

# Sports News

Tuesday 3rd November 2020



England seal Grand Slam with 54-0 win over Italy



Indian Premier League: Royals and Kings XI out as KKR keep play-off hopes alive

# Important Notices

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## STUDENT NOTICES

- All students must wear the full ACS Sports kit to school when they have a sports lesson. No hoodies other than the ACS green one are allowed on site.
- Face masks - students must wear face masks when moving around the building, this applies when walking to sports lesson venues.
- Gymnastics and dance - creative activities in lessons this half term. Performance week at the end of term.



# Stars of the week

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**NHZ**

**Tinkal Nanji 11V**  
Amazing  
handball skills.

**KMM**

**Stanislav  
Fruhvirt 10N**  
for completing  
the difficult  
EMOM fitness  
challenge.

**ACR**

**Preethi Sriniva.**  
Great effort.

**CYO**

**David Olaniyi  
8N**  
Great use of  
body tension in  
gymnastics.





# Stars of the week

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## **SFU**

Rebecca Cox 9R  
So much  
enthusiasm and  
great rhythm in  
new street dance  
unit!

## **RWH**

Ashanti Reid 9T  
Fantastic  
goalkeeping in  
handball!

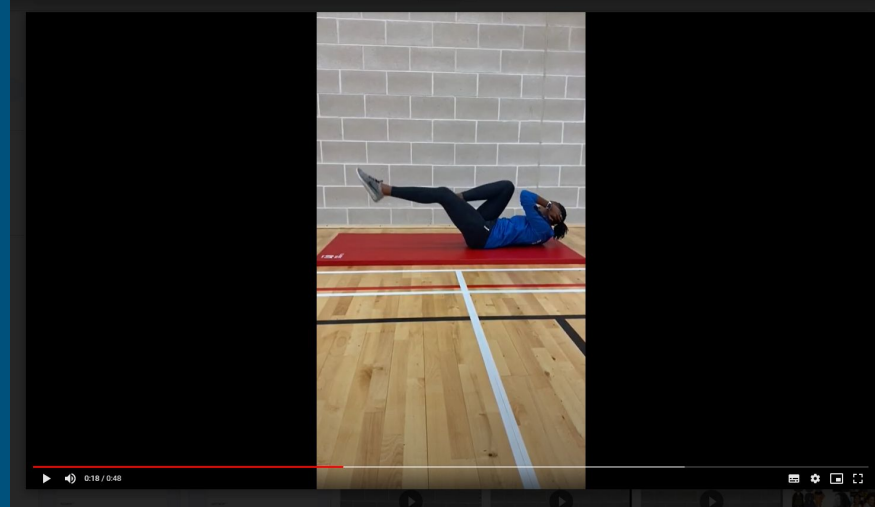
## **MTA**

Pierre  
Austin-Ramtahal  
10V  
Fantastic Handball  
Skills



# Weekly Challenge

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

# Recipe of the week

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This week the year 9's are cooking a Thai green Curry.



# Staff Profile

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Miss White

# Student Profile

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**Salim M 8Y**

**What is your favourite sport?** Football

**What is your most memorable sporting moment?** Being the fastest in my primary school beating everyone else!

**Who is your favourite sports personality?** Lionel Messi

**Why?** Fantastic all round player



Word of the week

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# Choreography


Choreography is the art or practice of designing sequences of movements of physical bodies in which motion, form, or both are specified.

Can you use the word 'Choreography' in a sentence?

# MINDFULNESS

Take a moment to stand up, stretch your legs and refocus.

Think about how you are going to be productive throughout today.



Generosity is doing  
something for someone else  
expecting nothing in return.

Simon Sinek

quotation

*Set yourself a goal you want to achieve today. Eg. be kind to someone, or do something helpful without being asked.*