

# Sports News

Monday 18 January 2021



[Australia v India](#)




[Delray Beach Open](#)

# Important Notices

## STUDENT NOTICES

- **S & H Online Lessons** - wear your ACS Sport & Health kit, have water, and enough space to move around.
- **Inter form competition week** - w/b 8th February.

# Stars of the week



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**NHZ**  
Adian Al-Ati  
Husein, Aisha  
Khan  
7Q  
Determination to  
get their practical  
completed.

**KMM**  
Yaqub Gafoor  
9Y  
Fantastic effort  
during online  
lessons



**ACR**  
Nikki Maisuriya  
7S  
Excellent results  
for practical and  
fantastic  
participation

**CYO**  
Olt Gollaku - 8X  
Excellent input  
and answers in  
online learning.




# Stars of the week



**SFU**  
**Shaima Fehmi Gil**  
**8S**  
Active participation in online lessons and a very positive attitude to learning.



**AAD**  
**Urvashi Ullas**  
Active participation in the lessons. Impressive effort with assignments.



**MTA**  
**Adik Nanji 8S**  
Excellent online participation from school.

# Wellbeing Ideas

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Use the next slide to help you find something new to challenge you in the New Year.

Each idea has a link for further information.

# HEALTH & WELLBEING JANUARY 2021



## COUCH TO 5K

Start simple and progress to run a 5k



## JUST DANCE

Follow on screen dance moves



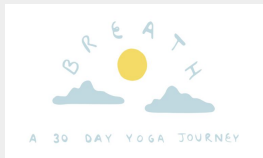
## 1 million steps

Log daily steps and set targets



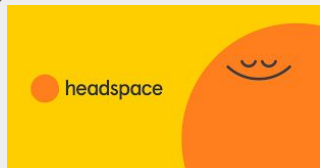
## Nike Training

Select training and track progress



## Yoga

30 day challenge



## Headspace

Meditation practice



## Reading Clubs

Join a group

## YOUNGMiNDS

Supporting wellbeing

Accessible to all



## Squat challenge

Push yourself.



## Cycling ideas

Love getting on your bike



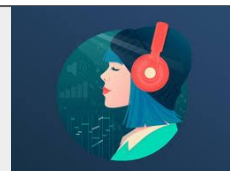
## Creative wellbeing

Inspiration at home



## Plank challenge

How long can you last?



## Music for wellbeing

Ideas to support wellbeing with music

# Interform Competition - Challenge 1



 **Step In, Step Out**  
**60 Second Challenge** 

Can you keep trying even when you want to give up?

How many times can you step in and step out of a circle in 60 seconds?

 You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



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

# London Youth Games 2021 (Virtual)





# London Youth Games 2021 (Virtual)

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## LYG X SCHOOL GAMES FITNESS CHALLENGES

We will be releasing weekly fitness challenges throughout the Spring Term to help keep you active during lockdown.

A new challenge will be released every Monday at 9.00am via our website and social media channels. You will have until Friday at 12.00pm to complete the challenge and submit your score.

Complete the challenges to earn points and help your borough climb the leaderboard. We will provide weekly updates, and at the end of Spring Term, the winning borough will be announced. Share your challenge attempts with us on social media using [#ThisIsLYG](#)

# Screen Time Tips



Sit at arm's length, or 25 inches, from the computer screen.



Follow the "20-20-20" rule.



Adjust your room lighting and increase the contrast on your computer.