

Sports News

Monday 18th March 2024



Sustrans Big Walk and Wheel at Alperton Community School



Headline sponsor



What is it?

Sustrans Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling to school challenge.



And this year is the 15th year of the challenge!



When is it?

The challenge runs from Monday 11 March-
Friday 22 March 2024

How long is it?

We can take part for all ten days of the challenge
but only the best five days will decide our final
position.



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Why are we taking part?

Travelling actively is a simple but positive action towards climate change- we want to look after the world we will grow up in.

Travelling actively to school is great for our health and wellbeing.

More people travelling actively to school means cleaner air, less traffic and less noise around the school.

By taking part we will be learning about how to campaign for change and amplify our voices!

We can win prizes!

Did You Know?

49%

of UK school children worry about air pollution.

This compares to 39% of pupils surveyed in 2018*



Last year the Sustrans Big Walk and Wheel challenge helped avoid over 1,300 tonnes of CO2 and just under 3,000 kg NOx emissions**

62%

of UK school children don't think adults are doing enough to tackle climate change*



Through Sustrans Big Walk and Wheel we have the chance to write our own campaign which we can share far and wide - Let's make change happen!

What do we need to do?



Walk, wheel, scoot or cycle to school as many times as you can!



Ask your teachers about the **inclusivity guide** if you think you have any barriers to taking part



Encourage your friends to join in too!



Remember to tell your teacher about your active journey so it can be logged and added to our total!



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What do we need to do?



Plan and create an awesome campaign on how we can improve air quality at our school. There is a project brief for us to follow to help us create a prize-winning campaign!



Official sponsor:
SCHWALBE



Secondary school project brief

Pupil project

Create a campaign to improve air quality at your school over the summer term.

Prize

Win a visit to a active travel company to present your campaign and gain experience on how sustainable businesses operate.

See how to submit your campaign below, under phase 4.

Before you start:

Split into groups of 3 or 4.

The task

You have two weeks to complete this task

Phase 1: Research

1. Carry out research on air pollution:
What is it, what causes it, where is it worse etc...?
2. Research why air pollution is bad:
How does it affect humans, nature and highly populated environments?
3. Research different environmental campaigns. Note what makes them successful or engaging. (A good starting point is to search the internet for "anti-kidz campaign UK").



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Don't forget about the prizes!

There will be fantastic prizes up for grabs on every day of the challenge. Schools that get over 15% of their pupils taking part on each day will be entered into the daily prize draw.



PLUS! The creators of the best Air Quality campaign will be invited to present their campaign to a major UK company.

An extreme mountain bike show is one of this year's prizes

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Important Notices

STUDENT NOTICES

- **Week 1** - Clubs this week.
- **Skateboarding club** - come and get a letter from the Sport and Health office before the club

What clubs do
you do outside
of school?

Who is your
sporting hero?

What is your
favourite sport?

**Do you want to
be our next
Student Profile?**

Have you ever
won a medal or
trophy?

Do you have a
picture you want
to share?

Share your
experience with
the school.

Bromcom
pictures will not
be used without
your permission.

Complete the [Google Form](#)

Breakfast Sports Clubs

7.30-8.15am

M - mixed
G - girls only
B - boys only

Full ACS kit needed.

	Sports Hall
MON	KS3 M Badminton SAO
TUES	
WED	Y7 - 10 G Football NHZ
THUR	
FRI	

Lunch Sports Clubs

M - mixed
G - girls only
B - boys only

Trainers ONLY needed

	Sports Hall	Dance Studio	Fitness Studio	SA Playground
MON	Year 7 - 8 M Dodgeball JCO	Y7-9 B Trampolining ACR	Y7-13 M Table Tennis MTA	
TUE	Year 9 M Dodgeball CMC		Year 7-9 B Table Tennis SAO	
WED	Y7-9 M Badminton AHR		Y7-13 G Fitness NHZ	
FRI				Year 10-11 M Table Tennis CYO

After School Sports Clubs

M - mixed
G - girls only
B - boys only

**Full ACS kit
needed.**

		SH	DS	FS	Canteen	UMU	LMU	Playground	Woodstock
TUE	3.15-4.15	Y7 8 B Cricket SAO					Y9 G Leadership/ Y7 + 8 G Netball JCO	Year 9 B Cricket MTA	Year 10 B Football CYO
WED	3.15-4.15	Y9 M Badminton AHR		Year 7-10 M Fitness CYO					
THUR	3.15-4.15	Y7-10 M Cricket Officiating Course SAO + Coach	Y7-9 G Trampolining ACR				Y 7 - 10 G Cricket JCO/Coach	Y7-9 M Skateboarding (come and get a letter) CMC	
FRI	3.15-4.15	Y11 M Badminton SAO							

Year 7 Boys Cricket will take place on 19th March only due to other fixtures taking place. Any questions see Mr Adcock.

Fixtures this week

Date	Sport	Year	Opponent	Venue	Teacher
20/03/24	Football	Y9 G	Preston Manor	HOME UMU	JCO
21/03/24	Cricket	Y7 - 10 Mixed	Cricket Leaders Course	HOME SH	SAO & Middlesex Coaches

Year 9 Basketball v Ark Elvin

Year 9 travelled to Ark Elvin for their final basketball game of the season.

Alperton started strongly and scored some unopposed early points. Ark Elvin gradually grew in to the game and brought it level at the end of the first quarter.

Despite numerous boys fasting and students missing Alperton should be commended for their efforts throughout the match.

Final score 29-20. Well done to all students who have participated this year. MOM Raines for his outstanding effort and hard work.



Year 8 and 9 V Preston Manor- Netball Friendly



On Tuesday year 8 and 9 played another friendly fixture against Preston Manor.

Each team played two games each, resulting in year 8 ACS winning both games 2-0 and year 9 ACS drew both games.

Excellent performance from all participants. You showed great team energy.

Individual development has progressed massively throughout the Netball season. Thank you for all your hard work and efforts.

Mrs. Bhanderi