

Chace PE Review

Week Beginning

06.03.17



"I once cried because I had no shoes to play football with my friends, but one day I saw a man who had no feet, and I realized how rich I am."

- Zinedine Zidane

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**)

Chris 'Kan du' it

Chris Kandu – ex Chace student – represented GB in Belgrade this weekend at the Indoor European Championships. He came 10th in the High Jump. Everyone is really please for him! Congratulations, Chris!



5 Teaching Points from the Week

- 1) Use instep when dribbling the ball to increase control. The increased surface area gives more control.
- 2) You can calculate the max HR by completing the equation: 220-age.
- 3) Synovial fluid is used as a lubricant in the joints. Exercise can increase the synovial fluid at a joint to maintain smoother movement.
- 4) Did you know that a routine dance can tell a thousand stories without speaking a word? #Motifs
- 5) The skill-related components of fitness are used in every sport, however, some more than others. Reaction time is the most important in the 100m sprint.

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

Findlay's Fitties & Hussein's Insane Workouts

It was a fantastic turnout for fitness club afterschool on Wednesday. It's lovely to see the commitment and passion off all pupils who attended. The goals they have set will easily be achieved in the next few months. Exciting times! The girls loved their Zumba session with Miss Findlay whilst the boys had an intense session in the weights room with Mr Hussein.



Inter-form Update

It's been an intense competition so far in all inter-form games. Over the past 6 months all KS3 classes have taken part in Cross Country, Dodge-ball, and Pat-ball. As is stands, the results so far **7LHU**, **8AGI**, and **9PB** are in the lead in the respective cohorts. Well Done!



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:

- Year 10 Boys Footballers** were commended for behaviour and attitude from EGS during a 7-0 loss
- Mikolaj 10KBW** for making big improvements in coursework club.
- Poppy 10DP** achieved a distinction on her BTEC exam. Well Done!



Important dates

- Year 7 Girls Vs Highlands (H) – 06/03/17
- Seniors Vs Highlands (H) – 06/03/17
- Year 10 Vs Oasis Hadley (H) – 07/03/17