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## PE News

It has been a strange start to the new academic year for the PE department as we are normally busy with rugby, hockey and girls' football fixtures at this time of year but unfortunately due to the current circumstances that has not been possible.

We have though been really pleased with the start students have made to PE this year. All KS3 students have been taking part in fitness and football lessons this half term and all have been really enthusiastic and engaged well with the lessons.

A massive well done to Miss Cheeseman and Mr Hunter's Year 10 BTEC Sport students who have made a fantastic start to their course completing their coursework in the rules and regulations of badminton and practically demonstrating these in lessons.

In addition Year 11 BTEC Sport and GCSE cohorts have come back with a positive attitude towards their final year of study and have made great progress this half term. GCSE students have now completed the teaching of Paper 1 and are now studying sports psychology as part of Paper 2. They will be sitting a full Paper 1 as part of the mock exams after half term.

BTEC Sport students have started Unit 3: Applying the Principles of Personal Training. They have designed their own training plans and are now completing them for the next 6 weeks to see if they can improve their aerobic endurance.

## MINI LONDON MARATHON

On Sunday 4 October the *Virgin Money London Marathon* took place, which was very different this year.

It featured the world's best athletes racing on a looped course in St James's Park live on the BBC, while 45,000 adults across the UK and all over the globe took part in a virtual event – running 26.2 miles.



And that's not all... for this year only, schools could also be part of the world's greatest marathon by taking part in the *Mini London Marathon* and running 2.6 miles between Monday 28 September and Friday 9 October. This is exactly what we did as part of fitness lessons with every student in the school having the opportunity to walk or run the school cross country course to try and complete the 2.6 miles. We had 71 Year 7 and 8 students complete the 2.6 miles and many more complete 1 or more miles. House points were up for grabs for all students who completed it with bonus points for the best times in their year groups. Well done to Amanda D, Charlie G, Ebony M and Archie W for having the fastest times in Year 7 and Sienna F and Ben W from Year 8.

As a result of this a number of students have asked about a running club and so we are going to have a running club after school on a Thursday 3.15pm – 4pm alongside the staff running club that is already happening.

#MiniLondonMarathon

## PE KIT REMINDER

On the whole students have great PE kit, but on occasions a few students are turning up to PE lesson with the wrong kit.

From our experience and observations of other schools, there is no doubt that schools that maintain high standards of dress and appearance are more successful. Students who take pride in their dress are more likely to take pride in their work. In seeking to maintain high standards at Maiden Erlegh Chiltern Edge, we regard the full support and co-operation of our parents as essential. Please can all students ensure they have the correct sports kit for lessons to ensure we all look smart and presentable. I would also recommend that all students bring football boots to PE lessons with PE currently being outside on field and it can be very slippery when the grass is wet.

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