

# Sports News

Monday 8th February 2021



England in India: Dom Bess advances  
England's hopes on day three in Chennai



England 6-11 Scotland: Finn Russell  
orchestrates first Scottish win at  
Twickenham since 1983

# Important Notices

## STUDENT NOTICES

- **Increase your activity levels** - Register on Strava (available on Apple & Android) and log walking, running and cycling. Join ACS Sport and Health to enter the league.
- **Inter form competition week** - prepare yourself for the interform competition this week. We will have LIVE competitions against other students.

# ACS Sport and Health club



Register [here](#), join the ACS Sport and Health Club and to start logging your activity levels.

 STRAVA

# leaderboard

Teacher	Total time	Activities	Swim	Ride	Run
Miss Cathcart	3hr 16mins	7	0	1hr 12mins	2hr 4mins
Mr Moore	2hr 50mins	8	0	2hr 50mins	0
Mr Lauffer	1hr 40mins	2	0	50mins	50mns




Student	Total time	Activities	Swim	Ride	Run
Alan Kader	39 mins	2	0	39 mins	0
Jan Fruhvirt	35 mins	2	0	0	35 mins
Vihar Kantilal	28 mins	1	0	0	28 mins

# Stars of the week




**NHZ**  
**Hadjer Madaci**  
**10N**  
Excellent online  
engagement.

**KMM**  
**Mitesh**  
**Asvinlal**  
**7P**  
Fabulous online  
effort,  
demonstrating  
exercises to class



**ACR**  
**Jaya Kalyan**  
**7R**  
Outstanding  
home learning  
and excellent  
effort in online  
lesson.

**CYO**  
**Youssef Cherabi**  
**7T**  
Excellent effort  
shown throughout  
lesson with  
demonstrations.





# Stars of the week



SFU

Kristoff Anghi  
8L

For excellent  
participation in  
online lessons,  
high level of  
engagement and  
positive attitude.


AAD  
Arthur

Zhemchuzhikov  
for participation  
in the lesson and  
attitude to  
learning.

MTA

Rishi Vijakumar  
8R

Amazing pyramid  
workout!



# Virtual Competition 2021

Monday 8 February 2021



# 7 Challenges



# Be Virtual Champions 2021



# Virtual Challenges 2021

- We have 7 challenges for you to complete.
- All scores will be collated and the winners in each year group will get a prize. We will see what 'virtual' prizes we can find.
- Practice and refine your technique in preparation for the LIVE competition during your Sport & Health lesson.
- Log on to your Google Classroom at the start of the lesson and your teacher will take a register and give you next steps.
- Encourage your form teacher, PM, SLT Link - EVERYONE to take part.

# Challenge 1 - Skipping

# Challenge 1 - Skipping



How many in 60 seconds?

# Challenge 2 - Seated Leg Raise

## Challenge 2 - Seated Leg Raise



How many in 60 seconds?

# Challenge 3 - Squats

## Challenge 3 - Squats



How many in 60 seconds?

# Challenge 4 - Plank

## Challenge 4 - Plank

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How long can you hold the plank position?

# Challenge 5 - Step Ups

## Challenge 5 - Step Ups



How many in 60 seconds?

# Challenge 6 - Press Ups

## Challenge 6 - Press Ups

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How many in 60 seconds?

# Challenge 7 - Wall Sit

## Challenge 7 - Wall Sit

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Can you hold for 60 seconds?

## HEALTH & WELLBEING FEBRUARY 2021



### COUCH TO 5K

Start simple and  
progress to run a 5k



### JUST DANCE

Follow on screen  
dance moves



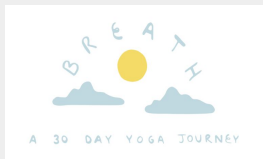
### 1 million steps

Log daily steps and  
set targets



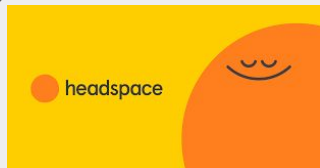
### Nike Training

Select training and  
track progress



### Yoga

30 day challenge



### Headspace

Meditation practice



### Reading Clubs

Join a group

## YOUNGmINDS

### Supporting wellbeing

Accessible to all



### Squat challenge

Push yourself.



### Cycling ideas

Love getting on your  
bike



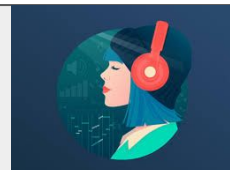
### Creative wellbeing

Inspiration at home



### Plank challenge

How long can you  
last?



### Music for wellbeing

Ideas to support  
wellbeing with music