



Sports Newsletter

Summer Term



July 2015

ISSUE 17

The summer term is always one of my favourites for sport with the weather being much better and plenty of major sporting events to watch for inspiration. This term, the clubs have continued to be as popular as ever, whilst children have represented the school in everything from cricket and athletics, through to aquathlon and dance.

Three major events have taken place, with every year five pupil attending the Aspire Games at Par Track, as well as the Cornwall School Games Finals, hosted by Poltair School and the County Athletics Finals, also at Par Track happening.

For inspiration we have seen the England women's football team just miss out on a spot in the world cup final, in addition to some awesome performances from British players at Wimbledon - the best I can remember! In cycling, Bradley Wiggins has broken the hour record and the Tour de France is approaching the end, with Britain's Chris Froome currently in the yellow jersey.

Our year six children have left for pastures new and we can look forward to the new intake of year three children continuing the fine sporting tradition that many children before them have enjoyed. This year's Victor Ludorum was won by Shailan Dungey, whilst the Vitrix Ludorum was awarded to Kelsey Jeffreys - well deserved by both of them for their efforts and achievements throughout their four years here. It was great to see some ex-pupils being successful at the Cornwall School Games Finals last month, and I hope that those leaving us now will also continue to enjoy a variety of sports in the future.

Finally, a big thank you to all parents who have supported us this year. We couldn't offer these opportunities for the children without you helping us! Enjoy the summer!

Mr. Wallbank

Cornwall School Games Finals

Since September, we have entered a large number of sporting competitions in an attempt to qualify for the Cornwall School Games Finals, this year hosted by Poltair School. Badminton, Tag Rugby, Dance, Cricket, Quadkids Athletics, Cross Country, Tennis and Netball have all been on the agenda, with the teams initially taking part in a Fowey Area competition before having to also win through the Mid Cornwall Finals to secure a place in the Finals.

This year we had 32 children attending the finals - the highest number we've ever had. On Friday 26th June, four badminton players, 12 athletes and 16 dancers all travelled to Poltair to enjoy a rain hit opening ceremony with live music and an opening speech by ex-Olympian Craig Pickering. Following this the teams separated to head for their different venues.

The badminton team were at Polkyth, where they were one of only seven schools to have reached this stage. They performed very well, especially considering a couple of teams had players of county standard in their squad. Whilst they didn't finish in the medal positions, they all played well and won a few games between them. Well done to Aidan Drew, Harvey Cullum, Francesca Johns and Finley Turner - all year fives up against many year six children.

Our Quadkids Athletics team were missing a few of our stronger performers who were enjoying a week on the Isles of Scilly as part of the year six camp. This gave the opportunity for several year five children to take their place and with this in mind, 11th out of 16 was very respectable. Amelia Kulps posted the fastest sprint time of the day - quicker than all the boys as well! She placed as 6th best girl overall and Biscovey's top points scorer. Well done to Amelia and her team mates: Shailan Dungey, William Evesham, Joxy Stewart-Ashley, Harry Hambly, Aiden Jeffreys, Josh Guard, Amelia Budge, Rebecca Rawle, Ruby Ralphs, Kiera Rubidge and Paula Janasiak.

However, it was the dance teams who came home happiest, after claiming gold medals in both the Year 3/4 and Year 5/6 competitions!! The six strong year 5/6 team of Saffie Best, Lauren Inglefield, Melody Hoque, Madison Kibble, Victoria Hendy and Jenna Bate had worked hard with Mrs. Saint to compose and practice a dance to There She Goes By Taio Cruz. Overcoming their nerves of performing in front of the judges, they performed superbly to earn their medals. Following this, the year 3/4 team performed a very upbeat and energetic dance to Lips are Moving by Meghan Trainor which drew particularly good comments from both the judges and other school's teachers. The many months of hard work have paid off and should provide great inspiration for the future. Well done to the whole team: Taylor Perryman, Mille Gough, Emily Davies, Tamisha Nash, Ula Dobrovolskyte, Katie Guard, Jasmine Dillon, Ella Nicholas, Ellice Wright and Charley Stockley.

Mr. Wallbank



Year 3/4 Dance
County Champions



Year 5/6 Dance
County Champions



Primary Member
2014/15





Aspire Games



As part of our collaborative work with the Aspire Academy Trust, staff at Biscovey organised the second annual Aspire Games - a day of athletics at Par Track with the intention of giving every child the opportunity to experience a day of competitive sport at a proper sporting venue. This year saw 419 children from across the trust attending, including 90 of our own children, who were all mixed up into teams representing countries from the Commonwealth.

Upon arrival, the children were split up into ten teams, giving them the chance to work alongside pupils from other Aspire Academies to try and outscore the others teams. Every child completed a 600m run, a 75m sprint, a standing long jump and a vortex throw, earning points for themselves and their team with each performance.

Individually, there were a few children who were particularly successful, but on the day it was all about working together as a team and supporting each other. The group of children representing Bahamas, who outscored Fiji by just 11 points, were the winners on the day with many of our children enjoying the chance to lift the trophy.

The day was a superb demonstration to all of the children about what sport is all about; working together as part of a team, meeting new people, trying to achieve your personal best and enjoying yourself! As always, the children represented the school superbly - well done to all involved!

Mr. Wallbank

Year 3 Coaching

In their P.E. lessons this term, year three have spent six weeks working with sports students from St. Austell College to develop their striking and fielding skills through rounders. The children loved the sessions, in which they worked in small groups each week, improving their ability well and in the final weeks showing great enthusiasm in playing full games.

The sessions were really beneficial to the children and they responded really well towards the coaches. It was great to be able to stand back a little and see the children making the most of a great opportunity for them. By the end of the unit, the children had clearly improved both their ability to play the game, as well as their understanding of the rules and game tactics.

A huge thank you to the staff and students at St. Austell College for providing this opportunity.

Mr. Wallbank

Aquathlon

On Monday 20th April, five year five boys travelled to Truro School for the Cornwall School Games Aquathlon. It was the first time Biscovey have attended this competition, so it was a great opportunity for the children to experience multi-sport for the first time for the school. The event involved running a mile around the fields of Truro School, before swimming 200m after a short break for lunch.

The run section proved to be good for us, with Joxy Stewart-Ashley winning his heat in the third fastest time of the day in 6:00. Surprising me, Mckenzie Whereat ran superbly to finish in a time of 6:33, whilst Rio Ward, Aidan Jeffreys and Ben Wright ran in different heats, yet secured times of 6:49, 6:52 and 6:56 respectively.

Rio was first into the pool, swimming his eight lengths in a time of 5:21, followed by Aidan Jeffreys who swam 5:22. Joxy (bumped head) and Mckenzie (swallowed water) both struggled in the pool, but it was Ben Wright who impressed, swimming a superb 4:25.

This meant, Ben Wright was the top placed Biscovey representative, finishing in a very respectable 9th place, followed by Rio Ward in 21st and Aidan Jeffreys in 22nd. Joxy and Mckenzie both ran really well, and with a little more luck in the pool they were in line for great positions as well.

This was a superb event and a great introduction to multisport. Well done to all five boys involved!

Mr. Wallbank

**“HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD”**
-TIM NOTKE

Sports Kit

If your child is chosen to represent the school, can you please ensure that any kit they bring home is washed and returned as soon as possible.

It may be required for other children to use in other fixtures. Thank you for all of your help!

T	G	Y	N	A	A	C	O	P	D	E	S	S	B	S	L
A	O	V	X	E	D	I	V	E	O	D	A	L	Y	W	A
B	D	T	O	L	F	R	F	R	D	A	N	G	C	I	G
L	G	E	G	F	O	C	L	D	G	N	G	E	E	M	Y
E	E	N	E	T	O	U	B	A	E	C	Y	Q	I	M	M
T	N	N	N	R	L	I	D	A	B	E	M	R	S	I	N
E	N	I	O	O	I	T	S	C	A	P	N	Z	T	N	A
N	I	S	T	L	L	S	A	R	L	R	I	T	A	G	S
N	S	B	A	L	F	F	O	O	L	Y	T	L	G	A	T
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G	B	F	M	O	B	Q	K	M	P	A	F	C	T	P	X
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R	L	F	A	Y	L	H	O	M	E	Y	R	A	P	Y	R
Y	L	K	B	A	D	M	I	N	T	O	N	G	A	L	E

Can you find the following sports:

- Badminton
- Circuits
- Cross Country
- Dance
- Dodgeball
- Football
- Gymnastics
- Netball
- Swimming
- Table Tennis
- Tag Rugby
- Tennis

Sport in Numbers

Mark Cavendish, currently cycling in the Tour de France, is one of the world's top sprinters. Once he was clocked at an incredible **49mph** in a sprint for the line on a flat finish.

Andy Murray, Wimbledon's semi-finalist, has achieved a top serve speed of **145mph** which puts him at number **22** in the fastest servers list. Topping the list is Australia's Sam Groth who served at a mind blowing **163.7mph**!

Surprisingly, the fastest ever recorded object in sport is... a shuttlecock!
In 2013 Malaysia's Tan Boon Hoeng set a new world record with a smash measured at

306.3mph!!

With the length of a badminton court measuring **13.4 metres**, his shot would travel cover the whole court in just

0.097seconds!

Friendly Swimming Gala

With Polkyth being closed for several weeks at the start of the term and our previous swimming gala postponed, it left us with only the rearranged Charlestown friendly as a warm up before the main gala.

Charlestown proved to be tough opponents, but the children swam very well and won three races out of thirteen, whilst setting two new personal best times. It was the girl freestylers who excelled, with the year four, five and six teams all winning their respective races. Impressively, the year four girls knocked a massive seven seconds off of their previous best time, before repeating the feat in their medley race, this time knocking 11 seconds off of their best time! Well done girls!!

With several children enjoying their first ever gala and others still hoping for a spot in the main gala, it was a fantastic opportunity for them all to gain some important experience.

St. Austell School's Gala

The annual St. Austell Swimming Gala took place at Polkyth on Friday 13th June and proved to be as competitive as ever. With ten schools split into two divisions, we found ourselves up against Fowey, Carclaze and Tywardreath, having finished as runners up in division two last year.

The whole team swam incredibly well, posting five personal best times from the thirteen relay races and coming very close in each of the others. The year four girls medley team, with Rosa Dubare swimming a strong first leg of backstroke, followed by Madison Annear speeding down the pool using breast stroke that set up the team for Katie Burrows length of front crawl to win the race! Whilst this was our only win, we had several second places, all of which involving the girls teams; Year 4 freestyle, Year 5 Freestyle and Medley and Year 6 Girls Medley.

The boys also swam well, with all of the teams swimming within a second of their best times, including best times set by the Year 5 and Year 6 Boys Medley teams.

In the end, the competition was the closest I can ever remember, with all four teams being separated by just 8 points. For comparison, last year 41 points separated first and last, with the teams well spread out in between. Unfortunately, we just missed out on a trophy spot, finishing on 41 points (two more points than we scored last season when we were second!).

The whole team showed a lot of potential and should look to the future with optimism. Good luck to the year sixes who are now moving on - keep swimming! For those in years three, four and five, we can look forward to next season and working hard to improve our times and performances.

Mr. Wallbank

Free Girls Football Coaching

Dominic Edwards, the FA Skills coach who has spent time working with children in year three this year, is putting on a free coaching session aimed at girls with the details as following.

Monday 17th August
Poltair School
10am-1pm
FREE
Girls only (ages 7-11)

To book please visit [TheFA.com/Skills](https://www.thefa.com/Skills) and click on 'Find a Session'

Year 4 Cricket Tournament.

The year four team really enjoyed their first experience of representing the school in cricket, with two of the three games coming down to the last ball!

In our opening game against St. Stephen, we batted first and posted a decent score of 237-2, with Alfie and Josh particularly batting well. St. Stephen proved to be our equal, and ultimately it came down to the last ball of the game, with Biscovey bowling with a 2 run lead. Unfortunately, Alfie Tribe sent down a wide ball, followed by another wide ball (each worth 2 runs), meaning St. Stephen were 2 runs ahead. This meant we needed to take a wicket with the final ball, which would mean St. Stephen lose five runs. On his third attempt at the last ball, Alfie bowled perfectly to knock over the middle stump and win the game for Biscovey! Wow - what a finish.

This was followed by a rather large loss to an extremely good Mount Charles, beating us by 46 runs, who won every game in our group easily and went on to win the whole tournament and qualify for the county finals.

In our final game, we were up against Charlestown who had lost both of their previous games. In another tight affair, it again came down to the final over, but unfortunately this time it was Charlestown who squeezed home, winning by 16 runs thanks to some superb batting from their final batsmen who hit 19 runs off of their final over.

A great afternoon and some good experience for next year.

Mr. Wallbank

Year 5 Cricket Tournament

With several of the team having played in the year six tournament the previous week, the team were well prepared and hopeful of doing well. With some great performances from across the team, the team played well from the off, firstly beating Bugle by 29 runs, before beating Gorran by 57 runs. In the deciding match they were up against Mount Charles and it came down to the last over, with Biscovey needing a daunting 15 runs. Luckily, Rio Ward and Alex Bowes were in top form and smashed the ball everywhere, scoring 22 runs and ensuring we won the game by 7 runs, earning us top spot in our group.

This meant a semi-final with the runners up from the other group, Charlestown. The stakes were high, as the winners of this game would qualify for the county finals and as expected it was a close one. Having set the opposition a tough target, it was left to Alex Bowes to bowl the final over with Biscovey needing to take several wickets to win. Alex really went for it and bowled superbly, taking one wicket and having several others very close. In the end, Charlestown won by 18 runs and I am certain will represent the area well in the final. However, I also know that we were very close to overcoming them and should use this as an inspiration for next year!

Mr. Wallbank

Autumn Term Dates

September

22.09.15 5-a-side Football Tournament at Nanphysick

October

02.10.15 E.S.F.A. Football Tournament at Biscovey

06.10.15 Football & Netball v Sandy Hill at Home

13.10.15 Football & Netball v St. Stephen at Home

14.10.15 Par Cross Country Race 1

16.10.15 Cornwall School Games Qualifier - Tri Golf

20.10.15 Football & Netball v St. Mewan at St. Mewan

County Athletics Finals



Ashton Cantell
Year 3 50m Sprint
County Champion



Orlando Hamilton
Year 4 60m Sprint



Kimberley Knight
Year 4 60m Sprint



Year 3/4
Sprint Relay Team

The final sporting event of the year, the Cornwall County Athletics Finals, took place on Wednesday 8th July on a showery, cloud covered day at Par Running Track. Nineteen children travelled, hoping to perform well at the highest standard in the county.

The day started with sprint heats, with four Biscovey children running fast enough to reach the finals to be held later in the day, two of whom as fastest qualifiers. Ashton Cantell, Orlando Hamilton, Kim Knight and Emily Davies all qualified to run in the afternoon session, an excellent achievement in itself. Missing out but running well were Kira Rubidge, Asa Moore, Tallulah Pender, Harry Hambly and Ebony Underwood.

Throughout the day, several field events were taking place, with Harry Hambly (throw), Cory Bounsall and Ebony Underwood (long jump), Asa Moore and Kira Rubidge (high jump) and Amelia Budge (speed bounce) all took part in their respective events, enjoying the chance to experience some top quality competition.

Meanwhile, the track timetable moved onto the middle distance races, with 600m, 800m and 1500m runs taking place. Oliver Dillon performed well to finish 6th in the 1500m, Amelia Budge achieved a respectable 10th in the 800m, whilst Cory Bounsall was 13th in his 800m. Brodi Moriarty ran well to finish 14th, but it was Joxy Stewart-Ashley and Josh Compton with our best performances in the 600m and 800m, both of whom finished 6th overall.

As we moved into the afternoon, it was time for the relay races, with our girls and boys year 5/6 teams both running well, but missing out on spots in the finals. However, it was our year 3/4 boys team who excelled, leading throughout much of the race before being caught in the final 40m, but still finished in a superb 2nd place, just missing gold by a split second!

Finally, we moved onto the sprint finals where we really impressed. Emily Davies (Year 3 Girls) ran very well, finishing in 7th but only half a second behind a medal position. Kim Knight (Year 4 Girls) earned herself a bronze medal with a superb run, whilst Orlando Hamilton went one better to secure 2nd place in the Year 4 Boys race. However, it was Ashton Cantell (Year 3 Boys) who, with a dip of the head on the line, finished fastest to win gold in his race!

The children really excelled throughout the day and returned as one of our most successful athletics teams we have had at the county finals. Well done to all of them!!

Mr. Wallbank



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