

Chace PE Review

**"BE HUMBLE.
BE HUNGRY.
AND ALWAYS
BE THE
HARDEST
WORKER IN
THE ROOM."**
The Rock



Week Beginning

05.12.16

Extra-curricular updates

British Heart Foundation Dodge-ball Tournament

A great start to the dodge-ball tournament with excellent contributions made and all for a good cause. The British Heart Foundation Dodge-ball Tournament started with an exciting battle, which saw 5 teams battle it out for a place in the next round. Congratulations to 'Dabbers United' with 3 straight wins to see them sail to this **Monday's lunch-time** round (in the gym). Two more wins and they will secure themselves a place in the final next week.



Once again it has been an excellent half term for lunch time clubs and extra-curricular activities. Plenty of pupils are getting involved and enjoying every moment. There will be no clubs this week due to PPEs taking place. Due to the PPE exams ALL KS3 boys' classes will be on the field this week; the sports hall will not be in use. Furthermore, can we remind you that changing must be in complete silence, to not disturb those sitting exams.

This Week's Top Stories

Should you want to keep up with the major highlights and talking points from the PE department, follow us on Twitter @Chace_Pe and Instagram @chace_pe

The Wall

In the PE hut on the whiteboard, a fantastic resource, completed by Mr. Dawson for our BTEC students (on Level 2 – Unit 1), has got the attention of the whole school. Here you can find all the information you'll need in order to reach the grade you want! Check out the video on our Instagram @chace_pe.



Classroom Focus

In Mr. Dawson's year 10 class it was Harry who displayed some very explosive footwork in his plyometric session. The drill is very useful for power, speed, and agility! Alex went one step further and incorporated the use of footballs to make it harder. Check out this exceptional footwork by both students in our Instagram @chace_pe.



Team Results

Netball			Basketball			Girls Football			Boys Football		
Year	Opponent	Score	Year	Opponent	Score	Year	Opponent	Score	Year	Opponent	Score
7	Highlands	W13-0	Seniors	Grammar	L72-12	Juniors	Kingsmead	W3-1	7	Edmonton	W4-3
7	St Anne's	W11-0				Juniors	Winchmore	W11-1	7	Southgate	W2-0
7	Winchmore	W11-0				Seniors	Highlands	W7-0	8	Oasis Enfield	L3-1
7	Bishops	W10-1				Seniors	Latymer	W6-3	8	Oasis Hadley	L12-0
10	Winchmore	W14-9				8/9	Eastbury	L3-1	9	Kingsmead	W6-2
10	Edmonton	L19-13				Juniors	Latymer	W4-1	9	Lea Valley	L10-3
						9/10	Harris Academy	L5-1	10	Broomfield	W4-3
									10	Oasis Enfield	W4-3
									11	Highlands	L3-1
									11	Edmonton	L4-1
									Seniors	Edmonton	W4-1
									Seniors	Nightingale	W5-1
									Seniors	Highlands	L3-0

Chace's Aces

Stand out performances this week:

Jack and Zacary, who refused to give up on tackling in their rugby PE lesson. They accomplished a 100% record on tackling their opponent. #No1GettingPassed
This half term, **Karyiek** has shown great strength, mentally and physically, and has been chosen by his classmates as 'best captain' for his motivational qualities and allowing everyone to be engaged in a fitness circuit he has created. WELL DONE!

Alice, Ozge, Blessing, Kinga, and Christina, for displaying an excellent commitment & determination in the after-school fitness club on Friday. Showing the whole school #ThisGirlCan
The PE department are very proud of all our pupils who have become involved in all the extra-curricular activities we have to offer at Chace. Keep it up!



Important dates

2nd (Round 2) Dodgeball Tournament - 05/12/16

Year 9 Enfield Cup Vs Latymer – TBC

Year 11 BTEC Exam – 09/12/16

Year 10 BTEC Exam – 09/01/17

Netball Christmas Party – 08/12/16