

# Sports News

Monday 23rd January 2023



[Arsenal beat Man Utd 3-2 with last minute Nketiah goal](#)

# Important Notices

## STUDENT NOTICES

- Week 1 - Clubs this week.
- No Kho Kho club - week beginning 23rd and 30th January.
- Healthy Living Week - week beginning 3rd February 2023

# Lunch Sports Clubs

**M - mixed**  
**G - girls only**  
**B - boys only**

**Trainers ONLY needed**

	Sports Hall	Main Hall	Fitness Studio
MON	Y7-9 <b>M</b> Dodgeball CMC		
TUE		Y7 - 9 <b>M</b> Table Tennis MTA	Y7 - 9 <b>M</b> Rowing KMM
WED			
THU	Y7-9 <b>M</b> Basketball CYO		Y7 - 9 <b>M</b> Boxing RCA

# After School Sports Clubs

**M** - mixed  
**G** - girls only  
**B** - boys only

**Full ACS kit  
needed.**

		SH	DS	FS	Upper MU	Lower MU	Playground	Canteen
TUE	3.20-4.20	Y7 <b>G</b> Girls Football SBH	Y7 - 9 <b>M</b> Table Tennis MTA	Y7-13 <b>M</b> Kendo AAL	Y8 <b>B</b> Football CMC	Y7 - 10 <b>G</b> Netball NHZ/JCO	Y7 <b>B</b> Football KMM	Y7 - 9 <b>M</b> Fitness CYO
TUE LATE	4.20-6	Y10&11 <b>M</b> Frisbee SLA						
WED	3.20-4.20	Y7 <b>M</b> Basketball RLO					Y9 <b>B</b> Football CYO <b>WK1</b>	Y7 - 9 <b>M</b> Boxing RCA
WED LATE	4.20 - 5.20	KS4 <b>M</b> Basketball RLO/AVA						
THUR	3.20-4.20	Y7-9 <b>M</b> Volleyball KMM	Y7-9 <b>M</b> Trampolining NHZ					Y7 - 9 <b>M</b> Boxing RCA
THUR LATE	4.20-6	Y12 & 13 <b>M</b> Frisbee SLA						
FRI	3.20- 4.20	KS4 <b>M</b> Basketball RLO/AVA		Y7-10 <b>G</b> Football KGR				

# Challenges 2023

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1. **Couch to 5km** - begins with a mixture of running and walking with the end goal of covering a distance of 5km. Click [here](#) for more information.
2. **10, 000 Steps Challenge** - set yourself a daily goal of reaching 10,000 steps. Walking is a great way to increase your heart health and get outside for some fresh air.
3. **Join a new club at ACS** - look through the clubs and join a new one. Joining clubs can help you develop your skills and is a great way to meet new people.
4. **30 Day Abs Challenge** - take part in a 30 day programme to help you develop stronger core muscles. Click [here](#) for more information.
5. **Take up meditation** - Try to include meditation as part of your daily routine. Try the FREE App [here](#).



# Stars of the week



**KMM**

**Mithul Anshuman  
Baranikumar  
7N**

Great performance  
in Trampolining  
and Dance.

**NHZ**

**Harsh Pranlal  
8P**

Excellent effort on  
the trampoline.

**SBH**

**Fatima Adam  
7W**

Great effort and  
enthusiasm in  
Dance

**CMC**

**Eliana Mundy 7L**  
Amazing trampolining  
skills



# Stars of the week



**MTA**  
**Aarush**  
**Prigneshkumar**  
**9S**  
Excellent  
Gymnastics

**JCO**  
**Holly Crowle**  
**7S**  
For excellent  
creativity in Dance.

**CYO**  
**Jamil McNelly**  
**9T**  
Excellent  
trampolining skills  
shown in lesson.

# Weekly Profile: Raines 8Q



My name is Raines. My favourite sport is Basketball, Badminton and Volleyball because you get to play as a team, it's fun to play and I love the feeling of scoring a point in each sport.

My favourite sports person was Kobe Bryant because he could score 3s and 2s from difficult positions and find way to get the ball in the basket.

My favourite lesson is Basketball and Volleyball because you get to play with your friends in a team.

My target is to improve my skills in every sport and also become a professional basketball player.



# Weekly Profile: Mrs Ranasinghe



My favourite activity to stay fit and healthy is going to the gym and weight training. I sprained my ankle really badly over the Summer so was out of the gym since August. My goal was to get back into it in 2023. I have tried to make sure this New Year I get 10,000 steps in everyday.

I'm not big on watching sports, however if the football is on in my house I'm not against watching it.

I used to be an avid swimmer when I was in primary and secondary school, unfortunately I don't swim anymore but I do hope to get back in to it one day.

When I was in school my favourite PE lesson was playing Rounders and my least favourite was doing the Multistage Fitness Test (BLEEP test) as I definitely was no runner.