



St Joseph's School Sport

ISSUE 2 MARCH 2020

Rugby League, Basketball
and leadership update
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Meet Miss A Berry our
Assistant Curriculum Leader
for Physical Education
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Year 7's Ellen is a Rowing Sensation



Year 7's Ellen Kirkup (Bede) has unearthed a talent that earlier this year she didn't even know she had! Initially selected to represent St Joseph's at the annual South Tyneside school Rowing competition, Ellen finished in the top 5 and qualified to represent the local authority in the recent Tyne and Wear regional competition held at Tyne Rowing club in Newburn, Newcastle. Ellen put her muscular endurance and long levers to the test and finished the event in 1st place collecting the gold medal. The Year 7 student was then invited to attend a Great Britain talent identification day where she finished 4th. It is important to note that fellow South Tyneside team member and St Joseph's student Bethany Summerly (Bede) smashed the all-time girls record by rowing 473 metres in 2 minutes, to take the gold medal at the South Tyneside event. All school rowing events are indoor competitions using the rowing ergometers you usually see in the gym.

Movement is Medicine @ Newcastle University



A small group of our Year 10 BTEC Sports cohort recently attended a "Medicine in Movement" event at Newcastle University on Tuesday 10th March. The event comprised of a taste of university life and included a tour of the campus and a mini lecture delivered by Professor Emma Stevenson. In the afternoon students got a glimpse of the new state of the art physiology labs and had a chance to complete some fitness testing. Newcastle University offers a BSC (Hons) degree in Sport and Exercise Science and this summer will produce its first graduates from the degree programme. Applications are currently open for a September 2020 start. Offers initially require AAB at A-level and D*D*D* at BTEC although Year 12 students can offset that by completing the Newcastle University Partners course over Summer 2020 and reducing the requirement to BBB.

Football News



The Under 14 girls' teams got all the way to the quarter finals of the ESFA PlayStation national cup before bowing out on a recent trip to Blackpool. They are current finalists in the county cup final awaiting an opponent.

The Year 10 boys football team have had county cup success by making their way to the Londonderry Cup Final. The boys are due to face Cardinal Hume from Wrekenton in the final.

The year 11 boys missed out on a county cup final spot when they were narrowly defeated 2-1 by High Tunstall school.

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DANCE & FITNESS @ HOME

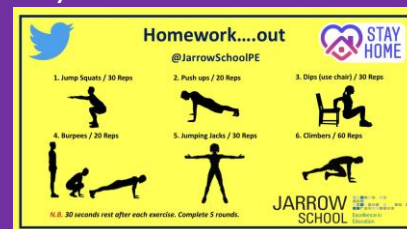
The Greatest Dancers



The BBC Saturday night TV show may have come to an end but there is no end to the talent held by our students. The Centre for Advanced Training (CAT) at Dance City in Newcastle staged a recent audition in school. Miss Craggs was especially proud of those that were talent spotted by the CAT team. These include year 7's Mollie Bennett and year 11 girls Alana Matthews, Madeline Eldred, Francesca Eldred and Sinead Wynne. The girls will now move further into the contemporary dance programme by attending a workshop at Dance City.

Fitness @ Home Ideas

Joe Wicks (The Body Coach TV) – Mon-Fri on YouTube @9am or catch up later in the day
Fitness Blender- Everyday on Twitter @FitnessBlender
Why not try this idea that came from Jarrow School.



THERE ARE LOADS MORE SPORTS STORIES ON OUR SCHOOL FACEBOOK PAGE

Rugby League with Newcastle Thunder

Newcastle Thunder academy coach Rob Jones has been leading a weekly rugby league club in school since September. The club is extremely popular with Year 7 boys and has led to the formation of a Year 7 team. The boys enjoyed their first taste of competitive rugby league at Kingston Park back in February, where they played in a mini tournament before the pre-season game between the Thunder and Leeds Rhinos. Since then they experienced defeat away to John Spence school in Tynemouth but picked up a win against Jarrow School a week later. Rugby league is building a strong following in the North East of England following the success of the Super League Magic Weekend events that have been held at St James' Park in the last few years



Tyne & Wear Coaching Academy



Year 10 girls Hannah, Elizabeth, Erin, Megan and Louana have been involved in a Youth Sport Trust (YST) initiative looking at encouraging the leadership role of females in sport/physical activity. The project is known as the Tyne & Wear Coaching Academy. As part of the planning of the project, the girls took part in a residential at Dukes House Wood in Hexham recently. They were joined by 20-girls from other schools including Cardinal Hume, St Anthony's, Sacred Heart and John Spence. The weekend involved team building exercises as well as activities such as laser tag, climbing and zip wire. The girls returned to school with a wealth of ideas and strategies to persuade 50 more girls to get involved in some sort of structured exercise. The girls will target year 8/9 girls looking to have fun while they participate.

More Football News.....

Our under 13 girls and defending EFL Cup holders were unfortunately knocked out on penalties in the semifinals at the regional stage of the competition. However, the girls are regional champions of the FA Pokémon Futsal competition and await their next opponent.

All 3 of our year 7 teams competing in the South Tyneside school games competition have qualified for the Tyne & Wear School games finals.

Basketball



In January 2020, our U16 girls' basketball team won the South Tyneside CVL. The event was held at St Wilfrid's school. The squad included Year 11 students Lily Bell, Poppy Doherty, Emily Weatherburn and Evie Coyne. Keira Wood (Yr10), Amy Woodhouse (Yr10), Lucy Furniss (Yr9) and Sophie Perry (Yr9) completed the team. A special mention needs to go to coach Ilana Wood from Year 13.

MEET YOUR PE STAFF- Miss A Berry (Assistant Curriculum Leader of PE) in conversation with Mr G Rudd



Miss A Berry has a long association with St Joseph's Catholic Academy and in particular the PE department. As a native of Hebburn, Miss Berry initially joined our school as a Year 7 student in 1992. She spent 7-years studying here at St Joseph's representing the school in a wide range of sports/activities but specifically showing a strong enthusiasm for Athletics and Gymnastics. A committed multi event athlete with Jarrow & Hebburn AC in her youth, Miss Berry still holds multiple St Joseph sports day records in hurdles, high jump and javelin. After completing her degree and PGCE with Northumbria University she has been teaching PE for the last 17-years originally beginning her career in education at Sunderland High School before returning to Mill Lane in 2009. Miss Berry was an integral part of the coaching team that won the U13 EFL National Cup competition in 2019.

Favourite Teams: Great Britain Olympic Team and Sunderland (AFC)

Role Models/ Inspirations: Sally Gunnell, Denise Lewis, Jessica Ennis-Hill and Dina Asher-Smith

Favourite Quote: Die of exhaustion not boredom