



## Contents

Off the Teacher's Desk	1
Upcoming fixtures	1
Expectations for PE Kit	1
Sports Clubs	2
Off to see the Saints	2
Stars of the Week	3
Sport Quote of the Week	3

## Off the Teacher's Desk - Mr. Barry

### Start of Term Fitness Tests

Since returning back after the Christmas break, students have been completing their fitness tests including:

- Cooper run (Cardiovascular Endurance)
- Vertical Jump (Power)
- Hand Grip (Muscular Strength)
- Sit ups (Muscular Endurance)
- 30m Sprint (Speed)
- Sit and Reach (Flexibility)
- Illinois run (Agility)

A large majority of students improved their fitness scores compared to last term, which is a huge achievement considering the Christmas break is quite often a time where exercise is minimal for the 2 week

period. These improvements reflect that most of our students maintained or improved their overall fitness. After discussion with several of these students some of the activities / exercise that they participated in over the break included:

- Cross Fit
- Rowing
- Isle Jump
- Scooter / skateboarding
- Squash
- Figure Skating
- Basketball

Well done to all our students that improved their fitness results in the latest tests.

## Upcoming Events Fixtures

- Boys Rugby vs. Free School
- South of England Girls Netball
- Girls Cricket Tournament

## Expectations for PE Kit - PE staff

Now that we are in the colder months the PE staff would like to kindly remind all students that they should bring a plain black sweatshirt / hoodie / fleece to their PE lessons (especially lessons outside).

As part of our uniform policy students will not be allowed to wear any sweatshirt / hoodie / fleece that is not plain black. In addition to the CEC PE uniform policy also requires students who are not participating in PE lessons due to illness / injury to still wear full PE kit. This is because they will still be required to assist in the lesson (unless unable to do so) such as scoring / coaching / referring.

Any student who has been signed off PE (note from home) for medical reasons and forgets or fails to bring in their PE kit

will be required to wear spare kit.

Overall it has been noticed that there is a huge improvement in kit amongst all students compared to the end of last year. Well done to all our students who consistently wear appropriate kit.



# Sports Clubs

Day	Activity	Meeting Point
Mon	No clubs due to staff meetings	
Tues	Netball (Girls years 8/9/10/11) Cricket (Girls and Boys all years)	Sports Hall Winder Centre
Wed	Sports Leaders (all registered students) Badminton (Girls and Boys all years) Hockey (Girls all years)	Sports Hall Winder Centre Sports Hall / Courts
Thurs	Rugby (Girls and Boys all years) Cricket (Girls and Boys year 7) Football (Girls all years)	Field Winder Centre Sports Hall
Fri	Basketball (Girls and Boys all years) Netball (Girls year 7)	Winder Centre Sports Hall

## Off to see the Saints...

Upcoming Games -

Saints vs. Spurs

Throughout this season Mr. Hughes has been taking large groups of students to see the Saints at Southampton. This is an exciting opportunity for our students. Any student interested for the next season please see Mr. Hughes to register your name.



## Stars of the Week awarded to...



**The **PE** -**  
Promoting  
physical  
Education  
and  
Celebrating  
Student  
Success in  
Sport

### **Sport / Motivation Quote of the Week**

**If at first you don't succeed, try, try, and try again.**

*- William E Hickson*

