



NORD ANGLIA  
INTERNATIONAL SCHOOL  
DUBAI

## Secondary Weekly Sporting Achievements

01.11.18



### NAS SPORTS HOUSE POINTS

1<sup>st</sup> = 20points

2<sup>nd</sup> = 15 points

3<sup>rd</sup> = 10 points

4<sup>th</sup> = 5 points



Instagram

**Scorpions** **Falcons** **Leopards** **Vipers**

Sport and fixtures in secondary have got off to a great start this year with the basketball, football and swimming teams competing against other schools in Dubai. A few special mentions I would like to make are to the students who represented NAS in the swim team. In the relay gala at DESC and the NAS gala we came 1<sup>st</sup> and all swimmers performed well. The basketball has also got off to a flying start with some great wins across all age groups. The NAS Ski Squad competed in the first round of the interschool ski competition.

Reminder – Any squad players to attend Strength and Conditioning sessions.

Sunday, Tuesday & Thursday mornings 6.45-7.30am

Up and coming events – The 30/30 fitness challenge and house fitness competition will take place after half term.

**Mrs. Chaters (Head of Secondary PE)**

## Dubai Fitness Challenge 30 x 30

The annual Dubai 30X30 kicked off at NAS Dubai with an energetic opening ceremony. There are various activities happening around the school including an Instagram weekly fitness challenge, a fitness scavenger hunt and Ms. Middleton's 1 Mile Challenge and various other activities. We are rewarding pupil's house points for taking on the various challenges.

We accept the challenge and we hope you do to.

Let's see if NAS Dubai can be the fittest school in the UAE!!!

**Mr. Khadir and Miss Lea (PE Teachers)**



## Year 7 Boys Football vs Jebel Ali @ NAS Dubai

Last week saw our brand new Year 7 boy's football team take on Jebel Ali here at NAS Dubai. With such a strong squad we have decided to challenge in division 1 this season and test ourselves against the best in the city. Jebel Ali were sure to be a tough test, but after just 10 minutes Arjun Nanda broke down the right hand side to put NAS 1-0 up. In the dying minutes of the first half Jebel Ali caused problems and from a set piece were able to tie the game at 1-1 going into half time. Some inspirational words from Mr. Smith, Mr. Khadir and Mr. Cullinan sent the boys out with plenty of motivation to go and get the win. It wasn't meant to be however as Imran bagged with a well taken goal, only for Jebel Ali to equalize just moments after. A great game though which was played in a right spirit.

Final score NAS 2 – Jebel Ali 2

**Mr. Smith & Mr. Khadir (PE Teacher)**



## Year 9 Boys Football vs Choueifat @ Choueifat

On Tuesday afternoon the Year 9 boy's football team travelled over the Choueifat for their second league fixture of the season. After a promising performance against DESC the week before the boys were ready to try and record their first victory. However, coming up against an extremely strong Choueifat team was always going to be a tough challenge and after some fantastic defending found themselves 1-0 down at half time. The second half saw our boys put up a great fight but in the end Choueifat hit us on the break and put the game beyond us with a couple of quick fire goals. Overall a good performance and we take the positives into the next game.

Final score NAS 0 – Choueifat 4

**Mr. Smith (PE Teacher)**



## Year 10 Boys Football vs DESC @ DESC

The year 10 football team faced a physical Dubai English Speaking College side and pulled through a 1-1 draw. A free kick taken by Agasthya was too strong for the keeper to pick up with Joseph catching on the rebound with a clinical finish.

Man of Match- Agasthya Khorana.

**Mr. Khadir (PE Teacher)**



## Year 11 Boys Football vs Kent College @ NAS Dubai

Monday afternoon finally saw the Year 11 boy's football team start their season against Kent College. After getting off to a very fast start, NAS found themselves cruising with a 2-0 lead after just 10 minutes. However Kent came back and delivered a telling blow just before the break to make it 2-1 at the half way stage. Some outstanding work in the middle of the park from Kush and Naser kept the team going and soon NAS were out of sight scoring 3 goals in quick succession making the score line 5-1. Kent did try to recover and scored two more goals late on but it was too little too late in the end and the Year 11's begin the season with a victory.

Final score NAS 5 – Kent College 3

**Mr. Smith (PE Teacher)**



## DASSA Secondary Aquathlon @ Gems World Academy

Well done to our Aquathlon Teams that took part in the GWA Aquathlon Series on Tuesday. Our athletes did really well on the day, taking into account that we had no training yet. We had many podium finishes on the day and we all should be very proud of our athletes as they shown allot of determination and fight as is looking forward to the seasonings term 2. A special word of congratulations must go out to our year 4 team as this was the first time they took part in an Aquathlon event. Well done to everyone involved.

**Coach Ray and Tracey (NAS Swimming Coaches)**



## U12 Rugby 7's Tournament @ DESC (Before Half Term)

This was an impressive performance that saw some new faces to the game of rugby. Some had never played before apart from in curriculum lessons. The first game against Kent College was close and fairly even until we had some late attendees turn up which turned the game in favour of NAS. An amazing result. Our next two games were against much tougher teams and our final game was a victory over GEMS Silicon Oasis. 2 wins from 4 games is an outstanding achievement for this group of boys. Well done.

**Mr. Collin (U12 Rugby Coach)**



## U16 Girls Football vs GEMS World Academy @ NAS Dubai

Well done to the U16 Girls in their victory against GWA on Monday. A very close game in the first half, second half our girls scored straight from the whistle with a 1-2 play drawing a defender and

Player of the Match: Isabel Ellis

Final Score: NAS 1 – 0 GWA

**Miss Fisher (PE Teacher)**







NAS DUBAI



# SECONDARY HOUSE FITNESS CHALLENGE



**Inviting All Secondary Students,  
Teachers & Parents!**

**20 Minute Fitness & Fun Session**



**Earn House Points  
Biggest House turn out wins!**

**Thursday 1st November  
7:15am - 7:35am • Sports Hall**



Students & adults wear House shirts  
or colors. For more info contact:  
[Emily.Fisher@nasdubai.ae](mailto:Emily.Fisher@nasdubai.ae)