

Primary Weekly Sporting Achievements

01.11.18



NAS SPORTS HOUSE POINTS

 $1^{st} = 20$ points

 $2^{nd} = 15$ points

 $3^{rd} = 10 \text{ points}$

 $4^{th} = 5$ points



Scorpions	Falcons	Leopards	Vipers
100	70	55	75

The first round of house competitions took place at the end of last term. The current standings are above. Year results are with class teachers.

Outstanding highlights this week

<u>Football</u> <u>Aquathlon</u>

Year 5 A NAS 5-0 JESS Ranches Several podium finishes.

Year 5 B NAS 5-0 JESS Ranches House Fitness challenge

Year 6 B 0-0 Jess Ranches Launch of the 30x30 fitness challenge

Mr. Collin (Head of Primary 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)



DAPSA Primary 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)







U11 (Years 5 and 6) Boys Rugby @ NAS Dubai

On Monday afternoon the U11 rugby squad took part in a very good session ahead of our entry into the upcomming JESS Rugby 7's tournament in a few weesk time. In the session we looked at ball placemenet, tackle technquie and rucking (Development squad). In the competitive squad, we looked at field position, defensive alignment and how we can improve his when attackking and defending. Well done to all the players on a fantastic session in the heat, they worked extremley well and its good to see them all working together and enjoying their rugby.

Mr. Thomas, Mr. Grindrod and Mr. Pavey (U11 Rugby Coaches)





U10A (Year 5) Boys Football vs JESS Ranches

This team is getting better and better. Totally dominated a good JESS team. Outstanding work from the midfielders. Played some beautiful one touch football which we practiced in the morning session. Score could have been more. Well done boys.

Final Score:

JESS Ranches 0 - 5 NAS

Man of the Match:

Gaith Al Khayatt (5D)

Mr. Collin (Head of PE)



U10B (Year 5) Boys Football vs JESS Ranches

Much like a firework with a long taper, after a slightly faltering start to the 2018 campaign NAS U10 B's have exploded with a technicolor display of attacking football. In a week that saw Barca put 5 past their arch rivals, who would have dreamed NAS U10 B's could emulate such a feat. Deadlocked at half time and having squandered a hat-full of first-half chances it looked unlikely that NAS would make the break through, but equally JESS's ability to close out the onslaught from the NAS machine was also in question. Soon after the interval Noah Kahlon (5C) pounced on a loose ball to slide home our opener, soon after he broke free of a melee and dispatched his second; from that point on it

was the Hamdan Al Subousi (5D) show, a surge from midfield and a right foot hammer had their keeper ducking for cover, 3-0; a minute later, a curling free kick found its intended target in the top left corner of the onion-bag, 4-0! A quick-thinking Ashaan Sohal (5D) pounced on a loose ball as JESS desperately tried to clear their line; returned it with interest he capped off a thumping 5-0 win. Hopefully, the corner has been turned and NAS U10B's can continue with a similar level of teamwork and success in their next few fixtures.

Final Score: JESS Ranches 0 – 5 NAS

Man of the Match: Noah Kahlon (5C)

Mr. McNab (U10B Coach



U11A (Year 6) Boys Football vs JESS Ranches

On Tuesday afternoon the U11A football team faced JESS Ranches in their third game of the season. After a thrilling match before half term against Kings, NAS Dubai started well but their defending was woeful and allowed JESS Ranches to score three times in a matter of minutes.

However, NAS were resilient in their efforts to get back into the game and finished the first half strong before scoring at the start of the second half. Then NAS got themselves back in the game

when Daniel Williams bundled the ball home to give NAS hope of an equalizer, however it wasn't to be as JESS held on for the win. After a slow start the boys picked themselves up and when we started to play we looked good. We now need to build on this at Jebel Ali and the Repton Tournament next week. Well done boys!



Final Score:

JESS Ranches 3 - 2 NAS

Man of the Match: Daniel Williams (6F)

Mr. Thomas (PE Teacher)

U11B (Year 6) Boys Football vs JESS Ranches

The U11B team went to JESS Ranches full of confidence after winning their first two games. The team soon realized that they were up against a stubborn side who attacked our defense regularly during the opening minutes. Towards the end of the first half, our team became more comfortable on the ball and used the space on the pitch well to put pressure on the JESS Ranches team. This pressure continued throughout the second half, with the NAS team having a number of chances to score. The team never stopped working and kept on attacking through our pacey midfielders and long balls from our goal keeper Sumair but the final whistle was blown with the scores at 0-0.

Final Score: JESS Ranches 0 – 0 NAS

Man of the Match: Kenzie MacLean (6B)

Mr. Trentini (U11B Coach)







PRIMARY HOUSE FITNESS CHALLENGE



Inviting All Primary Students,
Teachers & Parents!
20 Minute Fitness & Fun Session



Earn House Points
Biggest House turn out wins!



Thursday 15 November 7:15am - 7:35am • Sports Hall

Children & adults wear House shirts or colors For more info contact: Emily.Fisher@nasdubai.ae