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PE News

This term, students have been experiencing badminton, football and gymnastics in their PE lessons.

PE staff have been impressed with the attitude and commitment from students within their lessons and we have seen some great progress over the course of this half term.

Miss Cheeseman and Mr Hunter have been very impressed with 8A and the progress they have made within their gymnastics lessons. They have been introduced to vaulting and they were able to all include a vault within their group routine which they performed within their last gymnastics lesson of the term. Well done to all!

Next term students will be moving onto basketball and netball for their PE lessons.

BOXIN2SHAPE

Over the last 5 weeks our students have had the opportunity to work with the amazing Jay from Box In 2 Shape. This opportunity has allowed students to take part in the Boxin2Shape school fitness programme. The programme aims to teach the fundamentals of boxing and fitness, including strength training, stance, footwork and basic intense boxing drills for cardio endurance.

The course has been a great success, with some students now going on to join Jay down at his boxing gym in Caversham. This partnership continues next term with Jay coming into school to carry on running the Boxin2Shape programme for our students.

Watch this space for booking on to the course as there are only 20 spaces available!



South Oxfordshire School Cross Country

On Tuesday 19 November a group of students from across Years 7-10 took part in the South Oxfordshire Cross-Country at Gillotts School. For a number of our younger students, this was their first experience representing the school at a sporting event and we were incredibly proud of how they conducted themselves. Every single student put in huge amounts of effort and there were some brilliant performances over the course of the afternoon.



Well done to all those who came along and represented the school. A special mention to our Year 7 boys' team, who, led by an exemplary effort from Emmanuel, were our most successful team of the day. Special mentions also to Ebony (Yr8), Ben (Yr 9) and Ben (Yr 10) for their phenomenal performances.

The Cross-Country event at Gillotts is a notoriously hard race and we were incredibly proud of every single student for taking part and putting in such a fantastic effort.

Year 7 Girls Football

The year 7 girls travelled to Langtree for their first football fixture for MECE. With many of the team never having played football before it was amazing to have 11 girls that wanted to take part. We played Langtree in the first match and the lack of experience showed with players not sticking to positions and following the ball which allowed a lot of space for the opposition to take advantage. Langtree did this well and we ended up losing the match.

In the second match against a strong Wheatley Park team, our players listened to the advice of coach Cheeseman and assistant coach Burningham. With players sticking to positions and holding strong we had plenty of opportunities to score, but unfortunately we couldn't reach the back of the net and Wheatley Park scored a couple of goals on the break.

Although both games were lost, the girls were amazing, their improvement from game 1 to 2 was astronomical and this bodes well for the rest of the league.

Huge well done to all the students and especially Imogen who received player of the matches for our team for some outstanding performances both in goal and on pitch.



FIXTURE UPDATE

South Oxfordshire School Games Duathlon

On Friday 5 November MECE held the annual South Oxfordshire School Games Triathlon, but this time it was a duathlon with the bike element removed. Students in years 8/9 and 10/11 completed a tough 2.5k ergo row followed by a 2.5k run around the fields at MECE. The event was competed as both a team and individual race with 3 students competing from each school in each year group to form the teams. The stand-



out performers for MECE were Ben W (Year 9) who rowed an incredible 2.5k time of 8 minutes and 22 seconds, which was the fastest time of any boy in KS3 and brought him out onto the running element in first place. Ben was well supported by Carter S (year 9) who rowed the second fastest time of 8 minutes 35 seconds so two MECE students led the way out onto the run. The team was completed by Isaac W (Year 9) who also put in a solid performance which led to the team finishing 3rd overall after the running element. This was a fantastic performance from three students who had little prior rowing experience.

The girls KS3 team was made up of two year 8s and a year 9 and they competed brilliantly against a strong field, the majority made up of year 9s. Georgina I (year 8) recorded a good rowing time, whereas Ebony M (Year 8) and Gabbi P (year 9) preferred the running element both recording good 2.5k times. The girls combined times meant they finished in 5th place on the day.

The KS4 boys team, made up of Ben A, Jack S and Joseph G, finished a respectable 4th overall, with Joseph recording a strong rowing time of 7 minutes 44 seconds which was the third fastest of any student in KS4. This was a fantastic result for the year 10 boys who were competing against a strong field of year 11 boys. We are already looking forward to seeing how they get on next year, we hold high hopes!

Well done to all the students who competed on the day in what was a very tough endurance event, and they competed strongly on both the rowing and running elements.

Primary School Cross Country

It was lovely to host the second and third of the primary school cross country winter series events at MECE on Saturday 6 November and Saturday 6 December.

A massive thank you to Amelia B (year 8), Gabi (Year 8), Dillon B (Year 10), Gabriella (year 7), Ben W (year 9), Mr Watterson, Mrs Boden, Ms Biddiss and Mrs Hardman for their help and support to ensure the mornings ran smoothly.



Year 8 and 9 Girls Football

The year 8 and 9 girls football team started their league campaign away at Langtree School on Wednesday 24 November, where they had two fixtures against Langtree and Wheatley Park. Due to illness, we travelled with a squad of only 9 girls which meant we had no substitutes for both our games. The first game was against Langtree and the girls found it tough to get to grips with the fast-pace on the AstroTurf against a very good Langtree side. Some good defending from Heidi, good work rate from midfielders Emily and Ella to track back to defend and a sting of saves from Charlotte reduced Langtree to only one goal for the first 15 minutes of the game, The girls then began to tire and conceded two late goals leading to a 3-0 defeat against a very good Langtree side.

The girls were straight back on with limited rest against Wheatley for their next game, with a switch of goalkeeper and a shuffle of the formation the girls started the game very positively. Some nice link up plays between Ella and Amelia led to a couple of early chances but unfortunately these were shots from outside the box and were met by a couple of fine saves from the Wheatley Park goalkeeper. Honey was a constant threat to Wheatley with her dribbling down the left side of midfield, but she couldn't find the crucial final ball to lead to a goal. Wheatley scored their first goal on the counterattack and then quickly found a second which disheartened our girls after a positive start to the game but they stuck together and defended well in the last 5 minutes to finish the game 2-0. Well done to the girls who worked extremely hard on a what was a very cold evening, you did yourselves proud with your attitude and effort on what was a tough evening of football.

UPCOMING FIXTURES

Date	Sport	Year Group	Location
Tuesday 18 January	Football	Years 10/11 (Girls)	Wallingford
Wednesday 19 January	Football	Years 8/9 (Girls)	Wallingford
Wednesday 19 January	Swimming	Years 7,8,9,10 and 11	Radley
Thursday 20 January	Football	Year 7 Girls	Wallingford
Tuesday 25 January	Football	Years 10/11 Girls	Wallingford
Wednesday 26 January	Football	Years 8/9 Girls	Wallingford
Thursday 27 January	Football	Year 7	Wallingford
Tuesday 1 February	Football	Years 10/11	Lord Bills
Wednesday 2 February	Football	Year 8/9	Lord Bills
Thursday 3 February	Football	Year 7	Lord Bills
Tuesday 8 February	Netball	Year 11	Wallingford
Tuesday 15 February	Netball	Year 10	Wallingford
Wednesday 16 February	Football (SEND)	Under 13	Wallingford

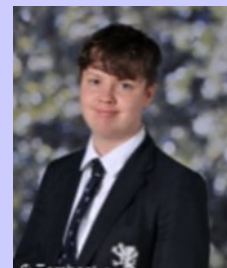
PE STAFF NOMINATE THEIR STUDENTS FOR THE HALF TERM



Miss Cheeseman

KS3 Imogen is an exemplary student. Her effort both in lesson time and at extra-curricular PE activities is fantastic. Imogen has represented the school in multiple events, including the South Oxfordshire Cross Country at Gillotts. Most notably, Imogen won player of the match at our recent football fixture at Langtree school, where she displayed incredible goal keeping skills. Imogen is an asset to the PE department and an exceptional role model to her peers.

KS4 Joe continues to focus and work hard in all of his PE lessons. He is self-motivated and applies himself to every piece of coursework that is set in BTEC Sport. We are very proud of the progress Joe is making in his studies and have no doubt he will continue to focus and engage and achieve the result he deserves.



Mr Burningham

KS3 My student of the term is Cameron. Cameron has shown outstanding dedication to sport this term, turning up to clubs on a weekly basis and doing this whilst training for swimming before school. Cameron's drive to improve is second to none and his commitment is inspiring to others around him.

KS4 My student of the term is Corey for his excellent work in BTEC Sport. His dedication to the subject and the commitment and desire to achieve the highest grade on every piece of coursework has been admirable.



Mr Hunter

KS3 My KS3 student of the term is Ben. Ben works extremely hard in his PE lessons and is always a regular at clubs, both at lunch and after school. Ben was a key member of the year 9 rugby team this year, he led by example each week and his defensive play was outstanding. It has been a pleasure to watch Ben develop into such a good rugby player and all-round sportsman over his time at MECE and we all look forward to watching him continue to develop over the next few years.

KS4 My KS4 student of the term is Kayla B. Kayla has worked hard on her BTEC Sport studies and continues to strive to be the best she can be within the subject area. She has also been extremely helpful in motivating some of the other girls within year 11 to get involved within their core PE lessons. Well done Kayla and keep up the good work and I am sure you will achieve the results you deserve within BTEC Sport!



PHYSICAL EDUCATION



@ChilternEdgePE

PE KIT REMINDER

The PE department have been really impressed with students PE kit this half term, students have been great at remembering their PE kit and having the correct kit for PE lessons. On occasions a few students have turned up to a PE with shorts and a t-shirt for outdoor PE lessons, the weather is now getting cold, and we recommend students dress appropriately for this to ensure they get the best out of their lessons.

If there are any issues with regards the PE kit please just let me know and we can try and help where possible: d.hunter@maidenerlegitrust.org

HAVE A FANTASTIC CHRISTMAS

We hope all students have a fantastic Christmas break, keep fit and active ready to come back and smash their PE and sport when they return in January. Keep us updated with all your exciting sporting activities over Christmas on our social media pages!



@ChilternEdgePE



MECE PE



PE AND GAMES KIT

BOYS

Navy blue polo shirt (with logo embroidered – purchase from Stevensons)

Navy blue shorts (available from Stevensons)

Navy blue reversable sports jersey (with logo embroidered – purchase from Stevensons)

Navy blue sports socks (available from Stevensons)

White sports socks (indoor PE sessions)

Navy blue Microfleece* (available from Stevensons)

Navy blue tracksuit bottoms* (available from Stevensons)

Non-marking trainers

GIRLS

Navy blue polo shirt (with logo embroidered – purchase from Stevensons)

Navy blue shorts/skort (available from Stevensons)

Navy blue reversable sports jersey (with logo embroidered – purchase from Stevensons)

Navy blue sports socks (available from Stevensons)

White sports socks (indoor PE sessions)
Navy blue microfleece* (available from Stevensons)

Navy blue tracksuit bottoms* (available from Stevensons)

Non-marking trainers

(* indicates kit which is optional)

“Opportunity, diversity and success for all”