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Upcoming Events Fixtures

- Inter-crew Boys Football Tournament Tues 28.11.17 3pm @ CEC
- YR8 Girls Netball fixture vs. Free School Wed 29.11.17 4pm @ CEC
- YR7 Boys Futsal Tournament vs. island schools Thurs 30.11.17 4pm @ CEC
- Inter-crew Girls (KS3-KS4) Rugby Tournament 2:45pm - 4pm

Off the Teacher's Desk - Mr. Barry Rugby Club / Fixtures and PE HW

On Thursday 30th November from 2:45 – 4pm, there will be a Tag Rugby tournament for all girls in year 7 to 10. This tournament is being organised because of the growing interest in Girls Rugby we have had this term.

Miss Vidovic has included Rugby on the Curriculum for girls this year which has given our students the chance to experience the great game. In addition to this, Rugby club is still being run every Thursday after school (2:45 – 4pm) which is available to all students. Any girls interested in playing rugby should either turn up to Rugby club on Thursdays or see Mr. Brown in the PE office to put their name down for the upcoming tournament.

On Tuesday 21st Mr. Brown (aka Super Coach) and I took 12 Year 8 Boys for their first fixture of Rugby against Medina. With only 3 of the players ever having played a competitive match of Rugby prior to the fixture, we thought it was going to be a

modified game where the rules and tactics could be applied when necessary. The boys ended up winning 13 tries to 2 and all thoroughly enjoyed the chance to play. A big mention to Finn who made it almost impossible for the opposition to get past his tackles; and for Billy who had tremendous speed and agility down the wing.

HW for Core PE is set twice a term for all students in KS3 and KS4. HW has now been set for all classes on Show my Homework. All students are to print and submit a hard copy of their task. For further details, all students are encouraged to log on to SMHW ASAP. Any students with questions in regards to the task please see your class teacher.

U15 Girls Football Fixture vs. CTK- Mrs. Beck

The yr10 girl footballers, ably assisted, as always, by Charlotte from yr. 9, have secured a place at the top of the league. Although they were unable to gain a win from their final match against CTK last week, this was yet another superb end-to-end match with near misses and fantastic saves from both teams.

Once again the match was played with skillful touches and excellent team work with some great sportsmanship displayed by both teams, throughout. The final outcome of a draw was probably a fair result all round.

Our girls will now have to see how the last few matches are resolved to see whether or not they can maintain this position but, either way, a fantastic season, girls. Well done!





Off to see the Saints...

Mr. Hughes is in the process of arranging trips to see the Saints at Southampton for the following games:

Saints vs. Arsenal
Saints vs. Everton
Saints vs. Spurs
Saints vs. Liverpool

Any student interested in attending any of the above trips who has not yet registered their names, please see Mr. Hughes during break to collect additional information.



Celebrating Student Success in Sport



Many students here at CEC are involved in sporting activities outside of school. The PE Staff would like to be informed of all significant sporting achievements your son / daughter have been a part of.

Please email all sporting achievements to:
SBarry@cowesec.org

All sporting achievements emailed to the above address will be published in the next issue of the PEn.



The PEn -
Promoting
physical
Education
and
Celebrating
Student
Success in
Sport

Star of the Week awarded to...



In the last couple of weeks all students in KS3 and KS4 participated in the cooper run which is run over a 90m course. Students are encouraged to run as many laps in the allocated 12 minutes. Rebecca Fletcher YR7 in Miss Duffin's PE class smashed the old CEC record and completed an impressive 38 laps equaling to nearly 3.5km. Well Done!

Sport / Motivation Quote of the Week

Success isn't always about 'Greatness', it's about consistency. Consistent hard work gains success. Greatness will come.

Dwayne Johnson (aka The Rock)