

Performing Arts

Miss Jarvis is hosting health and wellbeing sessions for staff and students every Wednesday from 3:30-4.

There are also Live PA classes on zoom for Emerge on Wednesdays from 11-12.

Please attend the health and wellbeing session as they are fantastic and great for mental health during this period of time.



KS3/4 PE

PE challenges have been emailed out on SMHW. Please send in videos of you taking part in the challenges. You can also set your own challenges which staff and other students can attempt. We have physical challenges and some which are fun such as:

- Three ball juggling
- Bottle flipping in one minute
- Keep ups with toilet rolls
- Tea bag archery from 2 meters away (throwing tea bag into a cup)
- Keep ups – football in one minute) or any ball you can find
- Drop table tennis ball from 2m high into a glass of water (1 minute)
- Jumping three drains

Good luck, we look forward to seeing your scores and videos.



HOW MANY STEPS IN JUNE

- Bluewater – 36,000
 - Canterbury Cathedral – 60,000
 - Dover Castle – 96,000
 - Thorpe Park – 112,000
 - Wembley – 160,000
 - Portsmouth Docks – 200,000
 - New Forrest – 240,000
 - Cotswolds – 270,000
 - Old Harry Rocks – 300,000
 - Peak district – 382,000
 - Alton Towers – 420,000
 - Paris – 500,000
- How many steps did you do in June?

Alfie Aldridge was the winner in May with 72,000 steps.

STAR STUDENTS

Step Challenge – Alfie Aldridge 72,00 steps, Adam Meader 70,000.
Top 5k Time – Leo Pickett – 22 minutes

May diaries – Zara Berwick, Cally Delleway, William Butler, Brandon Poole, Matthew Parker, Harry Rolfe Kiera Ricards. There were many more but these were to top presented. Well done to all who submitted the task.

Performing arts – Rhiannon Kenney, Grace Cooper, Aimee Smith

YEAR 12 BTEC SPORT

Students to complete unit 4 – task B by Friday 12th June

U1 – Anatomy exam, with the focus being on the skeletal system.

Live online support each Tuesday 9-10

If you have any questions please email **Mr Groom** or **Mrs Crisp**

YEAR 9 NCFE OPTION

Year 9 – Student have now covered the following

- Components of fitness
- FITT principles
- Skeletal
- Muscular
- CV
- Respiratory

Mr Cooper will be providing support for energy systems which is the next task shortly.

All students in the option groups should have submitted work.

Fitness links



- 7 minute workout app
- Daily work out app
- Yoga – mind and body app
- Strava app
- PE with Joe (youtube)

NCFE Compulsory group year 9/10

Students are to revise the first section for the exam on the health and fitness. This includes Components of fitness and the FITT principles. RAG sheets and revision cards have been emailed out. Please contact your class teacher for any further support with the task

YEAR 10 NCFE OPTION

Students are to carry on with the research project which mirrors the coursework assignment available in January.

Live online support every Thursday 9-10. All students should have submitted some work at this stage to Mr Axford.

PE DEPARTMENT CONTACT

For more information please contact your PE teacher

Mr Cooper – paul.cooper@aylesford.kent.sch.uk

Mr Groom – Alex.groom@aylesford.kent.sch.uk

Mr Axford – Thomas.axford@aylesford.kent.sch.uk

Mrs Crisp – Stephanie.crisp@aylesford.kent.sch.uk

Miss Jarvis – [Kelly.jarvis@aylesford.kent.sch.uk](mailto:kelly.jarvis@aylesford.kent.sch.uk)