

# Sports News

Tuesday 8 June 2021



 YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL  
SPORT WEEK 2020

**AT HOME**

supercharged by



**WE'RE  
SUPPORTING  
#NSSWtogether**

Saturday 20 – Friday 26 June

**#NSSWtogether**

# Important Notices

## STUDENT NOTICES

- Well done to all students who took part in the annual interform rounders last half term. Great teamwork and effort from all students.
- Clubs start this week. Preparation for the interform matches.
- Interform matches (KLNPNQR v STVWXY) week beginning 21 June.
- Sports Day Team sheets will be coming out soon - keep an eye out for these!

# Year 9 Rounders Competition 2021



1st Place - 9Y - 34 POINTS



2nd Place - 9L - 32 POINTS



3rd place - 9N - 29 POINTS

# Year 8 Rounders Competition 2021



1st Place - 8X - 36 POINTS



2nd Place - 8V - 29 POINTS



3rd place - 8S AND 8T - 27 POINTS

# Year 7 Rounders Competition 2021



1st Place - 7K - 34 POINTS



2nd Place - 7R - 33 POINTS



3rd place - 7Y AND 7X- 31 POINTS

# ACS National School Sports Week

Monday 21 June - Friday 25 June 2021



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME

supercharged by



WE'RE  
SUPPORTING  
#NSSWtogether

Saturday 20 – Friday 26 June

#NSSWtogether

# ACS National School Sports Week

## Monday 21 June - Friday 25 June 2021

ACS will be taking part in the National School Sports Week. We will be running year group matches in the following sports -

Girls Netball  
Girls Football  
Boys Football  
Mixed Cricket  
Mixed Rowing

One team from KLNPQR  
One team from STVWXY

We will celebrate our annual winners in celebration assemblies.

Go to training before the match to prepare and train as a team.

# ACS Sports Clubs

DAY	SH	DS	FS	MH	LMU	MMU	UMU	PG1	PG2	SA
MON	Y7 Cricket (G) JH									
TUE  PINK	Y8 Cricket (M)KMM	Y7 Dance (M)ACR	Y9 Dance (G)AAD				Y7 Football (B)CYO	Y9 Football (B)MTA		Y9 Basketball (B) RLO/AVA
WED  ORANGE	Y9 Cricket (M)MTA				Y9 Netball (G)AAD	Y8 Netball (G)NHZ	Y8 Football (B)KMM	Y7 Football (G)KGR		
THU  GREEN	Y7 Cricket (M)CYO		Y8 Boxing (M)RCA		Y7 Netball (G)ACR		Y9 Football (G)KGR	Y8 Football (G)MCA		
FRI  YELLOW	Y10 Cricket (G)CYO		Y7 Boxing (M)RCA							Y11 Basketball (B) RLO/AVA





# Rowing Club



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

Year 7- Friday 11th June

Year 8- Wednesday 9th June

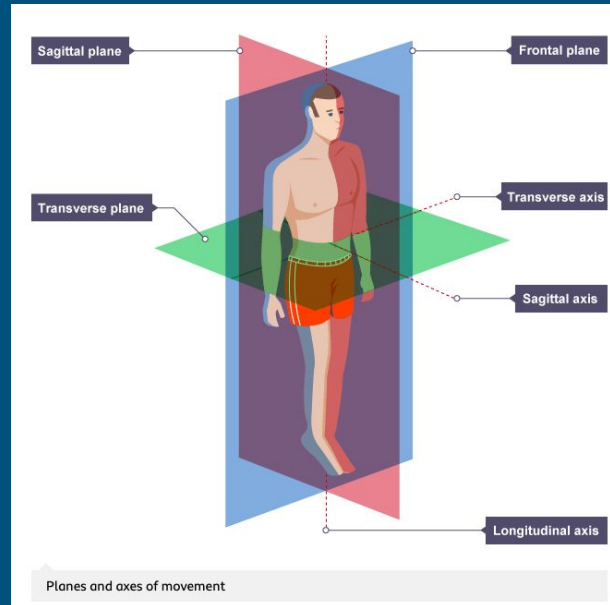
Year 9- Tuesday 8th June

# Word of the week

## Planes of movement

There are three planes of movement: Sagittal, Transverse and Frontal.

**Sagittal plane** - a vertical plane that divides the body into left and right sides. Flexion and extension types of movement occur in this plane, eg kicking a football, chest pass in netball, walking, jumping, squatting.



# Staff Profile

---

Mr Omar



What's your favourite sport?	Football
Who is your favourite sports personality?	Muhammad Ali
What is your most memorable sporting moment?	Winning the U16 Middlesex County Cup - A long time ago!



# Student Profile

Sheylon C 8N



What's your favourite sport?	Basketball
Who is your favourite sports personality?	Kobe - Great inspiration but a true loss.
What is your most memorable sporting moment?	Playing badminton and winning!

# Stars of the week




NHZ  
Mohamed Duranni  
8V  
Amazing batting  
skills in rounders.

KMM-Monil  
Samgi  
9S-Fantastic  
fielding in  
rounders.



ACR  
Ahmad Samhat  
8T  
Excellent effort in  
the interform  
rounder competition.

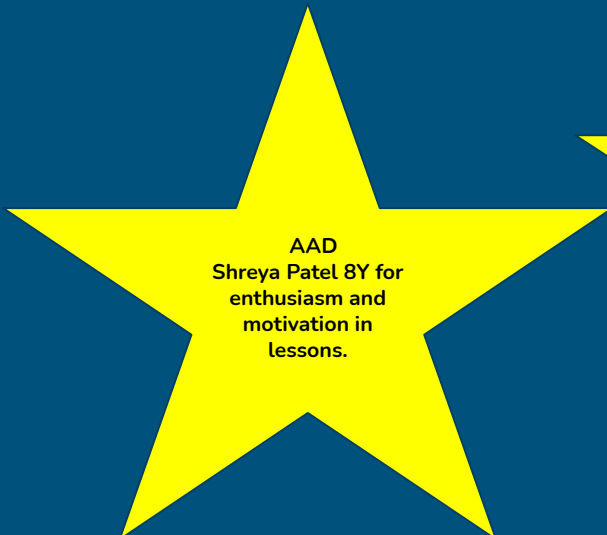
CYO  
Darshik Nanji 8X -  
Good batting and play  
in the interform  
rounders competition.



# Stars of the week



SFU  
Manshi  
9Y  
Excellent effort  
in all lessons



AAD  
Shreya Patel 8Y for  
enthusiasm and  
motivation in  
lessons.



MTA  
Taya Wiltshire  
10V  
Excellent  
Trampolining

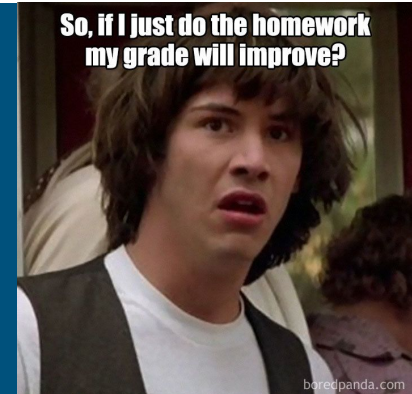
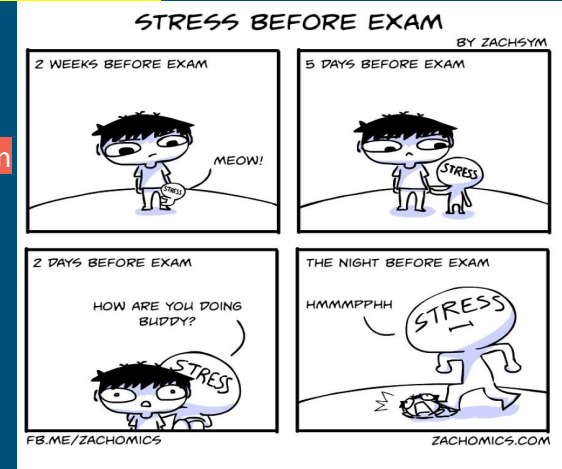
# 7 tips to help you cope with exam stress

**1. Keep it in perspective**-Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.

**2. Get that organised feeling**-Prepare as early as possible! Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.

**3. Get into some good habits**-Eat well, sleep enough and take active breaks. They do have an impact in your performance.

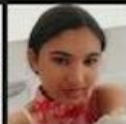
**5. Get support from friends and family**-Ask for help from teachers, talk to a friend and talk to your family. They all want you to do well.





**K**   
**@3**  
*We Believe!*  
**KICK-OFF@3**

**7-A-SIDE CHARITY  
FOOTBALL TOURNAMENT**  
IN ASSOCIATION WITH DKMS: FIGHTING FOR AYRA



**SUNDAY 25TH JULY 2021**

**VENUE**

THE WARREN, CROYDON ROAD,  
BROMLEY BR2 7AL

**TIME**

9:30AM - 5PM  
(8:30AM TEAM REGISTRATION)

**AGE GROUPS**

15-16 YEARS & 17+ YEARS  
(MIXED TOURNAMENT)

**PRICE**

15-16 YEARS - £25.00 PER TEAM (£2.50 EACH)  
17+ YEARS - £50.00 PER TEAM (£5.00 EACH)

**TEAM**

**REGISTRATION**

BY 5PM ON FRIDAY 16TH JULY  
MAXIMUM 16 TEAMS ON A FIRST  
COME FIRST SERVE BASIS

SO GET YOUR TEAMS IN EARLY



TO REGISTER EMAIL: [ASHLEY@KICKOFFAT3.CO.UK](mailto:ASHLEY@KICKOFFAT3.CO.UK) ■ [MICHAEL@KICKOFFAT3.CO.UK](mailto:MICHAEL@KICKOFFAT3.CO.UK)