

PE Department Weekly Notice

WB: 23.11.2020 (week A)



NOTICES AND REMINDERS

Sports Captains	Thank you to all those who applied for the role of Sports Captains! We had so many amazing applications but we have had to narrow it down for the interview stages. Please make sure you check your emails to see if you have an interview!
NEW Year 8 Football Club	We are starting a Year 8 Football Club after school on Tuesdays starting from Tuesday 24 th November. If you would like to come along please make sure your parents have completed the form and you have scanned the QR code before attending!
Netball Achievements	Huge congratulations to Polly Lambert and Taya Charles who have been selected to be a part of Harrow Future Academy with Saracens Mavericks! 🤝🤝
Teen Yoga Online	Mrs Emma Tattersall is part of a teaching team offering teens the opportunity to access a range of live yoga experiences online, via a safe platform. With classes for all abilities for those between the ages 11-18 this is a great opportunity to get involved with some amazing yoga. Check out the website for more info! www.teenyogastudio.com
Design a Football Kit Competition!	As part of the PlayStation F.C. Schools' Cup Next Level Campaign, ESFA will be running a kit design competition for secondary school children in England to enter throughout the month of December. Details are still top secret at the moment, but this will be a fantastic opportunity for your pupils to be involved in the PlayStation F.C. Schools' Cup, whether they are young footballers, artists, designers or gamers!

QR CODE FOR CLUBS:



EXTRA-CURRICULAR CLUB RULES:

1. Our clubs will **start promptly at 3:45pm**. Students must be **picked up by 4:45pm**. There is no leeway with this otherwise there is a crossover with lettings which is against our mitigation policy.
2. **Parents cannot enter the school site**. Collection of Students must take place on Wattleton Road, we cannot have cars coming onto the school site.
3. All Staff & Students must scan the Registration/COVID QR Code that is in PE prior to the sports club, this is so we know who is at the club & supports the track and trace process.
4. **Hand sanitiser** will be available. Staff and students will be expected to use this prior to and after the sessions and in some cases during the session.
5. If Students have their own equipment, then it is important that this is used rather than borrowing school equipment. Under **no circumstances should students share equipment**.
6. When any non-sporting activity is happening during the sports club, **social distancing (2m)** must be in place. E.g. during a demonstration or break.
7. By attending the sports club, students are agreeing to adhere to the National Governing Body regulations and the Government & Public Health England's guidelines to exercising outside & inside.
8. If students become unwell during the session they must inform a member of staff immediately, who will ring their parent / guardian. The student will then wait in an isolated area.



SPORTS NEWS

Cricket 🏏	England's women have qualified automatically as hosts for the 2022 Commonwealth Games in Birmingham.
Football ⚽	Manchester City secured their place in the last eight of the Continental Cup as Group C winners despite a 4-3 penalty shootout defeat against local rivals Manchester United.
Athletics 🏃	Kenya's Peres Jepchirchir breaks her own half-marathon world record with a time of one hour five minutes 16 seconds at the World Half Marathon Championships in Gdynia, Poland.
Netball 🏐	England will host Jamaica in a four-match series in January in their first home international netball competition since the coronavirus outbreak.
Winter Sports ❄️	Skeleton star Laura Deas certainly came up with some innovative ways to keep training during lockdown! The Olympic bronze medallist trained by pushing her car up the drive which certainly got the neighbours talking.

EXTRA CURRICULAR TIMETABLE OCTOBER - DECEMBER

DAY	LUNCHTIME	AFTERSCHOOL
MONDAY	<ul style="list-style-type: none"> ➤ GCSE Dance (Dance gym) SOH ➤ GCSE Netball Y11 (Week B) PEH, HXE ➤ GCSE Trampolining Y11 (Week A) LRB 	<ul style="list-style-type: none"> ➤ Y8 Netball (PEH, LRB) ➤ Y11 Hockey (JEG, HH) (Week A) ➤ Y10 Hockey (Week B) ➤ GCSE Athletics (HXE, AH)
TUESDAY	<ul style="list-style-type: none"> ➤ Y11 Hockey (JEG, HH) 	<ul style="list-style-type: none"> ➤ Y10 Netball (LRB, RS) ➤ Y9 Hockey (JEG, HH)
WEDNESDAY	<ul style="list-style-type: none"> ➤ Y10 Sports leaders in Gym (LRB) ➤ GCSE Y11 Badminton in SH (HXE) 	<ul style="list-style-type: none"> ➤ U18 Hockey & Netball Fixtures (JEG/KXS) ➤ Y9 Netball (LRB, PEH) ➤ Y8 Hockey (HH, HXE, JEG)
THURSDAY		<ul style="list-style-type: none"> ➤ Y11 Netball (AMS) ➤ Y7 Hockey (HH, HXE, JEG)
FRIDAY	<ul style="list-style-type: none"> ➤ GCSE Y11 Trampolining (LRB) Week B 	<ul style="list-style-type: none"> ➤ Y7 Netball (PEH, KXS, RS) ➤ Year 7 Football (HXE) ➤ GCSE Dance (SOH in Dance Gym)

Please note some clubs alternate between Week A and Week B