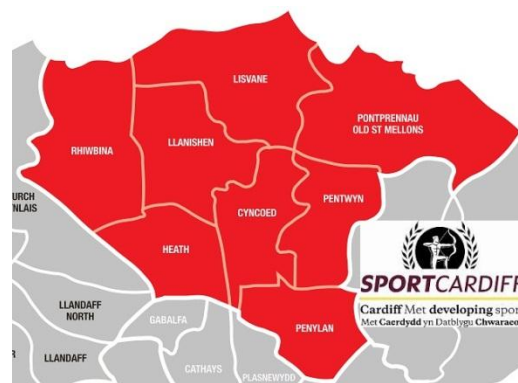




Cheer 'leading the way' in the North



SUPPORTING SPORT AND PHYSICAL ACTIVITY IN CARDIFF NORTH

by Gethin Smart/Stephen D^eAbreu

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Cheerleading competition

On Thursday (21st of May) pupils from Cardiff High, St Teilos and Llanishen High secondary schools represented at the Cardiff Games / Central Explosion Cheerleading academy competition held at the Sport Wales national Centre. In front of a sellout crowd teams performed routines learnt whilst attending Sport Cardiff North activities within their respective schools run by Central Explosion cheer academy coaches.

National School Sports Week

Has your school signed up to National School Sports Week? The week beginning June 22nd is a fantastic opportunity to encourage young people to be more active and take part in more PE and school sport. In previous years young people have taken part in a whole range of exciting sports, some

for the very first time

http://www.youthsporttrust.org/media/22041257/nssw_-_booking_process.pdf

Race for Life

With the Race for Life 5k, 10k and Pretty Muddy events in Cardiff on July 18th and 19th there is an opportunity for your school to hold its very own Race for Life event

<http://raceforlife.cancerresearchuk.org/schools/index.html>

Sakura Fitness

A new purpose built facility for under 18's has opened in Llanishen. Sakura Fitness located on Ty Glas industrial estate offer a range of classes and opportunities for pupils and schools alike to improve their health and wellbeing. Check out their Facebook page for more information:

<https://www.facebook.com/#!/sakurastrength?fref=ts>

Upcoming Competitions

Quad Kids (P) Thursday June 4th & Tuesday June 9th @ CISS

Run Jump Throw (P) Teacher training – TBC @CISS

Cricket (P) Tuesday June 5th @ Llanishen Fach

Golf (P) – Street Golf – Wednesday May 27th Cardiff @ City Stadium

Dance (P) Wednesday June 24th @ The Gate Theatre

Tennis (S) – Mixed Wednesday 24th June @ Whitchurch Tennis Club

Primary (P) Secondary (S)



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