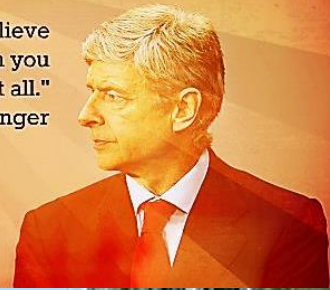


# Chace PE Review

Week Beginning 15.05.17

"If you do not believe you can do it then you have no chance at all."  
-A. Wenger



## 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 of the Week

This Week: Bowling in Cricket

- 1) **The run up** – Keep your arms close to your body and your head steady - keep your eyes fixed on the target - the batsman
- 2) **Bound** – As you approach the crease, turn your body to get side on and lean back slightly
- 3) **Coil** – Keep the ball close to your chin. As your back foot lands on the pitch, keep your body upright.
- 4) **Release** – Release the ball in a 'figure of 8'. Non-bowling arm pointing to the batsman for accuracy.
- 5) **Follow through** – As you follow through, fold your bowling arm into your body and swing your hips around to finish.



## 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

### Rounders in Full Swing!

A congratulation to the year 9 Girls Rounders team, making it 2 out of 2 wins. It was an outstanding fielding performance which saw them through to victory. However, it was a different story for the year 7 Girls Team as they narrowly missed out on a win for their season opener losing 12 – 12.5 to Ark John Keats School.



### Year 7 Enfield League Winners

Fantastic achievement to the Year 7 Football Team for winning their respective league!



## Team Results

Girls' Rounders 2016/17			Boys' Cricket 2016/17		
Year	Opponent	Score	Year	Opponent	Score
7	Ark John Keats	L12 - 12.5			
9	St Annes	W8.5 - 1			
9	Latymer	W10 - 6.5			

## Chace's Aces

Stand out performances this week:  
Congratulations to the **Year 7 Football Team** for winning their very challenging league.

Well done to **Charlie Austen 10NS** who has achieved outstanding levels of BTEC work in his lessons.

Congratulations to the **Year 9 Girls Rounders Team** winning their 2<sup>nd</sup> match with some phenomenal fielding.



## Important dates – Rounders

Boys Cricket Vs Latymer – 15/05/17

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