

# Sports News

Monday 14th June 2021



[Euro 2020 England 1-0 Croatia: Raheem Sterling goal seals opening-game win for England](#)



[French Open 2021: Novak Djokovic outlasts Stefanos Tsitsipas for 19th Grand Slam title](#)

# Important Notices

## STUDENT NOTICES

- Y9 - 10 Pathways in Sport & Health - read through the presentation on your Google Classroom. Deadline for completion is Friday 18 June.
- Interform matches (KLNPQR v STVWXY) week beginning 21 June.
- To play in the interform match you **MUST** attend clubs before the match, team places will be given to those who attend clubs first.

# 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- Wednesday 16th June

Year 8- Tuesday 15th June

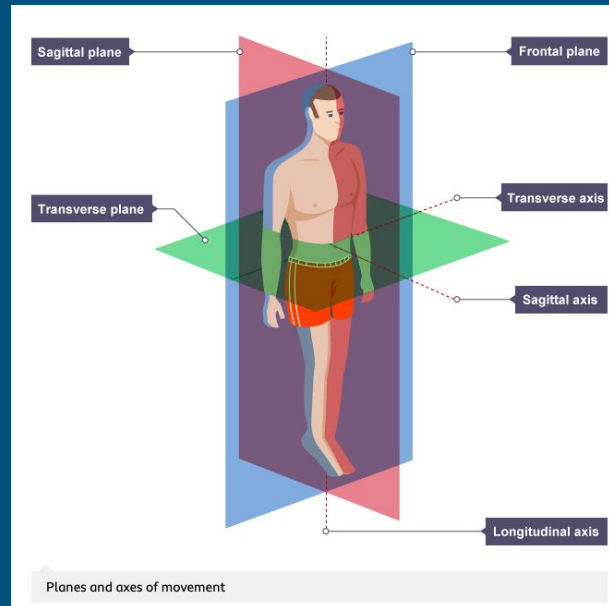
Year 9- Monday 14th June

# Word of the week

## Planes of movement

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

**Transverse plane** - passes through the middle of the body and divides the body horizontally in an upper and lower half. Rotation types of movement occur in this plane, eg hip rotation in a golf swing, twisting in a discus throw, pivoting in netball, spinning in skating.



# Student Profile



Akash K 8L



What's your favourite sport?	Football
Who is your favourite sports personality?	Lionel Messi - Such a great dribbler on the ball and runs past everyone!
What is your most memorable sporting moment?	Playing in my first football match for my primary school and scoring!






# Stars of the week




**NHZ**  
**Arsalan Nadeem**  
**10L**  
Consistent effort in  
lacrosse  
competition.

**KMM-**  
**Shiv Amrutlal**  
**7Y-Great effort**  
**in middle**  
**distance running**



**ACR**  
**Umair Kapadia**  
**8x**  
Excellent effort in  
Javelin.

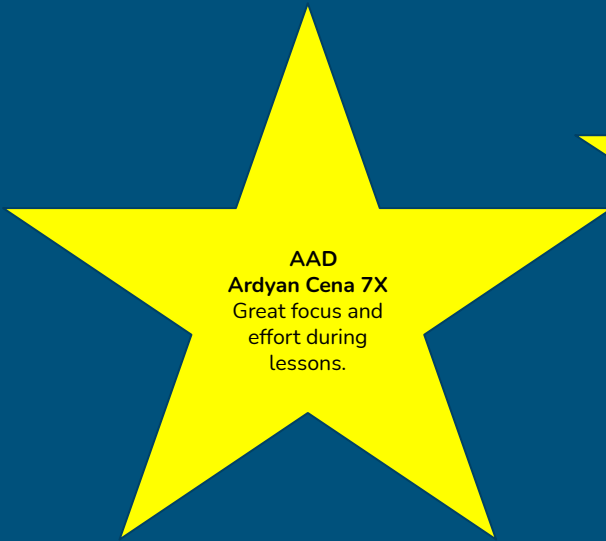
**CYO**  
**Zoe Hopkins 10Q -**  
Excellent effort shown  
in Volleyball games  
playing to win.



# Stars of the week



SFU  
Ashly Valerio  
7T  
Excellent effort in  
sprinting.



AAD  
Ardyan Cena 7X  
Great focus and  
effort during  
lessons.



MTA  
Adam Trindade  
8R  
Excellent High  
Jump lesson

# Year 10 inter form competition

10Y				10Z			
	1st	2nd	3rd		1st	2nd	3rd
Multi stage fitness test	10P	10R	10N	Multi stage fitness test	10V	10S	10T 10X
Touch Rugby	10P	10Q	10R	Touch Rugby	10S	10W	10V
Football	10L	10R	10N	Football	10X	10V	10S
Volleyball	10R	10P	10L	Volleyball	TBA	TBA	TBA
Pop Lacrosse	10L	10N	10P	Pop Lacrosse	TBA	TBA	TBA

# 7 tips to study efficiently in exams:

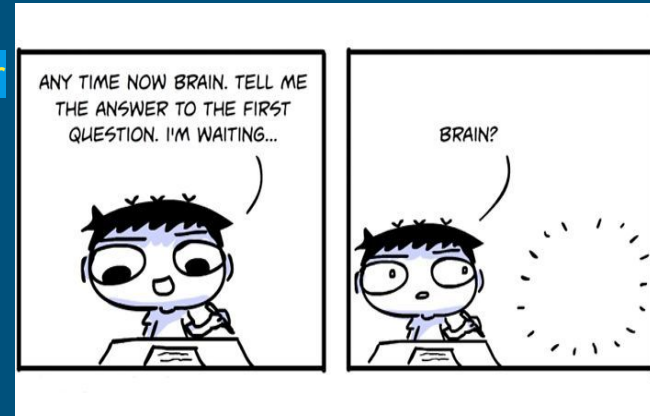
1. Make a summary of the key information that work as a link.

Write the summary down so you can revise again and again if you need to.

2. Don't think of your total amount of subjects as a big pile of things to learn. Break it down in smaller chunks and try to learn and remember them separately/one at the time.

3. Sleep and breaks play a very important role. Include them in your planning.

5. Stay focused. Put 100% effort at the allocated time to study and reward yourself with a short break. Spend your break not thinking about studying and your study time studying.



# Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



## 5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

[www.beautyandthebumpnyc.com](http://www.beautyandthebumpnyc.com)

# TENSE AND RELEASE

## MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.

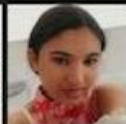


Big Life Journal - [biglifejournal.com](http://biglifejournal.com)



**K**   
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**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)