



CGS Sports News

'A year unlike any other'

CGS Young Ambassadors



Our CGS Young Ambassadors this year, Chloe Croft and Lauren MacKinnon, have not had it easy but they both decided it was still very important to put together this sports newsletter to highlight the year that we've had. While as the title states, 'A year unlike any other' you will see from the articles contained in their newsletter that although there were huge challenges many pupils in CGS certainly showed resilience and determination to be as active as they could in what was a difficult year.

Keeping Active in Lockdown

Our PE Department used google classroom to encourage us all to be as active as possible when not having face to face lessons. Pupils in all year groups were encouraged to log their activity on the Get Set Travel to Tokyo website and the PE Department set up a CGS Strava group which encouraged us to share our walks, cycles and runs. This proved a popular platform to share our activity with 100 active members!



A group of S6 girls decided to challenge themselves during lockdown to keep active while they were at home and walk the length of the Kintyre Way from Southend to Tarbert.



They split the route into 7 legs and were amazed at the wonderful scenery and experiences that they had right on their doorstep. All the girls involved would highly recommend anyone to do these walks!



Young Ambassadors



A huge well done to all those S6 Girls! Well Done!



Unfortunately with increased COVID cases across the country we again found ourselves in a situation where schools were closed and learning was to take place online.



At the beginning of 2021 each year group was challenged to log their activity on the Get Set Travel to Tokyo website. This was a fun way to see which year groups were being active away from the classroom. In it's early stages CGS Staff took the lead quickly reaching Paris, France followed by Athens, Greece. Pupils and staff could log various activities including walking, cycling and also dance. As the legs grew longer and more challenging our S1 pupils started to pick up the pace reaching Atlanta, USA shortly after CGS Staff. It was in the final leg from Beijing, China that the S1 pupils overtook the staff to arrive in Tokyo, Japan first! Well done to all in S1 and to all pupils and staff who used this excellent way to log activity out of school.

	<p>Sports Captains Young Ambassadors 2021/22</p>
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All S6 students were given the opportunity to apply to be Sports Captain for their House group via google classroom. The high calibre of applications was excellent, particularly from the girls and after discussion in the PE department the following students were selected. Well done and we look forward to working with you all soon.

Beth Bannatyne	Caryn Kerr
Heather Millar	Jennifer McMurphy
Astrid MacLellan	Caitlin Russell

Our Young Ambassadors for next year are:

Jane Scott	Kyle Paterson
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Outdoor Physical Education

In August we returned to strict social distancing and all PE lessons had to take place outdoors. Education Scotland guidelines didn't allow the use of changing rooms so the PE Department adapted the gymnasium and Sports Hall to allow classes to change for PE ensuring we had room to safely distance. Resilient as ever our pupils coped well and while we got wet and cold on occasions it was great to be back together and able to actively participate in sports and activities that we enjoy.



Young Ambassadors



Celebrating Olympic Day with S1

All our S1 pupils have been learning about the Olympics across the curriculum and this interdisciplinary culminated in an afternoon of activity, celebrating the Olympic values.



All pupils were allocated a country and the afternoon started off with an opening ceremony where they marched behind their countries flag. Mr McQuaker welcomed all the athletes to Campbeltown to compete in a spirit of friendship, respect and fair play.



It was then off to compete in their events with pupils competing in events including; rowing, cycling, netball shoot, sprinting, boccia and tug of war. Each event was organised and led by one of our S6 Sports Leaders.



The boys 1 v 1 tug of war
Awarding Medals



Medal presentation to the Girls track athletes
In each event athletes were awarded Gold, Silver and Bronze medals and points were awarded for all athletes towards their country.



At the end of what was a fantastic competition the athletes representing the overall winning country, Germany were presented with an 'Olympic Day' t-shirt.



Young Ambassadors



Sports Leaders meet Judy Murray

PE staff and a number of our Sports Leaders participated in a fantastic leadership opportunity with none other than Judy Murray, mother of professional tennis players Jamie and Sir Andy Murray. Held outdoors at Dalintober Primary School the staff and pupils were put through their paces learning how to introduce and develop tennis in an exciting way to younger children.



The Judy Murray Foundation aims to bring tennis into rural and disadvantaged areas of Scotland. *'Everyone for Tennis, Everywhere for Tennis'* is the mission of the foundation.

CGS Sports Day in a different way!

With no Sports Day held in 2020 we were keen to hold an event this year but unfortunately council related COVID guidelines would only allow this to take place in year groups even though outdoors. Undeterred, classes were put through their paces in PE lessons and all pupils participated in track and field events with their class teacher. Results in each event were recorded and collated and it was decided that pupils results would count in all track and field events this year.

SPORTS CHAMPIONS 2021

Junior Girls	Emma Millar
Junior Boys	Robert Kerr
Intermediate Girls	Violet Campbell
Intermediate Boys	Lewis Gilchrist
Senior Girls	Jane Scott
Senior Boys	Kyle Paterson

It was great to see so many pupils compete in class lessons and actively participate so well. While we missed our traditional heats and finals afternoon with House relays our pupils showed that we could overcome covid restrictions and still have a meaningful, competitive sports day albeit in a different way.

Overall House Points 2021

Place	House	Points
1 st	Bengullion	140.5
2 nd	Kilbrannan	82.5
3 rd	Knockscalbert	65

PE Kit and Expectations in PE

In what has been a challenging year we look forward to some sort of normality come August.

Be organised

We remind all our pupils that we expect them all to change at the beginning and end of every PE lesson. To make this as fluent as possible pupils are always expected to wear school uniform to school. PE kit should include a change of footwear, t-shirt and shorts/trousers or leggings. Pupils should not arrive or leave in PE kit and no football strips are allowed. Girls should not wear leggings as school uniform as this causes confusion in PE. As school hoodies are part of the uniform these should not be worn in PE but another hoodie or jumper can be worn in colder weather.

We look forward to welcoming all our pupils back in August after a well-earned summer holiday and let's hope we can offer a wide range of clubs too.

