

Sports News

Tuesday 20 September 2020



[Premier League stats: Son Heung-min and Harry Kane star in entertaining weekend](#)



[Georgia Hall wins LPGA event in Portland after play-off](#)

Important Notices

STUDENT NOTICES

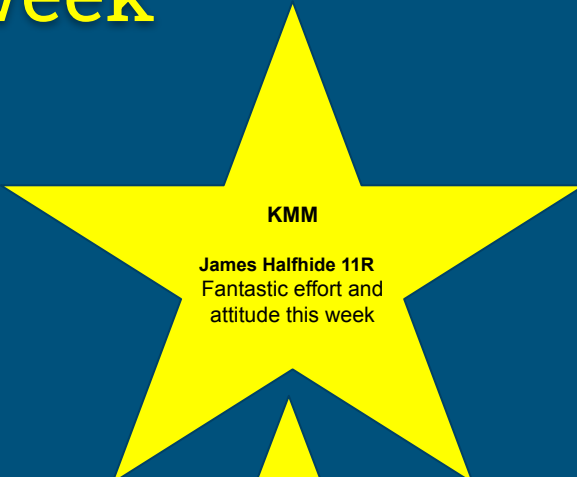
- **Full ACS kit is needed for all lessons.**
- **Please fill water bottles before coming to Sport lessons.**
- **Wet weather preparations - always bring a dry pair of socks and a spare head scarf.**




Stars of the week



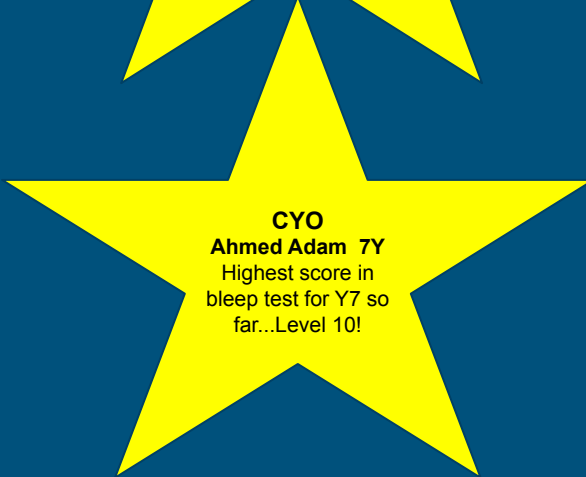
NHZ
Faustine
Paulette-Sayett 10T
Excellent fielding
skills in rounders.



KMM
James Halfhide 11R
Fantastic effort and
attitude this week



ACR
Adam Abdelaziz
8Q
Fantastic effort in
the bleep test.



CYO
Ahmed Adam 7Y
Highest score in
bleep test for Y7 so
far...Level 10!





Stars of the week

SFU

Jessie Davis
7Y

Commitment in
lessons and
achieving level 6.10!

RWH

Hamza Bouhia
7P

Scoring level 8 in
the bleep test.

MTA

Cayden
Hawthorne-Jobson
9P

Great running
technique



Mindfulness Practice

Mindfulness exercise:

Sitting quietly, take 10
deep breaths together.

Take note of how you feel before and after. What do you notice?



Weekly Challenge



Have a go yourself! Submit your scores on the [Google Form](#).

Recipe of the week

Year 7 students will begin their first practical lessons this week and will be making a very healthy and tasty Couscous Salad. Click the picture to see the recipe.



Staff Profile



Mr Tan

Student Profile



AHMED 7Y

What is your favourite sport? Football.

What is your most memorable sporting moment? Smashing out a Level 10 in the first Bleep Test.

Who is your favourite sports personality? Pierre-Emerick Aubameyang.

Why? Because he is the best striker in The Premier League.