

# PE matters

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Reades Lane, Sonning Common, Reading, RG4 9LN Tel: 0118 9721500

## LOCKDOWN CORE PE

As a department we have tried to think of fun and innovative ways to keep our students active during lockdown and lots of students and their families have fully embraced the different lessons that we have put on for the last 8 weeks. We have done everything from Joe Wicks live PE lessons, to students creating their own workouts, Netflix projects, cricket, rounders and athletics workbooks.



We have also hosted lockdown challenges on the PE department Instagram account which have seen lots of the school community getting involved from students to staff and even parents! The challenges have included the toilet roll keep-up challenge, handstand challenge and the throw clap and catch challenge. See some of the fantastic entries we have had below from students past and present and even some parents!

## EXAMINATION

Year 10 have continued with their BTEC Sport and GCSE PE courses with the majority of students really engaging well with the online lessons via google classroom.

BTEC students have made good progress studying unit 1 fitness for sport and exercise in preparation for their exam when we return to school. We have been using a new online platform called The Everlearner which has been brilliant for providing revision materials and online testing providing instant feedback for the students.



GCSE students have just finished studying physical training and have begun recapping prior learning of applied anatomy and physiology. Mr Burningham has been impressed with the GCSE cohort who are working hard in preparation for a mock exam when we return of to school.

Keep up the good work all!

## OXFORDSHIRE YOUTH AWARD

After a fantastic rugby season in which they went undefeated the year 10/11 rugby team have been nominated for the Sports Personality Award at the Oxfordshire Youth Awards. The team won 9 games and drew one, scored 211 points and only conceded 12 in what was an amazing season for such a small cohort of students.

This event is being organised by a local charity, Oxfordshire Youth and is being held at the New Theatre, Oxford. Due to the current circumstances the date is still to be confirmed and once we have more information regarding the evening we will send out details to all who were involved. This event will be a great way for this group of students to celebrate what has been a fantastic number of years of representing MECE so successfully.



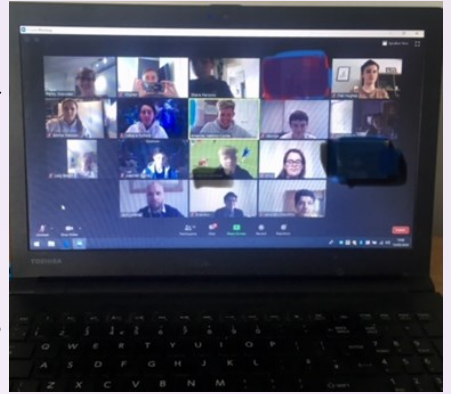
## ACTIVE LEADERS

Our Year 10 and 11 students were offered the exciting opportunity to enrol on a newly created Active Leader course which was delivered in a virtual format, and led to the nationally accredited Active Leader Award.

The students received training in a supervised Zoom group format, interspersed with activities undertaken in smaller supervised groups. The time needed on-line was aimed at encouraging debate and contribution, whilst the break-out and off-line time was for various challenges and tasks. Over the course of the week students were taught various leadership and employability skills such as first aid,

marketing, budgeting, leadership styles and planning and organising events. The students worked extremely hard completing 2 sessions each day to ensure they finished the course in a week.

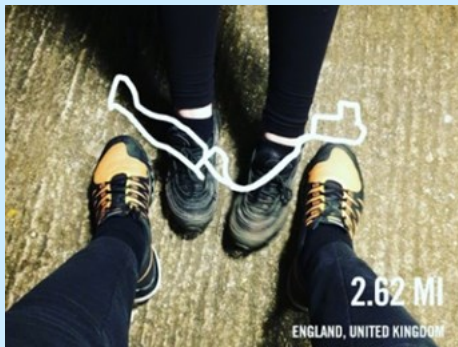
The course will now allow the students to go on to help and potentially find employment running local events in the Sonning Common area, assisting with running clubs at school, in the local community and also at various Oxfordshire School Games competitions.



A massive thank you must go to Active Oxfordshire who helped fund the course but most of all to Penny Snowden and her team from Active Leaders Ltd for organising and providing this opportunity for our students in such a difficult time through a virtual format. To find out more information about Active Leaders please visit: [www.activeleaders.co.uk](http://www.activeleaders.co.uk).

## MILES IN MAY

During the month of May we have been competing against other South Oxfordshire schools to see which school community – students, their families and staff – can cover the most Miles in May! The idea is to encourage as many of us as possible to get active during lockdown, to combine our mileage to see how far we can “virtually” travel around the world. During the challenge we have asked you to record and log the distance you have covered when you go walking, running or cycling. Various apps such as Strava and MapMyRun/Ride or a smart watch or fitness tracker have all been used to measure the miles.



Students have tracked their Miles in May on a live spreadsheet in their PE Google Classroom. The total miles recorded after two weeks is 2895 with year 7 leading the way as a year group with over 700 miles.

Prizes up for grabs for those that cover the greatest distances.



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