

Chace PE Review

Week Beginning

13.03.17

IF "Plan A"
Didn't Work.
The alphabet has
25 more letters!
Stay Cool.

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) In Badminton, allow the shuttlecock to have the flight of an arch as if it were about to land on the top of your head before you hit it with the racket.
- 2) In Basketball, use the **BEEF** technique to attempt a free throw. **B**end knees, **E**lbow at 90 degrees, **E**yes on the hoop, **F**lick the wrist.
- 3) In Dance, ensure that you are in sync to create a more visual scene within a group.
- 4) In Fitness, the soreness you feel after a workout the next day is called delayed onset muscle soreness or DOMs.
- 5) In Football, aim to shoot in the bottom left or right corner of the goal (the hardest place for the keeper to defend) .

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

Finish Strong Fridays

Congratulations to the Year 10 Boys' Football Team who won their match earlier in the week against a strong Oasis Hadley side. Gaining a successful clean sheet in their 2-0 win, the captain congratulated his team deeming them worthy to win the league. However their manager, Mr Hussein, said there was much work to be done if they wanted to lift that trophy at the end of the season. Their final two games are against Nightingale Academy and Lea Valley School.



Borough Netball Tournament

The Year 9 Girls' Netball Team played exceptionally well to finish 3rd at the Borough Netball Tournament. The girls faced numerous schools and beat St Anne's, Palmers Green, Southgate, and Enfield County. They lost by 1 point to Highlands and lost to Latymer. Mrs Kennedy expressed her delight by stating that the girls made a fantastic all round team effort.



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
									10	Grammar	L7-0
									10	Oasis Hadley	W2-0
									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:

Adam 8EDA for completing the Ninja Warrior course in just 25 seconds!



Important dates

Year 10 Vs Nightingale Academy (H) - 13/03/17