

Chace PE Review

It took me
17 years and 114 days
to become an
overnight success.



Week Beginning

28.11.16

Extra-curricular updates

British Heart Foundation Dodge-ball Tournament

This week we have our 1st dodgeball tournament taking place on **Mondays at lunch-time** with Mr. Hussein and Mrs Dawson. We have numerous teams that have signed up ranging from year 7 to 6th form. There will be a KS3 final and a KS4 final. This event is in order to raise money for the British Heart Foundation. All donations are welcome!

This week's lunch-time clubs are as follows:

Mondays – BHF Tournament (**Mrs. Dawson & Mr. Hussein**)

Tuesdays - Boys Futsal (**Mr. Dawson**)

Wednesday - Dodge-ball (**Mr. Hussein**)

Thursday - Badminton (**Miss. Fieldhouse**)

Friday - Basketball (**Mr. Saunders**)

Trampoline Club & Fitness Club

It's great to see a huge turnout for both clubs on Friday after school. It seems that everyone is getting involved left, right, and centre! #LetsBounce #KeepActive



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

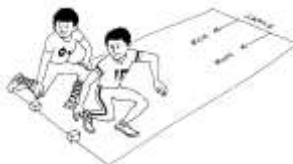
Deadlines

Attention all BTEC sport students, there is a high importance of meeting deadlines on assignments. Everyone has to deal with deadlines. The consequences of missing a deadline might range from missing out on your potential grade -- or maybe even failing your course. Here are 5 tips to keep you on track:

1. Stay organised – Keep a calendar with all your deadline dates on it.
2. Don't procrastinate - All you have to do is break a project down into smaller parts.
3. Delegate smaller tasks – Prioritise your work with a to-do-list.
4. Soft deadline – if a piece of work is due in two weeks, plan to have it done two days earlier.
5. Don't set yourself up to fail - You just need to be aware of your capabilities and be reasonable about what you can accomplish. It's far better to be upfront about expectations than to fail to meet them later. If you need help, just ASK! Coursework catch-up are on Wednesday and Thursday mornings in the PE Hut 7:30am-8:20am.

Classroom Focus

Mr. Smith has designed a football version of O's and X's for his boys Year 8 PE lesson. This experience proved to be a fun and enjoyable, as all pupils were engaged and completing tasks at an advanced pace.



Miss. Fieldhouse had some great activities planned for her class, using components of fitness shuttle run relays. Pupils had to run to collect cards which matched up to their definitions. First team to sort all their cards out wins!

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:

Maheer, beat the school team goal keeper from his own half at Futsal club #banger

George Bullock and **Ben Price** have produced some exceptional work in their exercise book and has been described by Mr. Dawson as a "work of art".

Mannequin Challenge, excellent commitment and attitude from all pupils who took part in the PE mannequin challenge. Be sure to have a look at our videos on Twitter @Chace_Pe and Instagram @chace_pe!



Important dates

1st Dodgeball Tournament - 28/11/16

Enfield Schools Year 7's 5-a-side
Tournament at Enfield Grammar – 28/11/16

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