



PE NEWSLETTER

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★★★ **SPORTS LEADERS COFERENCE** ★★★

The first annual Sports Leaders Conference was held at Banks Leisure Centre on 29th February. Expertly organised by West Lancashire Sports Partnership, the day saw over 140 students from across the district experience a day designed to strengthen their skills and leadership qualities.

We were able to send 24 of our exceptional Sports Leaders from Y9, 10 and 11. During the day they completed workshops on developing the following areas;

Football- practical workshop introducing the organisation, running & officiating of Football for Primary Schools & for KS3 students in school.

Warm Ups and Games - practical workshop focused on warm ups and games that can be used when working with pupils from Primary Schools.

Making Activities Inclusive for All - A workshop that explored how we can adapt activities to ensure inclusive practice & high-quality opportunities for young people with Special Educational Needs & Disabilities. Led by external speaker – Steve Hoskins (Para Athletics Coach)

Wellbeing Leaders - Explored the 4 components of wellbeing-Emotional, Physical, Social & Friendship Health and how these can be developed to support our wellbeing & support schools to ensure smooth transition from Yr6 to Yr7.

The sports leaders had a fantastic day and have grown their confidence as well as their skill set. We look forward to continuing to see them put their leadership talents to good use over the coming months.



HANDBALL TOURNAMENTS

There was plenty of handball action this term with tournaments taking place for Y7-10 boys and girls over in Tarleton.

There were lots of great performances and skills shown by our students and the following results from each of the year groups;

Y7/8 boys = **Y7/8 girls = 3rd Place**
Y9/10 boys= 2nd Place **Y9/10 girls= 2nd Place**

Well done to all involved



DISTRICT SWIMMING GALA

The start of February saw the Girls and Boys Swimming Galas take place at Tarleton Academy.

Boys; there were some exceptional performances on the night, with every KS3 boy placing in the top three in their races and earning a medal. A special mention goes to super swimmer Ethan P in Y7 who won all of his races. Y10's Ethan Mc set himself the challenge of swimming in and winning almost every race possible on the evening too!

Girls; more fantastic swimming was on offer from the girls with every KS4 girl either winning or placing top 3. Stand out performances came from Sally, Marbel and Grace who all swam remarkably well.



DANCE COMPETITION

A huge well done to our wonderful group of Y7 and Y8 dancers who performed at the West Lancs Dance Festival.

They choreographed their own dance to the music 'Fight Song' which was designed to meet the theme of *"Breaking Boundaries" as the dance world makes its Olympic stage debut. Makes our heads spin and the floor rock with your freedom story.*



The dance was performed on stage in front of an audience of over 200 with the girl's placing 4th in the competition.

BIGGEST EVER FOOTBALL EVENT

We were thrilled to be asked to participate in the FA's 'Biggest Ever Football Event' with a team of our Y7 girls' footballers. The team took the journey over to JMO sports park and were joined by 25 other primary and secondary schools all taking part.

Despite having not played as a team many times before, the students came together really well with some great matches.



A special mention goes to super goal keeper Emily W who made some cracking saves and to Olivia F for being fantastic in the middle and dominating play.

Thanks also go to the three Y10 sports leaders, Ava, Ella and Violet who spent the morning refereeing the primary games.

Y7, Y9, Y10 & Y11 NETBALL TOURNAMENTS

Y9: A strong team of Year 9 students battled against some equally fierce teams. There was some excellent linking play from Lexi P and shooting from both Erin A and Erin H. Outstanding defending from Eva C and Becca B helped to keep the shooting opportunities down, meaning that any losses were closely contended.

Y10: despite students not having played many times as a team before, the students came together well and grew with confidence throughout the tournament. Caitlin provided great support through the middle & in the circle and there was a strong defence from Ella & Violet meaning the team finished in a respectable 4th place.

Y11: the Year 11 team came together for the last time after 5 years as a solid team to complete in their final ever tournament. The girls showed their fantastic skills, teamwork and determination to finish in 2nd place. Since Y7 the team have finished every single one of their competitions in either 1st or 2nd place. Thank you for representing us so well and being such fantastic role models for our younger students.

Y7: Due to such a high number of Y7 girls participating, we were able to organise an additional tournament to allow students to put their skills to the test. The girls played some really lovely netball and we look forward to watching them again next season.



BOYS FOOTBALL TOURNAMENTS

The Y11 boys football team took on their final matches of their school careers and made it one to remember! They delivered some outstanding performances to ensure they only lost one game all tournament. Well done boys, it has been a pleasure to have you represent us over the past 5 years.

The Y7 boys undertook their second tournament of the year, showing how much they have developed over the year both through their skills and teamwork. Although they didn't win, they made us incredibly proud of their resilience.

A special mention to Ben Mc, George B and James M who all play for the West Lancashire U13's side who recently made it to the semi-finals of the national cup. A huge achievement!

