

Chace PE Review

Week Beginning

27.03.17

IT ISN'T THE MOUNTAINS
AHEAD TO CLIMB THAT WEAR
YOU DOWN. IT'S THE PEBBLE
IN YOUR SHOE.

- MUHAMMAD ALI



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) The **Skill-Related** components of fitness are: Balance, Co-ordination, Reaction Time, Agility, and Power.
- 2) The **Physical** components of fitness are: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Speed, Body Composition, and Flexibility.
- 3) In Gymnastics, balance and flexibility are the most important of the 5 skill-related components of fitness.
- 4) In Netball, when shooting you must have your dominant hand underneath the ball, non-dominant supporting, feet shoulder width apart, bent knees, and always aim for the back of the rim.
- 5) In Football, fartlek training is the most suitable type of endurance training to simulate a game.

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

In aid of Red Nose Day, Chace's teachers went head to head in a Total Wipeout themed assault course. A huge turnout from all pupils around the school came to support and donated 50p to watch raising over £160!



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	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

Wishing You a

Happy Easter 2017

From The PE dept



Chace's Aces

Stand out performances this week:

The girls, **Lenna 7CTS**, **Emily 7LHU**, **Melayna 7LHU**, **Destiny 7LHU**, **Ashanti 7CTS**, and **Shannon 7CTS**, all represented Chace Community School in the MFA Girls School Futsal County Finals achieving 3rd place overall. Well done girls! #ThisGirlCan

Congratulations to the **Year 8 girls** who won their MFA Girls Futsal Tournament. Excellent achievement!



Important dates

Seniors Vs Lea Valley (A) – 29/03/17

Seniors Vs Oasis Enfield (H) – 30/03/17