

PE matters

Issue 5 ♦ February 2021

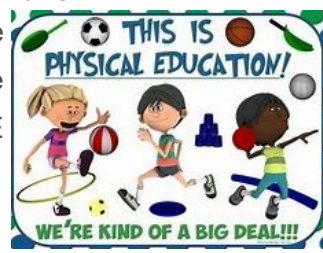


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PE News

Well as a practical subject it has been a challenge for us to adapt to delivering Physical Education remotely, but our students have certainly adapted, risen to the challenges and have engaged amazingly well with PE this half term.

There have been numerous miles covered walking, running or cycling, a load of yoga, HIIT, dance, Joe Wicks and martial arts workouts completed as well as student's joining live lessons to follow a variety of workouts led by PE staff. Not to forget the incredible number of students who have submitted their scores from the PE challenges that have been set during this half term. Keep up the good work!



PE – VIRTUAL WORK QUESTIONNAIRE

A massive thank you to the 240 students who completed the questionnaire with your feedback regards your physical activity levels and PE lessons during this lockdown period. It is great to see that 78% of you are getting out and being active at least 5 times a week and this matched the fact that 25% of you have enjoyed going for walks, runs or cycles the most from the PE work that has been set. This was closely followed with 19.2% of you saying you enjoyed the live PE workouts the most and a lot of the feedback received was you wanted to continue with the live PE aspects. So in response to the feedback we are going to endeavour to offer at least one full live lesson a week and some more challenge based activities related to running, cycling, walking and games based sports. We appreciated your time to complete the questionnaire and all the positive feedback we received, thank you so much for your continued support.

MAIDEN ERLEGH TRUST CROSS COUNTRY CHAMPIONSHIPS

During the week commencing 25 January we took part in a Trust wide Cross-Country Championships for all students. Well done to the students who entered (names below), they will receive 5 house points each for their fantastic efforts.

Well done to the Year 10/11 Boys who came 1st out of all the Trust schools, with top 4 finishers as a team. George B finishing 3rd, Bradley W 4th, Mael L-P 7th and Dan H 11th.

Year 7

Ella P
Sophie G-B
Immy H
Aleka H
Zoe T
Hugo H
Nilo L
Ashton H
Archie W
Ebony M
Daisy M
Emma T
Zara T
Eleanor C
Amelia E
Kasey L

Year 8

Chloe G
Amelia B
Ben W
Finn S
Gabbi M
Natasha P
Gabrielle P
Charlotte B

Year 9

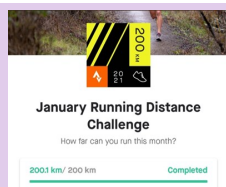
Keeley P
Kaitlin H
Ruby W

Years 10/11

Abi F-S
Dan H
Ronnie K
George B
Braedon F
Bradley W
James B
Mael L-P



COUCH TO 5K CHALLENGE



Running is for everyone, surprise yourself - just because you don't doesn't mean you can't!

If you feel like challenging yourself why not have a go at completing the couch to 5k challenge. This can be done by following a program which is available via an app on both android and apple devices. If you don't have a smart phone there is a paper version of the program on google classroom and also a link to the NHS website which explains what you need to do each week. Any student who manages to run 5k and submits evidence of this (a photo of them out running and a screen shot/photo of the 5k completed on the app/map my run etc) will be awarded a golden ticket from the PE department and so 5 points towards your house. We look forward to seeing your progress towards completing 5k.

Well done to following students who have already completed and sent in evidence of completing their 5ks:

Year 9s - Gemma P and Joseph G

Year 10 – Mael

Year 11s – Dan H, Warren G and George B

A massive shout out to Mr Watterson who ran 200km in January and is currently on a running streak of 110 days of running at least 5km a day. This is a phenomenal effort, a massive congratulation from the PE department and keep up the good work.



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