

# Sports News

Tuesday 4 May 2021



When do the Olympics in Tokyo start?



TOKYO 2020



# Important Notices

## STUDENT NOTICES

- Summer term club rota has been published.
- Sign up to attend clubs. You **MUST** sign up to attend.
- Uniform passes must be shown on days when you do not have S&H lesson but are attending a club.

# Y7 - 9 Sports Clubs

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**NEW** sports club timetable this week.

You can join multiple clubs per week.

You must sign up first.

[Club Timetable](#)

# Registration for all clubs week beginning 3rd May

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[Year 7](#) sports club google [form link](#)

[Year 8](#) sports club google [form link](#)

[Year 9](#) sports club google [form link](#)

**YOU MUST SIGN UP TO ATTEND**

# Basketball Clubs

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- WK 1 & 2 Year 9 Tuesday, 3.30 -4.30,  
Stanley Avenue, Outdoor Court.
- WK 1 & 2 Year 11 Friday, 3.30 -4.30,  
Stanley Avenue, Outdoor Court.



Please come to the Fitness studio at Lunchtime on the following days to train for the competitions. You must have your correct PE kit to take part.

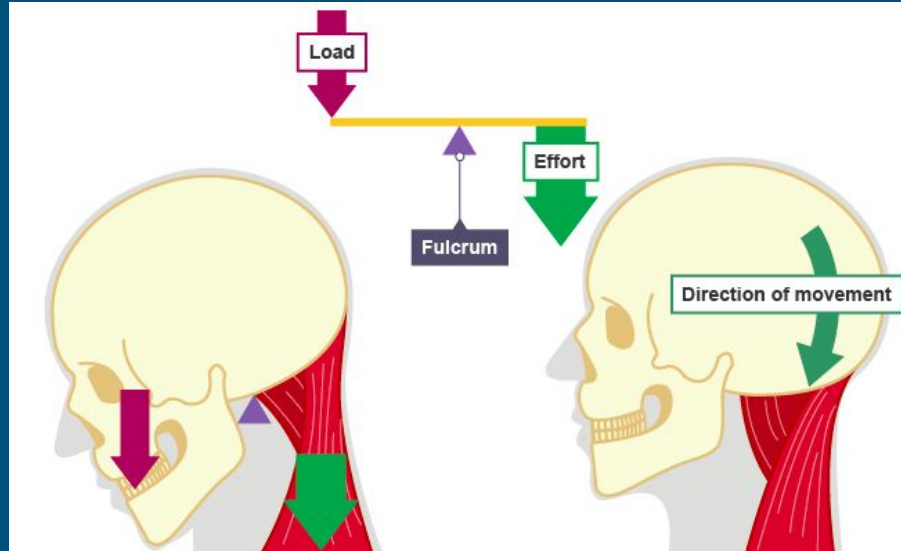
Year 7- Wednesday 5th May

Year 8- Tuesday 4th May

Year 9- Friday 7th May

# Word of the week

**First class lever** – the fulcrum is in the middle of the effort and the load.



This type of lever is found in the neck when raising your head to head a football. The neck muscles provide the effort, the neck is the fulcrum, and the weight of the head is the load.

# Staff Profile

Miss Edwards



What's your favourite sport?	Basketball : )
Who is your favourite sports personality?	Michael Jordan
What is your most memorable sporting moment?	Officiating at the veterans tournament when Kris Akabusi was playing for one of the teams!



# Student Profile

Krish C 8S






What's your favourite sport?	Cricket.
Who is your favourite sports personality?	MS Dhoni - he's a game changer!
What is your most memorable sporting moment?	Winning the cricket cup with school.

# Stars of the week




**NHZ**  
**Shakela Akhmed**  
**8X**  
Most improved  
batting in rounders.

**KMM- Erjon**  
**Muzhaku**  
**10L**-Great  
effort in the  
inter form rugby  
tournament.



**ACR**  
**Mumina Adan**  
**7Y**  
Excellent fielding in  
rounders.

**CYO**  
**Zobir Ebrahimi 9N** -  
Good technique and  
understanding shown  
during cricket lesson.



# Stars of the week

SFU

Manshi Jitendra  
9Y

For her consistent  
effort in all  
lessons and being  
a role model to  
others

AAD

Bhumi Sanjivkumar  
For great effort and  
teamwork in  
Rounders.

MTA

Anas Adan 9K  
Fantastic cricket  
skills

# Weekly Challenge

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## Squat Pulses

How many squat pulses can you do in 1 minute?

[Squat pulses demonstration](#)



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

# Emotional Intelligence

Emotional intelligence is one's ability to be intelligent with their emotions. More specifically it is the ability to do the following:

- ❖ recognize, understand, and manage your own emotions
- ❖ understand how others might feel and why (being empathetic)
- ❖ manage your emotional reactions
- ❖ choose a different mood or feeling

Video: [How to develop emotional intelligence](#)

More information: <https://www.mindtools.com/pages/article/ei-quiz.htm>