

CLIC Y5/6 Football Fundraiser (sept 2015):

A team of 11 players attended this event as it was postponed from the end of Summer term 2015. It was a fun event and helped the Charity CLIC raise money for children with Leukemia.

Penryn Football Development Centre (PFDC) Trials (Oct) '15:

This scheme is designed and supported by Cornwall FA, Cornwall Schools FA and Plymouth Argyle FC. Operating below Plymouth Argyle's Centre of Excellence and above school / club football, co-operating with them to ensure a development pathway for young players.

Our local centre at Penryn College is now in its eighth year and during this time it has seen numerous players offered opportunities by professional clubs as a result of the progression during the 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: Noah Martin , Isaac Vincent , Oscar Haywood , Harry Rogers, Jude Bloor, Louis Porteous, Nathan Alexander and Lewis Trewin.

Year 5: Angus MacDonald, Ethan Jorey, Jack Rogers, Eiger Swinscow and Alexandra Husson (our first girl to be put forward ☺)

Year 4: Fynn Comyn and William Nicholls

Year 3: Jowan Dengler

Y3/4 Basketball Festival (Oct '15):

Ten pupils from Y4 represented us and did amazingly well at their first taste of inter school competition coming third overall.

Netball League (Sept-Nov '15):

This is the second year most of our players have been plying in the league and they are a little more experienced which helped secure 5th place out of 15 teams. The best position in many years here at Constantine.

Football League (Sept-Nov '15):

We are extremely lucky to have Jon Martin and George Ireland running our football club and enabling our school team to train in order to enter this league. This year we have a mix of very experienced and some new players also. In the league they came 4th out of 15 teams which is fantastic.

Sports Performance Event (October '15):

The following 10 children have been nominated and chosen to represent us at the Talented and Able Performers event. These children have already been recognized for their multi skills and talents across a number of

sports and disciplines: Jessica Barras, Ella Dixon, Oscar Haywood, Noah Martin, Leandros Papastavros, Harry Rogers, Isaac Vincent, Wilf Vyvyan, Nathan Alexander and Jude Bloor.

Their good all round skills will enable them to compete at a high level for the possibility of a place in this years Junior Sports Academy.

As a result of this years high level of competitors we were delighted to hear that five of our children got into this years sports academy. Well done to Noah, Oscar, Isaac, Harry and Jessica.

Indoor Athletics (Nov '15):

36 children from years 3-to 6 represented us at the two athletics events this Autumn Term. All children competed in 2 track and 2 field events and we came 5th overall for the Y3/4 event and 3rd for the Y5/6 event.

Primary Dance Academy (Nov-Jan 2015-16):

We nominated the following pupils from years 5 & 6 this year and all were very successful: Ella D, Millie, Marley, Charlotte A, Olivia, Fleur and Lily B. They trained and performed every Friday at Penryn College and performed in The Riversong to a huge audience.

Swimming Gala 2015 (Nov '15):

We had an amazing morning at the primary schools gala and came away with 10 gold medals and second position over all. There was only one point between us and Penryn Primary who came 1st!!! All 21 children swam brilliantly and we are so proud of each and every one of them. We even had three children jumping in to help other schools make full teams as well as 2 year 4 boys swimming with us. Gracie achieved gold in the 25m freestyle, Edward in the 25m Breaststroke, Eiger, Barney G, Ronan and Edward in the Y5 boys relay - winning by 6.5 seconds and Noah, Nathan, Oscar and Daniel in the Y6 boys relay - winning by over 10 seconds. We won many heats and had lots of second places, one third and one 4th. Amazingly, our Year 5 girls team made it through to the next round in January. Well done CPS!

Badminton (Nov '15):

Our team of 4 - Harry R, Nathan A, Alexander and Gracie did extremely well against many different schools and came 5th overall.

Key Steps Gymnastics Y5/6 (Jan 2016):

Twelve children represented our school at the Penryn Partnership Gymnastics event 2016. We entered 2 school gymnastics teams and one club gymnastic team. They all did so well with the school gymnasts coming third overall and the club gymnasts winning their category outright! Eiger

was also the overall winner of all three disciplines: vault, body management and floor routine. What a fantastic success (for the second year running)! The club gymnasts will now go on to represent us at the next round.

Basketball League (Jan & Feb 2016):

Our strong team of 8 players from years 5 and 6 did well to get through to the semi finals stage. On the first evening of matches they drew one, lost one and won three matches. At the second round the same team we had some cracking games that were even tougher at times. There were certainly ore knocks and scrapes! Our team played brilliantly in all five games, winning three and losing two. The teams who had beaten us previously weren't so strong as we had improved our game so much. The games we won were against Mawnan 10-0, Flushing 4-0 and Mylor (yes we beat Mylor!) 4-0. So we had great defence and brilliant blocking tactics. In both games we lost, the score was only 4-0, so we were just as strong but not so lucky with our many attempts at shooting. All ten children played so well and at the end of the whole league with 12 schools we were the second Penryn Team which is fantastic! Four more goals and we would have won! Well done Marley, Jessica, Millie, Ella, Oscar, Isaac, Wilf, Harry, Noah and Edward.

Saracen's Basketball Trials (January 2016):

Following the successful trials nights at Penryn College where 19 children from our school attended, we are delighted that five children have made it through to this years 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 for committing to the training and a special congratulations to the following children who are in the 2016 squad: Jack G, Oscar, Isaac, Wilf, Jude and Nathan who will all now train with the Saracen's Basketball Academy.

Gymnastics Round 2 (Jan 2016):

Our club gymnasts who won the last round competed against the rest of mid and west Cornwall and came first against over 80 other competitors. What a fantastic achievement and a second lot of medals for this talented bunch who have been training during every spare moment. Eiger was also crowned with a gold medal for being the best performing gymnast there!!! Our strong team have now secured themselves a place at the Cornwall School Games in July to fight for the Cornish title.

County Qualifying Gala (Jan 2016):

Our Y5 girls team swam very well against the best in our county achieving 2nd, 3rd and 4 positions in their races and coming a respectable second in the Freestyle Relay. Well done Freyja, Alexander, Lily and Gracie.

X-Country Round 1 (Feb 2016):

An amazing 42 children from Years 4, 5 and 6 entered this year and our new sports vest looked fabulous. Fourteen runners came in the top eight positions and earned a place at the second (district) round.

Hockey League (Feb & March 2016):

Our team of nine players have done really well this season winning 2 games, drawing 1 and losing 1. We were 5th overall.

Netball and Football Tournaments (March 2016):

Our strong team of players did so well at this event this year. It was a tough day playing 9 other schools and at the end of the day we came 3rd!!! Awesome. Every child scored goals- this is the beauty of High Five netball where everyone rotates their positions and they all get to defend and attack - preventing early position specialization.

The footballers were extremely proud to wear their new kit that they designed themselves. Huge thanks to Mr Rogers from Goldmartin Garage who sponsored our new kit.

X Country District Event (March 2016):

Our 14 athletes all managed to complete the long course at Pool Academy and they did us proud. Well done to Kaiden, Barney CG, Ronan, Leo, Sam, Oli W, Olivia, Maya, Sarah, Edward, David, Eiger, Jessica, Harry. There were 65+ in each race as qualifying children from schools all over mid Cornwall were competing. Kaiden (Y4) and Harry (Y6) came in the top 15 positions in their races and go through to the County Finals - Fantastic.

X Country County Finals (March 2016):

Harry and Kaiden both did extremely well and came home with medals. Having run a great race Harry came 50th and won a silver medal as his Partnership team came second overall with their combined scores. Kaiden came 19th and the Y4 boys Partnership Team came first overall, so a gold medal medal there 😊

Millennium Manouvres (March 2016):

The four CAPA students we nominated performed their dance again at Millennium Manoeuvres event at Penryn College. As we all know too well, when there has been a space of time between the original performance and a later one, there can be a dip in standard. This was NOT the case. Our students were superb in every respect - creative; disciplined and their performance had real emotional and visual impact. Fantastic work - We were very proud of them. Well done Millie, Olivia and Charlotte A.

KS 1 Inclusion Festival (Feb 2016):

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 (March 2016) - Biathlon:

We entered twenty pupils into the Cornwall Schools Games Biathlon where they had to undertake two disciplines: running 1500m and swimming 200m for a combined time. Everyone did extremely well to complete the 2 disciplines which were challenging, so much so that a few children had to go back and have a second attempt. In the end they all succeeded and our top performer was Alexandra who came 6th in her age category.

National Schools Swimathon (April 2016):

A huge well done to all the children in years 5 and 6 who ALL completed their swim challenges over 30 minutes. Everyone kept going for the whole half an hour and sheer determination along with stamina and perseverance ensured a huge distance was covered. Mrs G, Dr Adrian, Sara Gadd, Gavin Saunders and Mr Wild all swam also and several children managed to swim further than some of the adults- now that's a first!

A total distance of 48.3KM was achieved which is fantastic with individual distances ranging from 300m to 12650m. All children who swam were given a new swimming hat and sew on badge. We raised a total of £637.00 and this has gone towards camp caps, hoodies and sports equipment.

Y5 Tag Rugby Festival (May 2016):

Twelve pupils from Y5 represented us at this event and we came a respectable 5th.

Y5/6 Quad Kids (May 2016):

Eight pupils from Y6 worked hard on the track and in the field to come 17th out of 38 teams from all over Cornwall which is amazing! Well done all.

Y3/4 Quad Kids (June 2016):

This was a great event with 16 children representing us. Our A team came first overall and came home proudly displaying their medals. We even had several children winning individual heats in the 400m run (Kaiden, Ronan & Barney CG, with Oli W in 2nd), The 50m sprint (Kaiden, Chelsea and Oli) and the howler throw (Oli W and Barney CG).

KS1 Mini Olympics (June 2016):

All 24 Year 2 children attended this event and competed in two teams representing the countries of Brazil and Portugal. The Brazilians came third overall - fantastic!

Cornwall School Summer Games (July 2016) - Gymnastics:

Our six finest gymnasts are willing to miss their last day of Y5/6 camp to attend this event and they will be picked up on the last morning and transported to Penzance ready to compete for the county title. What committed, dedicated sports men and women we have. We will report their successes in the next newsletter as this event takes place on Friday 1st July.

School Events:

December

Jan 2016 Capoeira - 90 minutes for every class and two assembly performances by KS1 and KS2.

Feb 2016 Jump Rope for Heart sponsored event - whole school raising £300.00 for The British Heart Foundation.

March 2016 YR and Y1/5 Indian dance

April 2016 National Schools Swimathon - Year 4 and 5 and many staff entered this year raising £637 School Camps and sports equipment

May 2016 TOSTA dance workshops Y4 and 5

June 2016 TOSTA dance and singing workshops Y4 and 5 and performance at Falmouth Sea Shanty Festival on Prince of Wales Pier

June 2016 Race for Life - whole school, raising....

Training recently:

High Five Netball - JP

REAL PE Assessment - all teaching staff

Change 4 Life. CK & EH

National YST PE conference Coventry - CG

Educational Visits Emergency and Safety Training - All teachers

REAL PE for support staff & teachers- Seamus, Max, CP, JP

REAL GYM - CG, CS

Successes:

- Gold Sainsbury's school games for 2nd year running.
- Silver from YST.
- Video used at Parliament for the YHA.
- Nominated to the Dep for Education by the YST as representatives of the Partnership to discuss how we as one of a group of schools collaborate locally across primary and secondary PE and school sport provision. Also looking at our community club links and providers to support progression and ongoing participation opportunities for young people.
- Filmed for the Time 2 Move website hosting sporting excellence across Cornwall in PE and Physical Activity. We will feature on the

curriculum delivery and swimming case study films - they had so much footage from us they are still trying to make the film!

- New sponsored football kit by Gold Martin Garage, Mawnan Smith.
- 75% 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 in our school has participated in school competitions and events (Level 1).
- New Change for life Club with Mrs Kent is making a positive impact on individual children. This is now into its second cohort of children.
- New sports clubs this year have been: Capoeira, Gymnastics and Street Surfing.
- Hosted KS2 gymnastics REAL PE course - May 2016.
- Introduction of running A MILE A DAY in all classes. - this has increased activity levels for all pupils and most classes ensure their children run on the days when they don't have PE timetabled.

Clubs this academic year:

Football, Netball, Basketball, Hockey, Volleyball, Gymnastics, Roller Skating, Sailing, Rowing, Surfing, Cross Country, Capoeira and Street Surfing.

Child lead sports clubs this year:

Free Running, Ballet, Dance (x3), Gymnastics (x2), Traverse Wall, Chess, dodge ball, sports club, games club, top trumps and infant games.

Outdoor and Adventurous opportunities

We provide our children with weekly opportunities to work outdoors within our 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 Penrose (March 2016)

Y4 Swim and Save with the RNLI at Penzance Lido (July 2016)

Y4 Team building with Plymouth Argyle Coach x 6 hours in June/July 2016

Y3/4 Camp - Gweek with 43 children in 10 tents, including orienteering, archery, coastering, stand up paddle boarding, body boarding and open water swimming as well as a lighthouse and life boat station visit.

Y2 Camp - School field with 24 children in tents including country walking and team building in the woods.

Y5/6 Camp - Treyarnon Bay with 56 children at a Youth Hostel including surfing, coastering, paddle boarding, kayaking, tree surfing, speed boat riding and coastal walking.

Sports Day

- *Sports Day 23rd June. Team winners since the last Olympic year:*
2016 Green
2015 Red
2014 Blue
2013 Red
2012 Red

Wow- what a day. Superb sportsmanship was shown by all our pupils for a whole day with sports day in the morning and Race for Life in the afternoon. The three colour teams were so close in the morning that our super scorers could not believe that throughout the whole of sports day the scores kept changing after almost every race - so a different team kept leading. This happened right up until the very last race when the Y5/6 relay would decide the overall winners with a three way draw being a possibility. What excitement! In the end it was Green team who lifted the trophy this year with 262 points (the first time since 2011). Amazingly, Blue and Red team were both in second position, both with a score of 259! Our PTA also did an amazing job and £217 was raised for the school and £300 for Breast Cancer Care, our chosen sports day charity in memory of the wonderful Joy Turner.

Race for life was also a great success. All children were awarded with medals and Year 6 have been presented with the trophy as they were such good ambassadors for our school throughout the whole day. They continually supported their teams and younger pupils in particular and they really were a credit to us. Year 2 in particular ran an amazing 47KM between them.

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.

Mrs G

24.6.16