



Sports Supplement

Saint Bede's Catholic High School

December 2022



Merry Christmas!

We have made a fantastic start to the year across all year groups in our sporting calendar. It's been fantastic to see the levels of engagement and enjoyment on display from girls' football cup finals to boys' rugby victories, there has been a lot of success and progression.

Well done to all Year 11 pupils who completed their mock exams, we hope you enjoy a well deserved rest this Christmas.

We look forward to welcoming back all pupils in the Spring term, where we take part in a full sport timetable.

Well done and Merry Christmas from the P.E. department.

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Year 7

PE

All our Year 7 pupils have had the opportunity so far this year to take part in rugby, netball, volleyball and trampolining. As we move into term 2 of the school year after Christmas, we will be moving on to sports such as football, badminton and continuing on with our trampolining.

Football

We have had fantastic engagement with our Year 7 football sessions with over 50 pupils staying after school to train. This has led to a large number of pupils already getting the opportunity to represent the school team with many more raring to take their chance!



Girls Football

Our Year 7/8 team travelled to Poolfoot Farm in Fleetwood to compete in the Fylde & Wyre Girls 6-a-side tournament. With both teams in high spirits throughout the day and supporting each other, our 'A' team were able to score a total of 23 goals and only conceded 2. Unfortunately, they came unstuck in the final losing 1-0 against a very good opposition but they were fantastic throughout the tournament and deserved to be part of the final. The 'B' Team were also outstanding in their support to the peers and showed how it really is a squad game.

Rugby

We had the fortune of having Fylde Rugby club coaching the pupils in September which has led to an increased engagement in rugby. Unfortunately, due to the weather, our rugby competition was postponed but we are looking forward to taking part again after Christmas.

Netball

Once again, fantastic engagement taking place at Netball club. Another team who were on the unfortunate end of a competition postponement due to the weather; however, this competition will be taking place again during the Spring Term.



Badminton

Our badminton team have also had a couple of fixtures during this term. A new sport for many and some new faces to our extra-curricular programme has seen a good start to the sport for this year group.

Year 8

PE

All our Year 8 pupils have had the opportunity so far this year to take part in rugby, netball, volleyball and trampolining. As we move into term 2 of the school year after Christmas, we will be moving on to sports such as football, badminton, dance and continuing on with our trampolining.

Football

Our Year 8 football team have continued to go from strength to strength remaining unbeaten so far during this school year. They are currently into Round 3 of the Lancashire Cup as I type this and continue to show their progression. Some new faces into the squad have helped and all the boys have worked together extremely well.



Girls Football

Our Year 7/8 team travelled to Poolfoot Farm in Fleetwood to compete in the Fylde & Wyre Girls 6-a-side tournament. A special mention to the Year 8's who were part of this team as they were extremely supportive of their new Year 7 peers. With both teams in high spirits throughout the day and supporting each other, our 'A' team were able to score a total of 23 goals and only conceded 2. Unfortunately, they came unstuck in the final losing 1-0 against a very good opposition but they were fantastic throughout the tournament and deserved to be part of the final. The 'B' Team were also outstanding in their support to the peers and showed how it really is a squad game.

Rugby

Our Year 8 rugby team continued on with their strengths that they showed last year. A few new faces have helped to bulk up the squad on what is a very strong group! We were fortunate to be invited to a 'friendly' fixture at AKS, giving some more opportunity for the team to get a greater understanding of the game. Later on in that week we entered the competition at Fylde Rugby club, winning both of our games.



Netball

Once again, fantastic engagement taking place at netball club. Another team who were on the unfortunate end of a competition postponement due to the weather, however, this competition will be taking place again during the Spring term.

Badminton

Our badminton team have also had a couple of fixtures during this term. A mixed team of Year 8's and 9's have continued to progress in their love for the sport as can be seen by the increase in numbers at our extra-curricular clubs.

Year 9

PE

All our Year 9 pupils have had the opportunity so far this year to take part in rugby, netball, volleyball and trampolining. As we move into term 2 of the school year after Christmas, we will be moving on to sports such as football, badminton and continuing on with our trampolining.

Rugby

Our Year 9 Rugby team took part in the Fylde Rugby competition. They are looking forward to the fixtures which are going to take place in the Spring term.



Netball

Our Year 9 girls continued on from last year showing a strong engagement in netball. Unfortunately only the 'A' team competition took place, however, the girls have had lots of opportunity to play so far this year in lessons and after school practices.

Badminton

Our badminton team have also had a couple of fixtures during this term. A mixed team of Year 8's and 9's have continued to progress in their love for the sports as can be seen by the increase in numbers at our extra-curricular clubs.



Year 10

PE

Our Year 10 pupils continue to engage in their core P.E lessons with many taking part in football, badminton, volleyball and trampolining. Those who have chosen GCSE P.E have taken to the course really well and have shown a clear understanding of the demands of the course.

Football

Our Year 10 Football team have continued their strong performances that they have shown throughout their time at school. They have faced some tough opposition so far this school year but continued to work hard as shown by the fact they still remain in the Lancashire cup.



Rugby

The Year 10 rugby team have continued to grow in strength with a number of pupils still playing outside of school. Furthermore, the attitude from a number of the boys has been fantastic this year and has also seen a number of them staying after school to help coach the Year 7 and 8 teams alongside staff.

Netball

We took an 'A' and a 'B' team to the recent Year 10 netball tournament. They really impressed and worked hard together. A number have continued to engage in the extra-curricular training and have also regularly offered to help out with the younger years.



Badminton

A high level of engagement has been shown by Year 10 pupils with a number representing school in the Year 10/11 competitions. Also, another sport in which Year 10's have shown a willingness to help the younger years.

Year 11

PE

Our Year 11 pupils continue to engage in their core P.E lessons with many taking part in football, badminton, volleyball and trampolining. Fantastic effort from those continuing to attend intervention and coursework prior to this years exams.

Football

Our Year 11 football team have come together in their final year and really enjoyed playing together. They have been a strong outfit throughout their time in school and it has been really good to see them still enjoying their football together.



Badminton

A strong group of Year 11's have represented the school in our recent badminton fixtures. They all had lots of fun with a number of successful performances.

Congratulations

Pupil of The Month

A huge well done to all of our pupils of the month, we are impressed by your hard work, outstanding effort and your excellent contribution in class.

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11					
SEPT	Elliot Dacre - great listening and answering questions in PE lessons	Bea Smith - team player, excellent effort and engagement in all areas of PE	Olivia Myerscough - Excellent effort and teamwork in Rugby and Volleyball	Isabella Mannino - excellence effort in leadership in all areas of PE	Joe Wilkinson - Good effort in Rugby	Beth Sherlock - Increased confidence and engagement in PE and netball	Ethan Scott - Excellent effort in GCSE P.E. and all round assistance and engagement in clubs	Arrisa McHugh - Increased engagement and progress in trampolining	Alfie Dowle - ongoing commitment to all aspects of school sport	Danilla Gough - excellent efforts and progression in trampolining
OCT	DECLAN DUELL - GOOD EFFORT AND PROGRESS IN VOLLEYBALL	LILY LONG - GOOD EFFORT AND PROGRESS IN VOLLEYBALL KAYA SOSINI - EXCELLENT EFFORT	ALESSANDRO LIQVERI - GOOD LEADERSHIP IN RUGBY LESSONS	Amelia Donnelly - Nelson- excellent engagement volleyball and answering questions	AUSTIN ATHERTON - EXCELLENT DEMONSTRATIONS IN TRAMPOLINING IBRISTAN VALTERS - EXCELLENT EFFORT	EMILY READY - EXCELLENT EFFORT IN TRAMPOLINING	MATTHEW YALTON - EXCELLENT EFFORT IN GCSE PE	EVA HOOPER - EXCELLENT EFFORT IF THEORY GCSE PE	FREDDIE BUTCHER - EXCELLENT EFFORT IN GCSE PE	EMILY LAWRENCE - EXCELLENT EFFORT IN PRACTICAL GCSE PE
NOV	Joe Veevers - Great effort and help with demonstrations in Volleyball	Lydia Jeffers - enthusiastic approach to all aspects of PE	Patrick Hesketh - Leadership, teamwork and effort in Volleyball	Poppy Whiteblock - excellent efforts in PE lessons	Jason Sandford-Jones - for his cheerful and enthusiastic approach towards staff and PE	Grace Tyson - excellent effort in all aspects of PE	Oliver Lane - Excellent effort and topic test results - GCSE P.E	Eather Wilkinson - contribution to theory lessons	Jack Campbell - trying really hard in GCSE theory	Lucie Gwill - improved effort in GCSE PE Theory
DEC	Oakley Sanderson - always works enthusiastically both in and out of lessons	Dulcie Richardson - excellent efforts in all areas of PE	Finley Watts - excellent effort in PE lessons	Holly Newton - excellent efforts and contribution to all aspects of PE	Lee Lindsey - hard work and effort demonstrated in Pe lessons, especially trampolining	Emilia Beacham - outstanding effort in all aspects of PE	Dan Jones-Aris - Excellent effort in both GCSE and Core P.E	Gabrielle Derby - outstanding efforts in volleyball	Charlie Zammit - working really in GCSE Theory	Imogen Best - hard work in GCSE PE