

Sports News

Monday 25 January 2021



Man Utd beat Liverpool in thriller



England in Sri Lanka: Joe Root's 186 keeps tourists' hopes alive in second Test

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




NHZ
Meryem
Al-Djataib
10R
Excellent
engagement in
practical tasks
online.

KMM
Csaba
Gyuricza 9Q
Fantastic effort
in the online
fitness session.



ACR
Sirosan
Jeyakumar
10s
Excellent
contribution to
online learning
and effort in
fitness testing.

CYO
Hassan Raza 8L
Fantastic effort
shown in
workouts leading
with camera on.



Stars of the week

SFU
Ismahan Ali
7T

Positive attitude
to learning and
excellent
engagement in
online lesson.

AAD
Kyra Ganesh
Positive attitude
to learning.
Excellent
communication.
Ready,
Respectful,
Responsible,
Resilient.

MTA
Mitesh Carsane
8Q
Excellent online
participation

Wellbeing Ideas

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



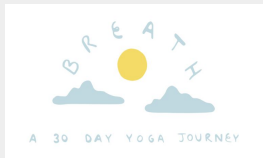
1 million steps

Log daily steps and set targets



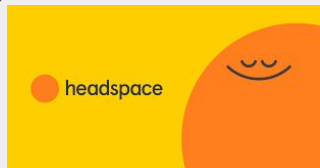
Nike Training

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



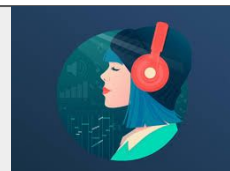
Creative wellbeing

Inspiration at home



Plank challenge

How long can you last?



Music for wellbeing

Ideas to support wellbeing with music

Interform Competition - Challenge 2



The Plank
60 Second Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

Can you keep trying even if you feel that you want to stop and give up?

Have a go yourself! Submit your scores on the Google Form.

[STAFF](#)

[STUDENTS](#)

London Youth Games 2021 (Virtual)



London Youth Games 2021 (Virtual)



SPEED BOUNCE

EMMERSON FROM LEWISHAM AND EMMA FROM BARNET

How many speed bounces can you do in 30 seconds?

You will receive 1 point for each bounce. You must make sure both feet touch the floor. Remember not to rush the activity and stay close to the line to get as many jumps as you can. If you don't have a speed bounce block, you can use any line or object to jump over. To adapt the challenge, instead of jumping, try placing one foot either side of the line. You will receive 1 point each time both feet have stepped down. Download the challenge sheet for more adaptations and coaching tips.

[Submit your score here.](#)

Chance to shine-

CHANCE TO SHINE LIVE!

Super Striker



JOIN US FOR A LIVE CHANCE TO SHINE CRICKET SESSION!



WEDNESDAY 27 JANUARY
2.00 - 2.45PM



chancetoshine.org/live



ACCESSIBLE FOR PUPILS OF ALL AGES

YOU WILL NEED:



SOMETHING TO HIT WITH:
TRY A BAT, A FRYING PAN,
A BOOK



A BALL OR A ROLLED UP
PAIR OF SOCKS!



4 ITEMS FOR TARGETS:
LIKE PLASTIC CUPS OR
EMPTY TUBS



A WALL TO REBOUND
THE BALL OFF WITH
SAFE SPACE AROUND

[Click here for access to the sessions.](https://chancetoshine.org/live)

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Coerver online football sessions-

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COERVER

COERVER® COACHING ENGLAND & WALES
PRESENTS

#BM
WITH SCOTT

KEEP
FIT
THROUGH
FOOTBALL

LIVE:
VIRTUAL BALL MASTERY SESSION

POWERED BY PRO:DIRECT

PRO:DIRECT

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[Click here for access to the live sessions at 6pm every Thursday.](#)

WEDNESDAY 27 JANUARY

CHARLESHIRE.ORG/LIVE

ACCESSIBLE FOR PUPILS OF ALL AGES

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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.