



NORD ANGLIA  
INTERNATIONAL SCHOOL  
DUBAI

## Secondary Weekly Sporting Achievements

08.11.18



### 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



Scorpions	Falcons	Leopards	Vipers

Our GCSE groups in Years 9 & 10 attended the MEFIT launch at Hamdan Sports Complex last week. The students had the opportunity to complete different fitness workshops, including TRX sessions, cross fit and Zumba Active. They also had two seminars on Sports Nutrition and Health and Wellbeing. All students enjoyed the event and are looking forward to the next one.

Well done to all those students that are attending strength and conditioning sessions, regular training sessions and weekly fixtures.

Good luck to the U14 Boys Rugby Team that are travelling to Abu Dhabi for the BSAK 7'S Tournament on Friday 9<sup>th</sup> November.

Congratulations to all the sports leaders in year 7-11 that have been given a role of a sports leader. Successful students will be put up on the notice board and celebrated in assembly.

**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)**





## MEFIT Launch @ Hamdan Sports Complex

GCSE PE students in years 9 & 10 attended the MEFIT launch on Thursday 1<sup>st</sup> November, which allowed students to experience a variety of practical sessions and theory seminars. All students worked well and enjoyed the experience learning about different ways of physical training and sports nutrition to improve performance.

**Mrs. Chaters and Mr. Gairn (PE Teachers)**





## Year 7 Boys Football vs GEMS WEK @ NAS Dubai

Due to a break in the league fixtures last Thursday we organized a friendly fixture for the Year 7 boy's football team against GEMS Wellington Al Khail. The boys put on a great display and ran away with the game in the end which ended with a convincing victory.

Final score NAS Dubai 5 – 0 Jebel Ali

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



## Year 9 Boys Football vs JESS @ The Sevens Ground

The Year 9 boy's football team travelled out to the Sevens ground this afternoon to take on JESS Ranches. With the game 1-1 at half time NAS tried to push for the win but in the end it wasn't meant to be. On to the next one!

Final score NAS 1 –3 JESS Ranches

**Mr. Smith (PE Teacher)**





## Year 10 Boys Football vs EIS Meadows @ NAS Dubai

The year 10 boys football team hosted EIS Meadows this afternoon and were dominant throughout the game. Agasthya opened the score with his promised 'birthday' goal which was quickly matched. Aaron with a great run down the left flank scored a tight angled goal just before the half assisted by Alecsi. EIS Meadows persisted and scored an equaliser in the last 5 minutes of the game. Under pressure, the year 10s won a free-kick in the last few moments with Alexander smashing it into back of the net. Final Score 3-2 to NAS Dubai to continue their undefeated streak.

Man of Match- Alexander Hedes

**Mr. Khadir (PE Teacher)**



## Year 8 Boys Football vs Jebel Ali @ NAS Dubai

Year 8 Boys Football team opened their campaign against Jebel Ali with a convincing 5-1 victory. NAS Boys were creative going forward with some excellent passing to create the goals. Hat trick hero Finn was outstanding and well supported by his strike partner Teymour. The boys were eager to keep a clean sheet with Lucas leading in defence with some great timed tackles. With a set piece, Jebel Ali got one back in last few moments of the game but was not enough to get them back in the match.

Goalscorers (Finn x3, Maxence x2)

Man of Match- Finn Farrell-Morton

**Mr. Khadir (PE Teacher)**





## Year 11 Boys Football vs Sheffield Private School @ NAS

The Year 11 boy's football team were fantastic this afternoon in a match against Sheffield Private School. Although NAS had numerous chances it wasn't to be and the final result wasn't a true reflection of the game. On to next week! Final score NAS 1 - SPS 3

**Mr. Smith (PE Teacher)**





## U14 Girls Football Squad v Kings Al Barsha @ NAS

The U14 girl's football squad gave an impressive performance against a strong Kings Al Barsha team. A strong start meant the girls went into the second half with a 4-0 lead. The momentum continued, and the girls proved themselves throughout the second half to finish with an amazing 7-0 win.

Player of the Match: Jenna Abu-Wardeh

**Miss Lea (PE Teacher)**



## Simpsons Brothers Go Kart Racing

The Simpson brothers (Tyler Y9 and Dylan Y8) represented Nord Anglia School at the Seniors Emirates Interschool Go kart race this evening.

It was a very well organized event. The boys loved it and came in a respectable 14th out of 26 in their division. It was a two-hour tag team race and their first actual 'team race' ever. Even though the team was only two.







# **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)