



Sports Supplement

Saint Bede's Catholic High School

April 2023



Happy Easter!

As we come to the end of Term 2, we have continued to have excellent engagement levels across a number of sports and activities. In particular, we have had a lot of success with the under 13 girls, who finished 3rd in Lancashire at the indoor cricket - this was an exceptional performance.

Well done to all the Year 10's who recently completed their mock exams. As we approach May, the P.E. department would like to wish the best of luck to all our Year 11 pupils ahead of the GCSE exam period.

As we enter the Summer term, we look forward to competing in fixtures for cricket, football, rounders and athletics.

Happy Easter from the P.E Department!

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Year 7

PE

During Term 2 of Year 7, pupils have taken part in dance, badminton, trampolining and football. This adds to the opportunities our Year 7 pupils have already experienced this year in rugby, netball, volleyball and trampolining. As we move into Term 3 of the school year after Easter, we will be moving on to sports such as OAA, cricket and athletics.

Indoor Athletics

This term we had our indoor athletics competition. With 50 pupils coming to the club across Year 7 and 8, we took two strong teams to compete in the Fylde & Wyre competition.



Girls' Football

We have seen a growing engagement with girls' football training after school in preparation for our fixtures which will be taking place in the Summer term.

Cross Country

A small number of our pupils visited AKS to compete in the cross country fixture and showed great resilience throughout.

Girls' Tag Rugby

Following on from the success of the rugby P.E lessons earlier in the year, our under 13 girls made up of Year 7 and 8 pupils competed in the Fylde & Wyre tag rugby competition winning 2 of their fixtures, drawing 1 and 1 loss. Some of the pupils experienced school sport for the first time.



Girls' Cricket

Our Year 7 and 8 girls' cricket team competed in the indoor cricket competition and were extremely successful, winning both the Fylde and North Lancs competition and going on to finish 3rd place in Lancashire.

Netball

Once again, fantastic engagement has been evident at Netball Club. The teams competition is due to take place on the final week of this half-term after being postponed earlier in the year.

Clubs

Outside fixtures, there have been high levels of participation in all clubs whether team-based or not such as trampolining from our Year 7's so far this year and we hope to see that continue. Our summer fixtures will include rounders, cricket (boys & girls), football (boys & girls) and athletics.

Year 8

PE

During Term 2 of Year 8, pupils have taken part in dance, badminton, trampolining and football. This continues to add to the opportunities our Year 8 pupils have already experienced this year in rugby, netball, volleyball and trampolining. As we move into term 3 of the school year after Easter, we will be moving on to sports such as OAA, rounders, cricket and athletics.

Girls' Football

We have seen an increasing participation with girls' football training after school in preparation for our fixtures which will be taking place in the Summer Term.



Rugby

Our Under 14's team have maintained the strengths that they showed last year. A mix of Year 8 and 9 boys competed in the Fylde & Wyre competitions and had some success.



Girls' Tag Rugby

Following on from the success of the rugby P.E lessons earlier in the year, our under 13 girls (made up of Year 7 and 8's) competed in the Fylde & Wyre tag rugby competition winning 2 of their fixtures, drawing 1 and 1 loss. Some of the pupils experienced school sport for the first time.

Netball

Once again, high levels of participation at netball club. Unfortunately, the team have had to face a competition postponement because of the weather; however, this competition will be taking place again during the Summer Term.



Indoor Athletics

This term we had our indoor athletics competition. With 50 pupils coming to the club across Year 7 and 8, we took two strong teams to compete in the Fylde & Wyre competition. The Year 8 girls in particular showed some great teamwork in the relay events.

Cross Country

A small number of our pupils visited AKS to compete in the cross country fixture and showed great resilience throughout.

Clubs

Outside fixtures, we have had high levels of participation at all clubs whether team based or not such as trampolining and badminton from our Year 8's so far this year and we hope to see that continue. Our summer fixtures will include rounders, cricket (boys & girls), football (boys & girls) and athletics.

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

Our Year 9 pupils continue to engage in their core P.E lessons with many taking part in dance, football, badminton, volleyball and trampolining. We will be moving on to cricket, rounders and athletics in the Summer term. A number of pupils have also been to help support the Year 7 and 8's during indoor athletics practice.

Rugby

Our under 14's team maintained their strengths they showed last year. A mixture of Year 8 and 9 boys competed in the Fylde & Wyre competitions and had some success.



Girls' Cricket

Our Year 9 and 10 girls' cricket team competed in the indoor cricket competition and were successful in winning the Fylde & Wyre competition before going on to compete in the North Lancashire competition.

Cross Country

A small number of our pupils visited AKS to compete in the cross country fixture and showed great resilience throughout.



Clubs

Outside fixtures, we have had fantastic engagement at all clubs such as badminton and trampolining from our Year 10's so far this year and we hope to see that continue. Our summer fixtures will include rounders, cricket (boys & girls), football (boys & girls) and athletics.



Year 10

PE

Our Year 10 pupils continue to engage in their core P.E lessons with many taking part in football, badminton, volleyball, football and trampolining. Those who have chosen GCSE P.E have made a good start to their studies and have worked hard in preparation for the mock exam which they have recently taken.

Rugby

The Year 10 rugby team have continued to grow in strength with a number of pupils still playing outside of school. They competed in the under 16 tournament against Year 11's from other schools and managed to be successful in some of their fixtures.



Girls' Cricket

Our Year 9 and 10 girls' cricket team competed in the indoor cricket competition and were successful in winning the Fylde & Wyre competition before going on to compete in the North Lancashire competition.



Clubs

Outside of fixtures, we have had fantastic engagement at all clubs such as badminton, volleyball and trampolining from our Year 10's so far this year and we hope to see that continue. Our summer fixtures will include rounders, cricket (boys & girls), football (boys & girls) and athletics.



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. There have been high levels of commitment from those continuing to attend intervention sessions and coursework completion prior to this years' exams. We wish Year 11 the best of luck in all of their exams.

Football

Our Year 11 football team have developed their skills in their final year and have 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. They were narrowly beaten in the Lancashire Cup on penalties by Baines.

