

Chace PE Review

**THIS
GIRL
CAN**



Week Beginning

08.05.17

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.

Rounders is in Session!

Great turn out to year 7 Rounders. There were 30+ girls getting ready for the season. #TheseGirlsCan



5 Teaching Points of the Week

This Week: The Forward Drive in Cricket

- 1) Grip – Ensure you have a 'V' shape grip with your dominant hand at the bottom of the handle and your non-dominant at the top.
- 2) Stance – Ensure you are side on to the bowler and feet are shoulder width apart.
- 3) Backlift – Allow bat to be extended backwards to increase swing and generate power.
- 4) Front Foot Stride (Toe, Knee, Chin) – Be sure to step forward where the ball will bounce and have your toe, knee, and chin all in line as the shot is played.
- 5) Follow through (No. 9) – Follow through with your shot creating a No. '9' position with the bat.

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

Fantastic Achievement from Year 8/9 Girls

It was calm Sunday afternoon at Brunel University where Tayla, Maya, Emily, Christina, and Alana rocked the Futsal Tournament to win the London Region Futsal Championships. They have reached the top 8 Futsal teams in the country! These exceptional athletes have now qualified and are preparing for the nationals in Birmingham in June. #TheseGirlsCan



Great Start to the Rounders Season

It was a perfect start for the Year 9 Girls Rounders Team as they faced a strong side from Latymer. Winning 10 – 6.5 in slippery conditions. Well done girls! (Below Left) #TheseGirlsCan It was great to see one of our own 6th formers, Good ol' Marden, pulling the strings to mastermind the girls to victory (Below Right).



Team Results

Girls' Rounders 2016/17			Boys' Cricket 2016/17		
Year	Opponent	Score	Year	Opponent	Score
9	Latymer	W10 - 6.5			

Chace's Aces

Stand out performances this week:

Congratulations to the **Year 9 Girls' Rounders Team** for winning their season opener against Latymer.

Well done to the **KS3 Students** who took part in the Annual KS3 Football Gala against Northumberland Park Community School (Picture - Bottom Right).

Congratulations to the **Year 8/9 Girls** who represented Chace Community School in the London regional Futsal championships. They have now progressed to the nationals in Birmingham!



Important dates – Rounders

Year 9 Girls Vs St Annes - 10/05/17

Year 9 Girls Vs Highlands - 17/05/17

Year 9 Girls Vs Lea Valley - 24/05/17

Year 9 Girls Vs Bishops - 07/06/17

Year 9 Girls Vs St Johns - 14/06/17

Year 9 Girls Vs Ark John Keats - 21/06/17