

Sport Report 2016-2017

Opportunities for one and all



Penryn Football Development Centre (PFDC) Trials (Spet & Oct) '16:

Our local centre at Penryn College is now in its ninth year and during this time it has seen numerous players offered opportunities by professional clubs as a result of the progression during the development programme. We have been successful every year in nominating and gaining places for several of our young players from Constantine. This year we nominated the following players:

Year 6: Ethan J, Jack G, Alexandra, Gracie

Year 5: Kaiden

Year 4: Josua, Jowan, Bertie

Following the trials the following children were selected: Alexandra, Kaiden and Ethan J -Fantastic!

Y4 Basketball Festival (Oct '16):

Ten pupils from Y4 (Nayte, Mirryn, Sam, Yse, Lilah, Finn, Amy, Jake, Grace and Mirta) represented us and did amazingly well at their first taste of inter school competition coming 1st overall!

Netball League (Sept-Dec '15):

What a cracking start to the netball league we had. Winning our first three games and also beating Mylor in the first match of the season - this has been unheard of in over 15 years. For four players this was their third season and it shows. We also introduced six new players who have all been brilliant. The transition from netball club to the league is a massive step as the games at the league are so fast and furious. No one was put off though and it only drove them to raise their game even more. At the end of the netball season our team had only lost one game but had won 9! Overall they came 2nd which is fantastic and the best result in netball for our school in nearly 20 years!

Football League (Sept-Nov '16):

We are extremely lucky to have Jon Martin and George Ireland still running our football club and enabling our school team to train in order to enter the league this year. The league matches played were great and some were in freezing cold, wet and windy weather. After 14 games our team came a very respectable 5th.

Sports Performance Event (October '16):

Each year we are invited to nominate a select few pupils who show great skills, stamina and speed across a range of sports to take part in an agility session. It is a real privilege and honour to be selected and attend this event and we had more than a handful to nominate this year. Alexandra, Gracie, Olivia W, Freyja, Lily B, Sarah, Maya, David, Edward, Eiger, Angus and Ethan J all went along and took part. Alexandra, Sarah, Angus, Eiger, Edward and Ethan J were amongst the top 20 performers physically and socially. They were therefore invited to be part of this prestigious group for the 2016-2017 academic year, attending special half termly events in physical fitness, nutrition, badminton and a tri-athlon to name a few.

Saracen's Basketball Trials (October 2016):

We nominated 16 children this year for the Basketball academy trials.

Y6: Jago, Andrew, Sarah, Edward, Jack R, Olivia W, Katie.

Y5: Taya, William, Leo, Olivia G, Cian, Fynn, Freddy, Polly, Alec.

Following the successful trials nights at Penryn College we are delighted that five children have made it through to this year's Saracens Academy. Just to be invited to these evenings and to take part is brilliant, so well done to all those who were nominated by our school and for committing to the training.

CAPA Dance: (Autumn Term 2016):

From Y5: Olivia G, Jameson, Polly, Leo, Harry and Hannah and from Y6: Fleur, Gracie and Megan have all been nominated to attend the CAPA dance project at Penryn College. They all took part in performances on the big stage there too.

Indoor Athletics (Nov '16):

This year we fielded 18 children from both Y3/4 and Y5/6 with each team consisting of 9 boys and 9 girls. The Y3/4's were very excited to be part of this and for many this was their first time representing the school this year. There were over 180 pupils taking part from ten different primary schools and in the end we came 5th. Many of the Y5/6s have done this sort of event before and they were geared up for it and they came 2nd overall missing out on first by only 3 points, which is fantastic.

Primary Dance Academy (Nov-Jan 20):

Five pupils attended and performed with the academy.

Swimming Gala 2015 (Nov '16):

With our swimming pool troubles at the start of term we still managed to get some pool time in and train a little for the gala this year. We were delighted to have won the Annual Penryn Partnership Trophy for the most points in the swimming gala too. We took 22 swimmers in total from three year groups and they were all amazing. We received gold medals for the Y5 (Barney G) and Y6 (Edward) boys 25m breast stroke and for the Y5 and

Y6 boys relay teams. We won many heats (12/20) and we even had children swimming for Flushing, Kennal Vale and Perranarworthal Schools. This really shows that our children are great sports players when they are willing to swim for another school to enable them to take part. All the staff, children and coaches were ecstatic with the results. Our name now sits on the trophy six times. Mrs Churchley burst into tears when the results were announced as this was her final swimming gala with Constantine as she retired at the end of November 2016. Our Year 5 and Year 6 boys teams both won overall and went through to the Cornwall School Games Qualifier.

Key Steps Gymnastics Y5/6 (Dec 2016):

We had so many keen gymnasts this year that we took 20 children from Years 3-6. We entered one club team and five school teams and they were fabulous. Our school teams came 4th overall and our club team won, with Eiger coming home with a second medal for the best all round gymnast in all three disciplines: Vault, Floor and body management. Eiger was also unexpectedly invited to join the secondary pupils in a tumble session at the end- a rare chance to show his school mates what hours of training in a gym each week can achieve if you are committed to this sport. He certainly has super control and great skills. We all loved watching him perform and know that this is just a tiny snippet of what he can really do! Fabulous - As a result of four this our club gymnasts (Gracie, Alexandra, Lily and Eiger) go through to the Cornwall School Games Qualifier in the new year.

Basketball League (Jan & Feb 2017):

Our team is made up of a combination of netball and football players this year making it an interesting combination. Not only did they look the part in their kit but they won all three games making the first night a great success. Our team (Edward, David, Alexandra, Gracie, Sarah, Angus, Jack G and Olivia W) were all amazing- it really is a pleasure spending time with them all. Not only do they show great sportsmanship by congratulating the other teams and giving them three cheers- but they also really enjoy themselves and smile the whole way through. Angus even spun the ball on his finger and bounced/dribbled it through his legs mid match - well, he attempted to anyway! The scores were as follows: CPS 12 - 0 Penryn, CPS 20 - 0 Mawnan B and in the third game CPS 16 - 4 Mawnan A.

In the semi finals we won against Kennal-Vale and then played Mylor A and Penryn A winning all three games. These were all very close matches and so competitive - the spectators, parents and I were feeling the tension as the games were played. So, we are extremely proud to pronounce the fact that our Y6 Basketball Team 2017 are the Partnership Champions and winners and have gained a place in the Cornwall School Games Qualifier (and remain undefeated) - wow that is fantastic!

Premier League Trophy Schools Tour (Feb 2017):

We were very fortunate to be one of only six chosen schools across the whole country to receive a visit from the Premier League trophy. The Plymouth Argyle Team Mascot 'Pilgrim Pete' came too along with several A Team players and members of the schools team for Argyle. All the children got to High Five Pilgrim Pete on their way into school and they then ran an inspirational assembly and worked with each class for a lesson to encourage them to have a go, challenge themselves and keep trying when things get tricky along with respect for each other. It was a great morning and our keen footballers were in their element.

Olympic Athlete visit and sponsored event (Feb 2017):

We had a visit from Team GB athlete Nathan Fox who is a triple jumper. He spent the morning in school circuit training and giving an inspirational assembly talk. Everyone was sponsored and we raised £768.42 of which £261.00 was spent on new basketball posts and hockey balls and £422.10 goes towards long term athlete development. The circuits the children all joined in with were awesome fun and all the staff got stuck in too - we even saw Mr Wild in his PE kit for the first time since sports day last year 😊

Gymnastics Cornwall School Games Qualifier (Jan 2017):

This round was very exciting with 100 competitors in teams of four. Maya was particularly amazing as she quickly learnt the routines in two days and did a great job along with the rest of our club gymnasts: Gracie, Eiger and Alexandra. Overall they came second which is amazing and Eiger received the award for being the best gymnast overall. Well done!

Swimming gala Round 2 (Jan 2017):

Jago, Angus, Eiger, Edward, Barney, Barney, Fynn, Theo and Kaiden did an amazing job at this round and the level of competition was phenomenal. They were all swimming against club and county swimmers - which is a great accolade to our children's sporting abilities when we only have one club swimmer amongst our boys. They all rose to the challenge and although extremely nervous they achieved: 3 bronze (front crawl Y5 & Y6, backstroke Y5), 4x silver (Backstroke Y6, Breaststroke Y5, Butterfly y6 & y5 (with Theo in Y4 swimming)) and silver in both relays.

X-Country Round 1 (Feb 2017):

Forty Two athletes from years 3-6 (an all time record for CPS) attended the local round of the cross country competition. Our results ranged from 1st to 52nd with over 70 in most races! It was a challenging event and they all managed to complete the course. Those coming in the top 8 positions had an invite to the second district round and they were: Angus, Kaiden, Edward, David, Olivia W, Alexandra, Barney CG and Elijah.

Hockey League (Feb & March 2017):

This league ran over three weeks where our squad played four teams also

entered into our pool. The first game was won easily defeating Flushing School 3-0, the second and third games were harder (our prime players were at the cross country event!) and we lost to Perranarworthal 3-1 and Mabe 2-0. In our final game against Stithians we won 3-1 and came third overall in our pool.

Netball Tournaments (March 2017):

This tournament was entered by four experienced players and several new players from Year 5. This was our first time playing 7 a-side netball and the squad did amazingly well, winning all their games and winning the tournament over all - fantastic! Well done to Sarah, Edward, David, Alexandra, Kirsty, Olivia W, Olivia G, Barney CG and Barney G who all came back to school with their gold medals proudly round their necks.

X Country District Event (March 2017):

All our children did well at this round and completed the very wet and muddy course that was much harder than the previous round. Kaiden came 12th despite being knocked over and winded and he earned himself a place at the county finals.

X Country County Finals (March 2017):

Kaiden had a brilliant race and came 6th out of all the Y5 boys in Cornwall. He also came home with a gold medal as the Penryn Partnership Team came first overall once the points had been added up.

KS 1 Inclusion Festival (Feb 2017):

Ten children from Year 1 and 2 represented our school and they all tried new sports and team games at an event run by young leaders and some of these were our ex pupils.

Cornwall School Spring Games (April 2016) - Biathlon:

We entered twelve pupils into the Cornwall Schools Games Biathlon and had many more who wanted to take part but entry restrictions this year meant taking less children. They had to undertake two disciplines: running 1500m and swimming 200m for a combined time. The level of competition this year excelled and many young competitors are top club and even county swimmers as well as belonging to athletics clubs. Our children did extremely well to complete the 2 disciplines which were challenging (and several children from other schools did not manage and pulled out). Our CPS pupils all succeeded and our top performer was Freya who came 15th out of the Y6 girls. They all did extremely well and the results are as follows: Y5 boys: Ronan 19th, Barney CG 20th, Kaiden 23rd, Barney G 30th, Y6 Boys: Edward 19th, Eiger 26th, Y6 Girls: Freya 15th, Alexandra 17th, Gracie 34th, Sarah 36th, Maya 38th and Lily B 40th. Great results considering over 300 competed!

Tag Rugby League (April/May 2017):

With this league being new this year, an addition to our already busy calendar, we were of course eager to take part. In our pool of five schools we won against Mabe and Mawnan Smith and lost to Penryn and Mylor - coming 5th in the league of 13 schools as a result.

Bikeability Training (March 2017):

Ten pupils from Year six achieved their level 1/2 bikeability awards in April 2017.

Basketball Cornwall School Games Qualifier (April 2017):

Our awesome team played amazingly well at this event, smashing their first three games with high goal scores and dominating the court throughout. In game 4 they played Trevithick Primary who caused several injuries. The shock and recovery following this game resulted in a draw, a win and a loss. Sadly they just missed out on a place in the CSG Summer Games but did themselves and their school proud by being so determined and awesome.

National Schools Swimathon (April 2016):

Y4, Y5, Mr Wild, Mrs Churchley, George and Mrs G took part in the swimathon this year and all managed to raise £502 for our school. Every child and adult managed to equal or exceed their set target from the beginning of the term with distances ranging from 250m to 1275m (in 25 minutes) which is excellent!

Y5/6 Quad Kids (May 2017):

Our team of 8 were amazing and managed to achieve individual awards from stage 9 to bronze, silver and gold and as a team they came joint 1st out of 35 teams. This earned them a place in the Cornwall School Summer Games final on 30th June at Launceston College. Well done to Olivia W (expert at jumping and sprint), Gracie (great throw), Alexandra (great thrower), Sarah (most able standing long jumper), David (great long distance), Barney CG (great throw), Kaiden (awesome long distance runner) and Edward (best all-rounder).

Y3/4 Quad Kids (June 2017):

Sam, Finn, Nayte, Bertie, Helen, Rona, Mirryn and Freya had their first experience of outdoor athletics and did themselves proud coming 7th out of over 30 teams.

KS1 Mini Olympics (June 2017):

The whole of Year 2 represented us at this event held at Penryn College and they came home as the silver medalists. Awesome! They are a very able class with lots of potential for our teams in the future - how exciting.

Cornwall School Summer Games (June 2017) - Quad Kids:

Unfortunately this event has been postponed so are waiting to hear about the new date.

Successes overall:

- Gold Sainsbury's school games for 3rd year running.
- Silver from YST.
- Time 2 Move website
- 85% of KS2 pupils and all of Y2 have represented the school in one or more sports events this year at inter school competitions (Level 2).
- Every child (100%) in our school has participated in school competitions and events (Level 1).
- 31% of our pupils have competed at county, regional or national (Level 3+).
- New sports clubs this year have been: Rugby, Dance, Gym for KS1, Street dance, Zorbing,
- Swimming Gala 1st, CSG Qualifier 4th
- Y4 basketball festival 1st
- Indoor athletics Y3/4 came 5th & Y5/6 came 2nd
- Netball League 2nd
- Hockey League 3rd
- Cross country 1st & 6th
- Netball Tournament 1st
- Basketball League 1st, CSG qualifier 3rd
- Gymnastics 1st & 4th, CSG Qualifier 2nd & Best gymnast x 2 events
- Quad Kids CSG Qualifier joint 1st
- *CSG Finals Quad Kids....event date to be confirmed.*

Special School Events:

- Premier League Football trophy Tour (Feb 2017)
- Olympian Visit & Sponsored circuits event - Nathan Fox Triple Jumper Team GB (Feb 2017)
- Dodgeball sponsored event (Spring 2017).
- National Schools Swimathon (April)- Year 4 and 5 and many staff entered this year raising £502 School Camps and sports equipment
- Ollie Shilston Team GB Captain Stand Up Paddle Boarder gave an inspirational talk to Y4 pupils studying sporting heroes from Cornwall. They all wrote his biography as part of their Literacy learning.
- Race for Life (June 2017) - whole school, raising £490.00
- National Sport Week (3rd July-7th July)

Training:

Play Leader training x 32 Y6s - Sept 2016
High Five Netball - Sept 2016 - JP, GP, CG
REAL PE - Oct 2016 - JA
YST Module 6 - Sept 2016 - CG
Cornwall PE Conference - Oct 2016 - CG
REAL GYM - Nov 2016 - CW, GP, JB, JA, GN, CS
YST funding & inspiration meeting - June 2017 - CG
Playleader training x 16 Y5s - June 2017

Clubs this academic year:

Football, Netball, Basketball, Hockey, Touch Rugby, Volleyball, Gymnastics, Sailing, Rowing, Surfing, Cross Country, Capoeira, Street Surfing, Fencing, Tennis, Short Mat Bowling, Archery, Cross Bow, Dodgeball, Street Dance, Athletics and Summer Sports.

Child lead sports clubs this year:

Top Trumps, gymnastics x 3, games, climbing wall, collaboration, skipping,

Outdoor and Adventurous opportunities

We provide our children with weekly opportunities to work outdoors within out creative curriculum and we also use the outdoors to extend, challenge and enhance our physical activities beyond those given in school. These are provided as one off day events as well as during residential camps:

Y4 Shelter building at Eden March 2016

Y4 Swim and Save with the RNLI at Penzance Lido (July 2017)

Y3/4 Camp - Eden YHA with 42 children in shipping container snooze boxes.

Y2 Camp - School field with all of Y2 children in tents including a visit to Carn Euny, with some country walking and team building in the woods.

Y5/6 Camp - Isles of Scilly Camp with 50 children at a Pelistry Camp, St Mary's including kayaking, walking, cycling, walking, wind surfing, walking, boat trips to off islands, team sports and walking

Sports Day

- *Sports Day 21st June. Team winners Record:*

2017 **Red**

2016 **Green**

2015 **Red**

2014 **Blue**

2013 **Red**

2012 **Red**

Our PTA continue to do an amazing job supporting all of our events and raising money for our school and our chosen charities.

Race for life also took place alongside sports day again on 21st June 2017 and was a great success raising £490.00.

Out of school successes:

Gymnastics: Eiger has continued to progress and now commits to four training sessions a week at a gym in Plymouth. He recently (April 2017) entered The Southwest MENS Artistic Gymnastics Festival and his team came second. He competes within the Southwest Region (seven counties), now for Devon at Plymouth Swallows. His is aiming to qualify for the Nationals in September by competing for a place in the Southwest Squad. In June 2017 Eiger took part in a huge county competition where he was awarded the title of 'Devon under 12 Champion', his team came 1st overall too. In order to continue progressing in his gymnastics career Eiger has moved to a gym in Plymouth and his level of commitment, energy and drive only enhances his status as a ambassador for our school.

Surf Life Saving: Barney and Phoebe-Bo competed at the Cornish Championships (Feb 2017) where Gylly came 1st and also the National Championships (March 2017 at Cardiff international pool) where they came 2nd. Mrs G competed in the Cornish Masters Championships (April 2017) achieving one gold, two silver and two bronze medals and the Gylly (old) Girls came 3rd overall.

Triathlon:

After inviting the organiser of the Tri Series events for Cornwall into school to do an assembly, some children took up the opportunities to have a go at their first triathlon. With five pupils actively taking part in more than one event this season we now feature on the Tri Series Data as a competing school. We currently sit in 13th position out of all the schools in Cornwall.

What a great year of PE, School Sport and healthy competitions at CPS. Thank you everyone for your support with organising all of these wonderful opportunities for our children. We are very fortunate to be in such a wonderful Partnership with Penryn College and we certainly take up ALL their sporting offers and get so much from them in terms of staff training, support and plenty of events to attend.

Huge thanks must also go to many of our staff and parents who willingly spend their time collecting mini buses in their own time, transporting and supporting children, without whom none of this would be possible.

Mrs G

July 2017