Year 8's are through to the Rochdale Cup Final after defeating Oulder Hill in the semi-finals. The Final will be played at Hopwood Hall Sports College on Wednesday 3rd May.

Cardinal Langley were also able to comprehensively avenge a poor 2-1 away league defeat to Wardle recently in the reverse fixture. Three points behind their opponents (with an inferior goal difference) at the start of play, Cardinal Langley needed a win (and a few goals) to put themselves in the driving seat going into their final game of the season. An 8-0 victory followed in a result that puts the Year 8's joint top of the league, with a 9 goal cushion, and only one game to play. Barring a landslide victory for Wardle in the final week, victory verses Hollingworth on the 25th April will see Mr McLaughlin's Year 8's crowned back to back Rochdale League Champions.



Sixth Form

COUNTY CUP FINAL

@ HOPWOOD HALL COLLEGE

WEDNESDAY 26TH APRIL 2017

VS ALTRINCHAM GRAMMAR SCHOOL

2:00PM KO





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

Week 6: (4W - 2L)

Manchester Thunder produced a stunning performance to see-off Wasps in Coventry

It had been a battle to even make the game after the team coach was stuck on a shut M6 for five hours. But following a delayed start, Thunder showed no ill-effects as they matched Wasps for intensity and desire. What unfolded was a pulsating game, with Thunder's persistent pressure paying off in a classy second half-performance, which saw them overhaul the early-season favourites with some style.

Incredibly, it took Thunder until the end of the third period to take the lead for the first time, and once they got there, they were in no mood to relinquish it. In what was probably their best netball of the season, the fourth quarter was great viewing for any netball purist and even though the Black and Yellows are far from the finished package, this result sends out a message to their rivals that they are genuine contenders.





PE NEWS

Manchester Thunder's Lightning Round Up

Week 7: (5W - 2L)

Manchester Thunder were forced to work hard for their fifth win on the bounce by a determined Hertfordshire Mavericks side.

It was the visitors that shaded an even and scrappy first half, as Thunder seemed to still be in dream land over their previous victory against Wasps 10 days earlier. But the Black and Yellows started to turn on the charm in the second half, offering their fans in a packed Thunderdome, and at home watching on Sky Sports Mix, some real flair and fast-paced netball. A fluid and classy final quarter stamped out any resistance left in a spirited Mavericks squad. The final score was 59-50 and the win lifts the Thunder into the play-off places, level on points with Wasps.



Week 7: (6W - 2L)

Manchester Thunder claimed a 41-48 victory over Team Bath in a feisty encounter in Somerset.

The round eight Superleague game had plenty of drama and saw Black and Yellows shooter Joyce Mvula sent off in the second quarter for persistent obstruction. But the incident was merely a minor setback and only served to drive Thunder on with a masterclass of patient attacking play in the second half. The game was fractured, pacy and frantic, with the sides exchanging interceptions and turnovers (41 in total) at will, but often failing to consolidate them.

There were pockets of perfection and moments of madness in a game that had a 1,000-strong crowd enthralled throughout. Thunder's unity and tenacity finally broke Bath's resistance in the final quarter and they opened up an unassailable lead as the clock ticked down. It was a gritty win for Thunder and one which will give them confidence heading into their next home game against Surrey Storm.



PE NEWS



Mr
Kennedy

Mr Kennedy has been at Cardinal Langley since January 2015 and has become an important addition to the department thanks to his assistance in BTEC and GCSE PE lessons and his commitment to extra-curricular sport.

Before Mr Kennedy joined us at Cardinal Langley, he spent two years coaching for Bury Football Club and a further five years prior to that living and coaching in the USA. It was in the United States that he developed a passion for satire journalism and became a controlling stakeholder in the sporting goods brand; DONNAY.

In his spare time, when he isn't in Spain playing centre-back for Barcelona or living in Colombia with his partner Shakira, PK likes to hang out with his black Labrador



puppy, and can regularly be seen at Cardinal Langley sporting events in his flip flops and beanie hat with his four legged companion, acting as mascot, by his side.

Mr Kennedy has travelled the globe...well the America's, and if he's not walking his pooch, he can be found in eateries such as TGI Fridays, Wendy's and Five Guys. Whether it is advice on hotels, motels or Holiday Inns, or just information on which places or American sports teams to avoid, Mr Kennedy is always eager passing on his knowledge of Trumps Nation...

PE NEWS was lucky enough to be able to track down Mr Kennedy earlier this week to ask him a few questions.





PE NEWS

Q: How long have you worked at Cardinal Langley?

A: Just a little over 2 years

Q: If you could be a PE teacher in anywhere, where would you go?

A: Chicago, Illinois



Q: What did you want to be when you grew up?

A: A Ghostbuster

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

A: Cancun, Mexico

Q: Favourite sports team?

A: Cincinnati Bengals or Blackburn Rovers

Q: What is the best invention during your lifetime?

A: Alpecin Caffeine Shampoo

Q: Favourite food?

A: Pizza

Q: First car?

A: Toyota Aygo - Was like driving a car out of Mario Kart

Q: 3G or Grass

A: Grass, no contest

Q: Least favourite food?

A: Mushrooms, and Seafood

Q: Do you believe in Ghosts?

A: Yes - Partially



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

A: Enrique Iglesias/Marc Anthony and "The Scorpion King" - starring The Rock

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

A: TMNT - Heroes in a half shell!

Q: Can crop circles be square?

A: That depends on the spaceship

Q: Favourite place you have visited?

A: Florence, Italy or Puerto Viejo, Costa Rica

Q: Who is the most famous person you've met?

A: Fernando Torres and Sergio Ramos, when i was living in Boston

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

A: Buenos días, señor. Puedo usar tu teléfono

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

A: VIP tickets for all future World Cups, Champions League, Superbowls, WrestleMania's etc.

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

A: The ability to rewind time - like the Prince of Persia.

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: Sam Smith, Jess Glynne and especially Adele music on the radio

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

A: DT Technician





PE NEWS

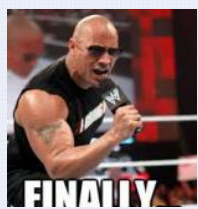
Cardinal Langley Extra-Curricular Sport 2016-2017

	<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 



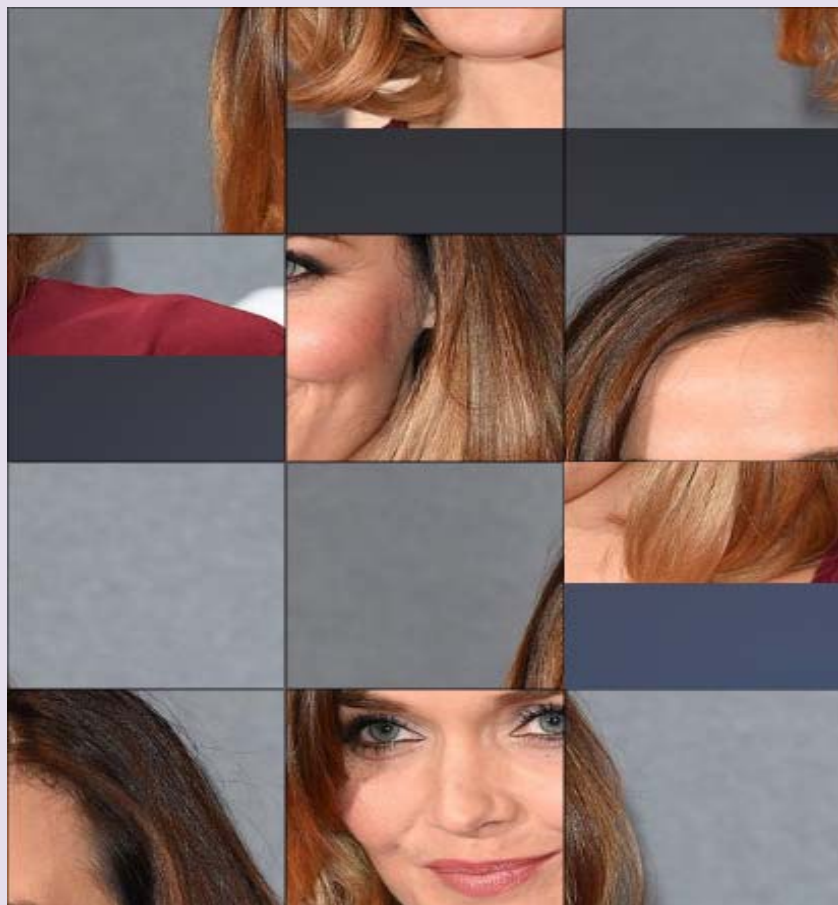
Don't be like
Rashawn!!!!

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

Who am I?



Football Team Dingbat

1



2



Why is tennis such a loud sport?



The players raise a racquet!



"That was in the past, we're in the future now."

David Beckham (Underwear Model)

