



PE NEWSLETTER

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GIRLS FOOTBALL SUCCESS



The first fixtures of the half term fell to the girl's football tournaments. After lots of hours dedicated to training on Fridays, the girls were eager to put their practice into action, and they didn't disappoint!

The Y7 team took their first tournament together to build upon confidence and working together as a group. There were some great performances with the team finishing in 5th place and looking forward to their next matches in May.

The Y8/9 team saw some outstanding football. The team worked their socks off to ensure they remained undefeated and not allowing a single goal to be conceded all tournament, resulting in them winning the tournament & being crowned West Lancashire Champions.

The Y10/11 team's strength dominated the KS4 tournament, again not losing a game or conceding a goal. The teamwork from the girls was exceptional, with more experienced players encouraging those less confident to push themselves. The girls finished the tournament in 1st place and are the Y10/11 district champions.

A special mention goes to AK Y9 who played in both the Y8/9 and Y10/11 tournaments as GK and kept a clean sheet in both.



BASKETBALL TOURNAMENTS



Both the U16 and U14 boys' basketball tournaments also took place this half term with some impressive performances.

The U16's faced some fiercely competitive teams and came together well to showcase some excellent skills. Individual performances of note included Isaac S and Jack L with the team eventually finishing in 5th place overall.

The U14's narrowly missed out on becoming district champions after another round of highly competitive games. After finishing runners up in their group, they defeated Tarleton in the semi-final, eventually losing to a strong OLQP team in the final. There were some fantastic moments across the tournament, none more so than Rob S's shooting in the semi-final.



BPA GYMNASTICS COMP

One of our highest attended clubs in school celebrated their hard work with our in-school BPA Gymnastics Comp in December.

Students were entered into either the 'Club' or 'School' competition based on their experience. They competed in a series of different disciplines including floor, vault and combined.

The students showed both high levels of skill and determination as they gave their all in their performances. Notable performances came from Lily G, Olivia F, Raine, and Olympia on individual disciplines.

The overall combined winners of each competition were Raine (Club) and Emily-Jayne (School).

Congratulations to all who participated and for your hard work and dedication over the past few months.



TRAMPOLINING TRIUMPH

Huge congratulations go to Evie and Orla who competed in the West Lancashire Trampolining competition at St Bedes.

Orla entered into the beginner category, showcasing her seat landings and full twists in a really clean routine earning her 2nd place.

Evie entered into the intermediate competition, which included more advanced skills such as somersaults and half twist into front landings, coming 3rd overall.



BOWLING BRILLIANCE



A small group of Y7 and Y8 students made the journey to Hollywood Bowl in Wigan to represent our school in the Panathlon Tenpin Bowling Competition.

There was lots of competition from seven other local schools and despite a nervous start, the confidence of students grew and grew. They pulled together fantastically as a team and gave a brilliant performance, reporting that they had a great time and thoroughly enjoyed the experience.

Y7 & Y8 NETBALL TOURNAMENTS

Late November saw the Y7 & Y8 Netball tournaments take place following postponement in October. Students were eager to put their hard work from training into practice against other schools and they did not disappoint.

Y7: With so many keen, talented Y7 netballers the first challenge was picking a team of just seven plus subs. The girls started strong, with great linking play created by Alice D and Dollie M and defending from Evie V and Eliza D, meaning the girls comfortably won their first five games with very few goals conceded. It took an exceptional Lathom team to find a way around our girls, resulting in the only loss all tournament and the team finishing in second place as runners up.

Y8: the Y8 team faced some fierce competition and strong netball from the other schools, despite this they held their own and fought hard. The welcome addition of new players including Tia R-M and Eliza E allowed the girls to pull together and achieve some great results and finish in a respectable 4th place.



INDOOR ATHLETICS

Well done to all students across Y7 and Y8 who took part in the West Lancashire Indoor Athletics Competitions this half term.

Students competed as a team across a range of disciplines including sprints, relays, long distance, throws and jumps.

In all, almost 40 students represented our school and conducted themselves exceptionally.



SUPER SPORTS LEADERS

Our marvellous Sports Leaders have continued to work hard this half term, exemplifying our school values of Kindness, Respect and Ambition.

They have been kept very busy, firstly with Sports hall Athletics Training with coaches from WLSP, learning how to administer different activities safely and professionally.

Students then utilised these skills during the Y7 & 8 Indoor Athletics and across many primary Indoor Athletics competitions, helping to ensure the events ran smoothly and accurately for those participating.

WLSP and various primary school staff commented on the maturity and competence of our students and we couldn't be prouder of them.

Additional thanks go to Y8 students, Maria, George, Ben and James who were involved in helping to run and officiate the West Lancashire Primary Schools Football Lancs Cup Qualifiers.

Well done all and keep up the hard work.