

Chace PE Review

Week Beginning

27.02.17

I run like a girl.
**TRY TO
KEEP UP.**

Extra-curricular updates

Lunch-time Clubs

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

- Mondays – Girls' Futsal (**Mrs Dawson**)
- Tuesdays – Boys' Futsal (**Mr Dawson**)
- Wednesday - Dodge-ball (**Mr Hussein**)
- Thursday - Badminton (**Miss Fieldhouse**)
- Friday - Basketball (**Mr Saunders**)

Fitness Club

Held on Wednesdays after-school 3pm-4pm, Mr. Hussein and Miss. Findlay will be taking KS4 fitness club. This is open to both boys and girls. Activities: **Zumba, weight training, circuits, futsal, and boxercise.**

5 Teaching Points from the Week

- 1) Did you know you may only take four steps before having to bounce or kick the ball in a game of Gaelic Football?
- 2) You cannot make two consecutive bounces when running with the ball in Gaelic Football
- 3) The aerobic training zone is 60-85% of your max heart rate.
- 4) Skill-related components of fitness are used in every sport. Reaction time is the most important in the 100m sprint.
- 5) The smash shot in badminton is also known as the 'Kill Shot' as this is the type of shot most used to kill the game.

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

Ninja Warrior Chace UK

In the classroom, our gymnastics lessons in PE have taken the opportunity to create something special! We have created our very own Ninja Warrior assault course, where our Year 8s are enjoying every moment!



Netball Updates

The Year 9 Netball Team played brilliantly to beat Palmers Green High 17-9.

Netball club will start again on a weekly basis on Thursday 2nd March after school.

On Wednesday 8th March after school, there will be a Year 9 Borough Netball Tournament.

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	Seniors	Edmonton	L73-12	Juniors	Winchmore	W11-1	7	Southgate	W2-0
7	Winchmore	W11-0	Seniors	Broomfield	L37-34	Seniors	Highlands	W7-0	7	Hadley	W5-2
7	Bishops	W10-1	Seniors	Bishops	L70-14	Seniors	Latymer	W6-3	7 (Cup)	Grammar	L7-1
9	Palmers Green	W17-9				8/9	Eastbury	L3-1	8	Oasis Enfield	L3-1
10	Winchmore	W14-9				Juniors	Latymer	W4-1	8	Oasis Hadley	L12-0
10	Edmonton	L19-13				9/10	Harris Academy	L5-1	9	Kingsmead	W6-2
									9	Lea Valley	L10-3
									9 (Cup)	Latymer	W3-1
									10	Broomfield	W4-3
									10	Oasis Enfield	W4-3
									10	Kingsmead	W1-0
									10 (Cup)	Bishops	L2-0
									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:

Hassan 7CTS, Joe 7CTS, Harvey 7CTS, and Casper 7CTS

for showing exceptional skill and concentration in their PE lessons last week.

Great work guys!



Important dates

Seniors Vs Southgate (A) – 01/03/17

Seniors Vs Kingsmead (H) – 02/03/17

Year 10 Vs Grammar (A) – 02/03/17