

Issue 2 – 1<sup>st</sup> May 2020

### Mountain Peak Challenge

Challenge yourself by climbing the most amount of stairs in May. The task has been set on SMHW and ranges from:

Mt. Everest (Asia) - 58,070

Mt. Denali (North America) - 41,287 steps

Sieve Donard (N. Ireland) - 5,390 step

Keep a daily record



### KS3/4 PE

KS3 May Challenge

Objective: Take part in physical exercise at least once per day in May, whilst maintaining a diary/Calendar.

Platinum – 26 days of exercise

Gold – 21 days of exercise

Silver - 15 days of exercise

Bronze - 8 days of exercise

Check SMHW for the plan and the details.

Prizes and reward points for the best completed calendars we receive.



### HOW MANY STEPS IN MAY

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 May?

### YEAR 12 BTEC SPORT

Year 12

Students to complete unit 4

Task B – psychological factors – power-point

Briefs have been sent to all students and shared on SMHW.

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

### PERFORMING ARTS



**Miss Jarvis** has placed resources and homework on show my homework over the last week. It covers the following areas; Tik Tok lessons, Yoga, Mindfulness and meditation.

Live PA classes on zoom for emerge on Wednesdays 11-12

Congratulations to Miss Jarvis – who is now a fully qualified yoga instructor

### YEAR 9/10 NCFE

**Year 9** – Are to complete the CV system and then move on to energy systems. Mr Cooper will be providing video support for energy systems.

**Year 10** – Are to continue with their mock project which will mirror the coursework taken in year 11

All students in the option groups should have submitted work and been in contact with their teachers.

### Fitness links



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

### 100K IN MAY WITH MR AXFORD

Mr Axford has taken to the road this May to run 100Km. He is raising money for - Kiss goodbye to MS.

How far can you run in May? Keep a tracker and send it to us. Are you raising money for charity? Let the PE team know what you have been up to.

### DANCEATHON WITH MR BROWNE

Mr Browne and his son are completing a 26 hour dance marathon for charity. They are raising money to support the foodbanks in our local community of Aylesford. Please email Mr Browne if you would like videos or to sponsor him.

[Anthony.Browne@aylesford.kent.sch.uk](mailto:Anthony.Browne@aylesford.kent.sch.uk)

### PE DEPARTMENT CONTACT

For more information please contact your PE teacher

**Mr Cooper** - [paul.cooper@aylesford.kent.sch.uk](mailto:paul.cooper@aylesford.kent.sch.uk)

**Mr Groom** – [Alex.groom@aylesford.kent.sch.uk](mailto:Alex.groom@aylesford.kent.sch.uk)

**Mr Axford** – [Thomas.axford@aylesford.kent.sch.uk](mailto:Thomas.axford@aylesford.kent.sch.uk)

**Mrs Crisp** – [Stephanie.crisp@aylesford.kent.sch.uk](mailto:Stephanie.crisp@aylesford.kent.sch.uk)

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