

Chace PE Review

25 years of fundraising.
Helping 50 million people.

Week Beginning

20.03.17

Extra-curricular updates

Lunch-time Clubs

A quick reminder that our lunch-time clubs still go ahead as normal. No kit required but trainers recommended.

5 Teaching Points from the Week

- 1) Composure in front of goal is needed when shooting. For added power strike the ball with the laces of your foot.
- 2) Plyometric is jump training. It involves a maximal concentric contraction followed by a maximal eccentric contraction.
- 3) In Dance, ensure that you are in sync to create a more visual scene within a group and concentrate on unison.
- 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

Red Nose Day – Chace's Total Wipeout

RED NOSE DAY
Do Something Funny for Money

CHACE'S TOTAL WIPEOUT

WHAT: Come and see your teachers go head to head in Chace's Ultimate Total Wipeout Course
WHEN: Friday 24th March 2017 @ Lunchtime
WHERE: Sports Hall
PRICE: 50p (All money raised will go to this year's Comic Relief)

BRUTON'S BULLETS
VS
DOUGLAS' DIVAS

RED NOSE DAY
24 March

In aid of Red Nose Day, Chace's teachers will go head to head in a Total Wipeout themed assault course. Please come down to the sports hall at lunch-time and support by donating 50p to watch this Friday!

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	Palmer's Green	W17-9				8/9	Eastbury	L3-1	7	Lea Valley	D4-4
10	Winchmore	W14-9				Juniors	Latymer	W4-1	7	Heron Hall	W3-0
10	Edmonton	L19-13				9/10	Harris Academy	L5-1	8	Oasis Enfield	L3-1
									8	Oasis Hadley	L12-0
									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
									10	Nightingale	D3-3
									11	Highlands	L3-1
									11	Edmonton	L4-1
									Seniors	Edmonton	W4-1
									Seniors	Nightingale	W5-1
									Seniors	Highlands	L3-0
									Seniors	Southgate	L7-1
									Seniors	Kingsmead	L2-0

Chace's Aces

Stand out performances this week:

Shout out to the **Dirty Dozen** at coursework club on Tuesday – Thursday this week for beating the alarm clock with real commitment to ensure the highest standard of work!

Mikolaj Konarzewski 10BW has really impressed recently in his attitude to written work. Keep it up!

Sam Pritchett 7TOX for consistent positive attitude in lessons and extra-curricular clubs.

Dennis Goxha 11DS, **Cem Ozerk 11EKC**, and **Poppy Dowse 11DP** who all achieved a Distinction in their BTEC online exams – 84% is really good, well done!



Important dates

Year 10 Vs Lea Valley (H) – 23/03/17

Year 7 Girls Futsal MFA County Finals – 21/03/17 (Brunel University)

Year 8-9 Girls Futsal MFA County Finals – 23/03/17 (Brunel University)

Netball Tournament – 23/03/17

Boys Enfield Borough 5-a-side

Tournament – (Sat) 25/03/17 8:45 – 13:00

LD Year 10 Coursework Deadline – 24/03/17