

Sports News

Tuesday 10th November 2020



[Birmingham 1-2 West Ham: Emily van Egmond seals first WSL win](#)



[Jolyon Palmer column: Lewis Hamilton's record - and plenty more to come](#)

Important Notices

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.**



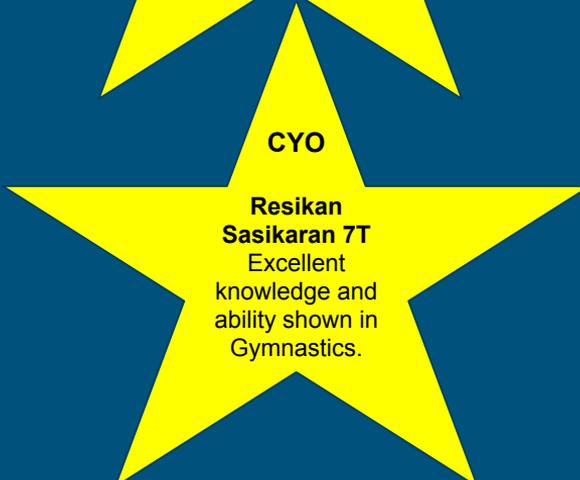
Stars of the week



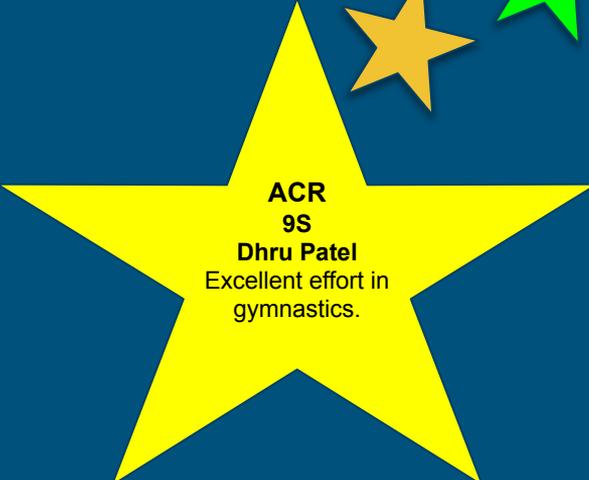
NHZ
Dhiya Parmar
8V
Great effort in
dance.



KMM
Yanaben
Patel 10P
Fantastic effort
and
determination
in football.



CYO
Resikan
Sasikaran 7T
Excellent
knowledge and
ability shown in
Gymnastics.



ACR
9S
Dhru Patel
Excellent effort in
gymnastics.





Stars of the week



SFU
Zoe Hopkins
10Q
Amazing dance
skills and
outstanding
attitude to
learning!



RWH
Oluwatoyosi
Akeju 8K
Fantastic
dance
performance!



MTA
Krishna
Ramniclal 11R
Great
Trampolining
skills



Weekly Challenge



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

Recipe of the week

This week the year 7's are cooking Fajitas.
So if you fancy a taste of Mexico, why not give this quick recipe a go.
(click food image to access the recipe)



Staff Profile

Miss Cripps



What's your favourite sport?	Netball
Who is your favourite sports personality?	Jessica Ennis
What is your most memorable sporting moment?	Getting scouted for Arsenal girls football team.

Student Profile



Harshil N 8X

What is your favourite sport? Cricket

What is your most memorable sporting moment? Going to watch a cricket match in India with my parents

Who is your favourite sports personality? Virat Kohli

Why? He always plays well and is a great leader.

Word of the week

Anaerobic respiration

Anaerobic respiration is the process of creating energy without the presence of oxygen. Sometimes the body can't supply the muscles with the oxygen it needs to create energy – such as in a sprinting situation. Without the process of anaerobic respiration there may be no energy supplied to muscles in times of high demand.

Can you use the word 'Anaerobic respiration' in a sentence?

MINDFULNESS

Sitting quietly and still,
take one minute to focus
on your breathing.

What happens to your
other thoughts?



There is no need to rush . . . whatever is meant for you will always arrive on time.