

PEmatters

Issue 14 ♦ October 2023



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A MESSAGE FROM MR CALDWELL

"A very warm welcome from our new PE team members, Mr Spicer and myself, plus Miss Cheeseman who all of you will be familiar with. A special thank you to Mrs Kirby for supporting our rugby programme and coaching at the recent Reading Abbey tournament. We have been made to feel very welcome and have both been really impressed with the commitment, both in class and for the extracurricular clubs. To see so many students at the rugby training and the girls' football clubs was excellent.

The first half term, there have been a few fixtures but there is so much more to come. We are on the lookout for rowers and cross-country runners, basketball slam dunkers and badminton smashers - plus lots of other sportspeople – there are going to be lots of opportunities for students to come along to play, learn, have fun and represent the school. We want our students to take pride in representing MECE and for their peers to acknowledge their achievements and effort.

Finally, our focus as a department is on 3 key areas: health and wellbeing, positive mental attitude and social development through PE and sport. Our expectation is for students to give 100% effort, to challenge themselves and be able to do something they couldn't do before. But PE and sport in general should also enable social development, communication skills, active listening, respect for others, making friends, working as a team, but, most of all, joy in taking part. We hope to see plenty more of this as the year goes on. "

PARENT VOLUNTEERS

As part of our drive and ambition to grow and develop our extracurricular opportunities, we would love to hear from parents and local sports clubs about building partnerships with our PE department and MECE. If you have a talent for a sport, a coaching qualification, or are a member of a local sports club looking to grow your local community links, we would love to hear from you.

This term we are looking to add the following community club links: Reading Rowing Club, Reading Abbey rugby for girls' and table tennis club.

THANK YOU, CESA!!

A huge thank you to CESA for their generous donation to the PE department which has been invested in activities to encourage participation and competition for the future. We will be investing in new table tennis tables for curriculum and extracurricular clubs, plus resources to grow our Inter-House competitions. As the popularity grows for girls' football and rugby, we will be further investing in new school kit and equipment.




EXTRACURRICULAR

We are really pleased to report that badminton and basketball numbers at lunchtime clubs continue to grow each week. With girls and boys across the year groups attending and playing together.



At the afterschool clubs the girls' football training has had excellent attendance, with over 40 girls taking part from Years 7 and 8. The school teams are looking particularly strong, whilst it is great to see so many girls wanting to be involved in sport. Amongst this year group, there are girls playing for Reading, QPR and Chelsea! We can't wait to see how you get on this season. We've also been really fortunate to have KS4 players come along and help with coaching and officiating.



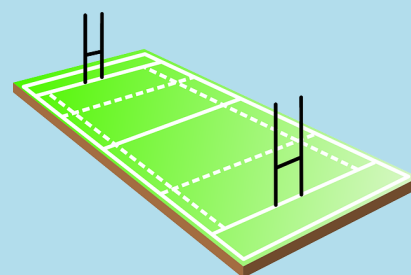
Extra Opportunities: The Football Association (The FA) has some great online courses for students interested in coaching and refereeing (the money is also very good for both!). Visit: 

Football Coaching course:

[EE Playmaker | England Football Learning](#)

Football referee course:

[FA Referee Course \(thefa.com\)](#)



The boys have shown tremendous commitment and positive attitudes during rugby training. Our teams have been a mix of year groups in the upper years, but there is an excellent camaraderie amongst the students when they work together. Our Year 10/11 team played Wheatley Park and performed heroically against a very strong team, and when playing Lambrook they narrowly lost in the last play of the game.

Our Year 7 and 8 teams took part in a festival of rugby at Reading Abbey Rugby Club on Friday 6 October. Positive attitude, effort and enthusiasm were all on display across both MECE teams, who came up against some very strong opposition. Across both teams we have just a couple of players who play club rugby so it was a steep learning curve for the boys, but one they took in their stride. The Year 7s were rewarded for their efforts with a win against Highdown in their final game. Well done to everyone who took part. Onwards and Upwards!

This term there have been growing numbers of girls attending after school rugby club. Next term we are hoping to have new links with Reading Abbey Rugby Club, who will be providing a coach to run our after school girls' rugby programme. Watch this space!

PRIMARY SCHOOL CROSS COUNTRY

Thank you to Declan B-C, Amelia B, Gabriella P, Daniel C, Oliver H who supported Kevin Nutt and his team who organise the Inter-Primary school cross country championships. They made sure the primary school children all enjoyed their experience, they helped marshal the course and gave out medals at the end. Great to see our students acting as excellent role models for future students.

FIXTURES

Please click on the link to the school website to see this term's fixtures:

[FIXTURE LIST](#)

MISS CHEESEMAN'S STUDENTS OF THE TERM



Jake H in Year 7 has had a brilliant start to secondary school. Jake's focus and effort in lessons is fantastic. Jake is also a valued member of the Year 7 rugby team, working hard at training and performing brilliantly at his first ever school

fixture. Well done, Jake!



Emily N in Year 11 has been fantastic this term both in and out of lessons. Emily goes the extra mile for the PE department, helping at clubs and getting stuck into all of the extracurricular activities. It is also great to see Emily trying out new activities outside of school, including rugby at Abbey RFC. Finally, Emily has been appointed a Year 7 peer mentor, which is testament to the growth and maturity we have seen from HER over the last academic year. Keep up the amazing work Emily!



MR CALDWELL'S STUDENTS OF THE TERM



Saanvi K in Year 8 has been demonstrating some incredible skills and talents in our rugby and fitness lessons. She is a determined athlete, who is also training with Reading Athletics club. She has shown great tenacity on the rugby field, tackling and scoring tries. She does this with a really positive attitude, encouraging and motivating her peers in the games. We look forward to seeing Saanvi represent the school in more sports this year.

Matt B in Year 10 is a keen rugby player and has been playing for Henley Hawks this season. At the beginning of this term, Matt set himself the goal to captain and help lead, organise and coach his Year 10 team. In addition to this, he has taken on the responsibility to coach our Year 7 and 8 students. He leads the warmup, plans and delivers practical drills and gives the students a great insight into the tactical and strategic side of the game. Well done, Matt, keep up the great work.



PE CLASS OF THE TERM—8B

As a collective group they have shown a lot of progress in rugby. They have cooperated together when they are playing in small teams, shown a fantastic competitive edge, but most importantly shown excellent sportsmanship and respect to each other when the games have finished. In the fitness sessions, they consistently strive to do their best and work towards personal goals. Well done 8B!



BADMINTON CLUB

TUESDAY LUNCH AND TUESDAY AFTER SCHOOL

Tuesday lunchtime - come and play.

Tuesday after school - team training; come along and be part of the school team. Fixtures and tournaments to come!

Tournaments start after October half term for Year 7, Year 8/9 and Year 10/11.



**BADMINTON SKILLS
AND GAMES**

**A GREAT PHYSICAL,
MENTAL AND
SOCIAL ACTIVITY**

**JOIN THE SCHOOL
BADMINTON TEAM**

BRING A BUDDY

**WE LOOK FORWARD
TO SEEING YOU**

VOLUNTEER OPPORTUNITIES

Would you like to coach or referee for the school? Gain skills and qualifications for the future...

See Mr Caldwell for more info



BASKETBALL CLUB

WEDNESDAY LUNCH AND WEDNESDAY AFTER SCHOOL

Wednesday lunch time - come and play

Wednesday after school - team training, come and along and be part of the school team. Fixtures and tournaments to come!



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See Mr Spicer for more info

The PE Department wishes you all a happy and healthy half term—keep active and we look forward to seeing students next term for more lessons, clubs and fixtures!



PE KIT REMINDER

PE Kit Reminder

The PE department have been really impressed with students PE kit this year, students have been, overall, great at remembering their PE kit and having the correct kit for PE lessons. But, it has been noticed that students have started to wear cycling shorts or black shorts/tracksuit bottoms and hoodies that are not navy blue.

So, as a reminder before you purchase ANY new kit, please check the PE kit list.



KIT LIST

Physical Education & Games Kit

- Navy blue polo shirt (with logo embroidered – purchase from Stevensons)
- Navy blue shorts/skort
- Navy blue sports socks (outdoor PE lessons)
- White sports socks (indoor PE Lessons)
- Navy blue Microfleece/Jumper
- Navy blue tracksuit bottoms
- Non-marking trainers



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MECE PE