

# Sports News

Tuesday 24th November 2020



[Five hours of push-ups a day aged five - the life of 'Dynamite' Dubois](#)



[NFL: Adam Thielen, Patrick Mahomes & Derrick Henry in plays of the week 11](#)

# Important Notices

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## STUDENT NOTICES

- **CLUBS- start this week. TUE Y8, WED Y7, THUR Y9, 3.25pm - 4.15pm.**
- **Students can only come to clubs if they have registered on the Google Form.**
- **If you do not have a PE lesson, you bring kit with you and change at the end of the day.**
- **Meet on the LOWER MUGA for all clubs at the end of the day.**



# Stars of the week

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**NHZ**

**KMM**  
**Yosof**  
**Saltani-7R**  
Fantastic  
effort in  
Gymnastics.

**CYO**

Rudra Yatin - 7T  
Excellent  
independent  
working in  
Gymnastics

**ACR**  
**8V**

Raihan Rehman  
Excellent effort  
in dance





# Stars of the week

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**SFU**  
**Milena Sarwa 9X**  
Awesome effort in  
dance!

**RWH**  
**Zakayda**  
**Griffiths 7K**  
Beautiful  
round-off  
technique in  
gymnastics!

**MTA**  
**Krishita**  
**Rajeshkumar 7Y**  
Excellent  
Gymnastics



# Recipe of the week

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This week the year 8's have been making some tasty Stir-Fried Noodles all week.  
So if you fancy a bit of spice, why not give this quick and effective recipe a go.  
(click food image to access the recipe)



# Staff Profile

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Mrs Tan



|  |   |
|--|---|
| What's your favourite sport?                 | I like Badminton!   |
| Who is your favourite sports personality?    | Hmmm tough choice, I think everyone who takes part in the Olympics is amazing |
| What is your most memorable sporting moment? | Running at the Alperton sports day with my form!                              |

# Student Profile

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## Krish C 8V

**What is your favourite sport?** Cricket

**What is your most memorable sporting moment?** Watching the IPL

**Who is your favourite sports personality?** Hardik Pandya

**Why?** Because he is a great player!

# Word of the week

## Aesthetically pleasing

To call something aesthetically pleasing is in essence to call it beautiful, i.e. pleasing to the senses, but particularly the senses of sight and hearing.

Can you use 'aesthetically pleasing' in a sentence?

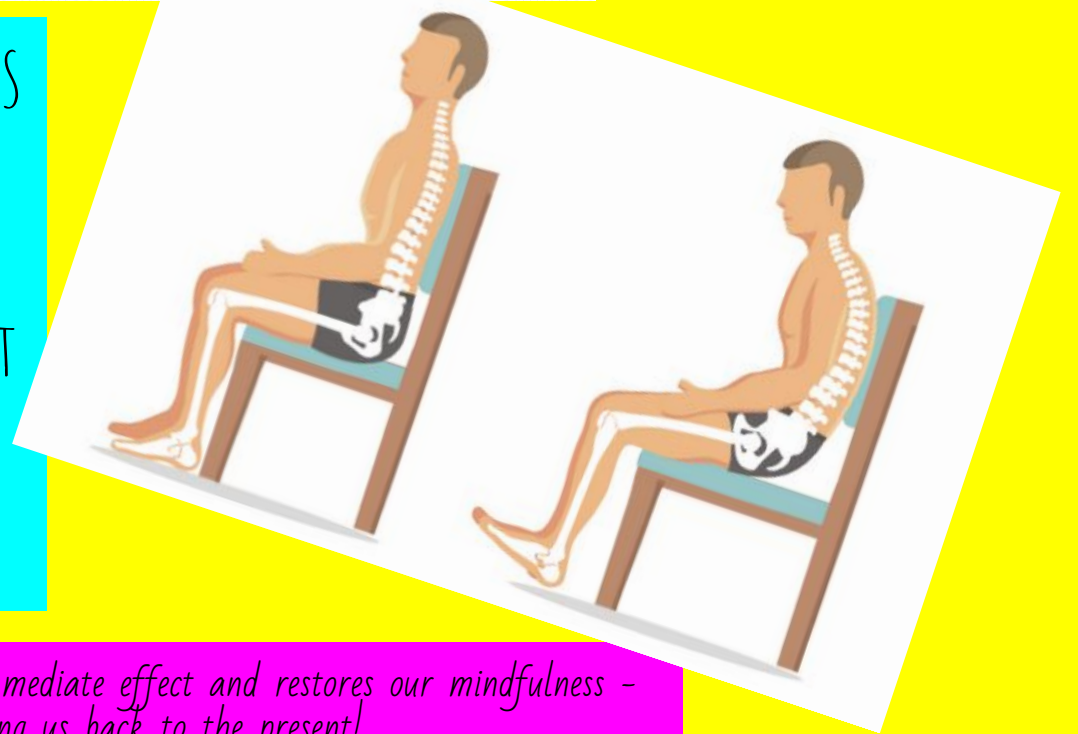




# MINDFULNESS

TRY AND BRING YOUR AWARENESS  
TO YOUR POSTURE TODAY.

DO THIS BY SITTING UP STRAIGHT  
IN YOUR CHAIR, OR WALKING  
WITH YOUR SHOULDERS BACK.



*This technique has an immediate effect and restores our mindfulness -  
bringing us back to the present!*