

PE – Mr Townsend



Hello, I'm Mr Townsend and I am the subject leader for PE and Sport at Hanwell Fields Community school.

I've always really enjoyed sport and PE and being active despite not being particularly talented at any of them. At school I always wanted to play any game that was

going on and I remember my brother and sisters taking turns to play with me because I wore them out!

Being physically active is more important than ever and its surprising how even a little bit of exercise makes a big difference – and that doesn't mean buying lots of different clothes and running everywhere – even walking to the shops instead of driving makes a big difference. The summer is my favourite time of the year because I get to spend all my time outside working with children encouraging them to be the best they can be and having fun with their friends while they do it! What a great job!!

My favourite sports are rugby and cricket with swimming a close 3rd. Anyone at school that I've taught knows that I don't really like football and we always have a good laugh about that because that's what lots of children want to play all the time – it does drive me slightly mad! All that rolling around pretending to be hurt. I'd much rather watch a rugby game where there's always lots of points scored and lots of action than another 0-0 draw in a football game.

Anyway, my favourite sporting memory is from the 2012 Olympics which were held in London. On Saturday 4th August Britain won 6 gold and 1 silver medal. 3 gold medals were won in the space of 45 minutes. The first was by Jessica Ennis-Hill who won the Heptathlon – a combination of 7 athletics events. The Greg Rutherford won gold in the long jump jumping 8m 31cm – that's about the width of a tennis court! And then Mo Farah won the 10,000 metres. I would have loved to have been in the crowd that night but sadly I wasn't. It had a big impact on me though and it guided me towards being a PE teacher. Which as I've already said is the best job I can think of!