

Acland Burghley Sports Bulletin

September Week 1 2026

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PE Curriculum News

The PE Department has enjoyed welcoming our new Year 7 students and welcoming back our older students to ABS this week.

Students have started the year with a programme of fitness testing, taking part in a range of bodyweight exercises and running activities designed to assess different components of fitness, including muscular and cardiovascular endurance.

Students have developed a greater understanding of the importance of fitness testing and how it can be used to monitor and track their progress over time. It has been particularly encouraging to see the improvements in students' results compared with previous years, and we look forward to continuing to support our new Y7 students as they develop their fitness throughout the year.

Next week, we will begin our first curriculum sports of the academic year. If students have any questions about their PE lessons or the sports they will be studying, please speak to your PE teacher.

Student Spotlight

The PE Department would like to recognise the following students who have demonstrated outstanding effort, engagement and participation in PE this week.

Well done and keep up the fantastic work!

Laurie H – Y7

George W – Y7

Amy J – Y7

Rio D – Y8

Henry H – Y9

Jackson C – Y9

Extra-Curricular Clubs Timetable

	Break Time Astro 10.50-11.15am	Break Time Sports Hall 10.50 -11.15am	Lunch Time Active Space 1.15-2pm	Lunch Time Astro 1.15-2pm	Lunch Time Gym 1.15 -2pm	Lunch Time Sports Hall 1.15-2pm	After School Sports Hall 3.30-4.30pm	After School Astro 3.30-4.30 pm	After School Gym/Top pitch 3.30-4.30pm
Monday	Y10 Miss Hoque	Y7 Ms Oteng	Y7	Y7 Mr Christensen/ Mr Allen	Week A Y11 Interform Mr McHugh Week B Girls Trampolineing Miss Mullings	Y8/9 Basketball Mr Osinlaru	Y8/9 Basketball Mr. Delfino	All Years Girls Football Coach Aaron	Rugby TBC
Tuesday	Y11 Mr McHugh	Y8 Mr Foster	Y8	Y8 Mr Christensen	Y10 Interform Miss Hoque	Year 7 Basketball Mr Allen	KS4 Basketball Mr Osinlaru	Y9 Football WK A Astro WK B Tufnell Mr Bryant Y10 Football WK B Astro WK A Tufnell Mr. Foster	KS3 Dodgeball Camden Coaches GYM
Wednesday	Y9 Miss Rivard-Morton	Y11 Mr Bryant	Y7	Y9 Mr Christensen	Week A Boys Trampolineing Miss Mullings Week B Y8 Interform Mr Osinlaru	Year 9 & 10 Basketball Mr Allen	CAMDEN SHIELD DAY	CAMDEN SHIELD DAY	All Years Badminton Miss O'Mahoney
Thursday	Y8 Mr Osinalaru	Y10 Ms Mullings	Y8	Y10 Mr Christensen	Y7 Interform Mr Allen	Girls Club Ms Oteng	Girls Basketball Miss Newell-Mullings	Y7 Boys Football Mr Foster	Girls Active Y7 & 8 (Starting at 3:05pm) Miss Newell-Mullings Y7 B Team Mr Tresidder Table Tennis TBC
Friday	Y7 Mr Allen	Y9 Mr Delfino-Cox	Y7	Y11 Mr Christensen	Y11 Interform	Year 10 & 11 Basketball Mr Allen	Y7 Basketball Mr Allen	Y8 Football Mr. Delfino	Y8 B Team Football Mr. Taylor-West

Upcoming Fixture Table

Date	Team	Opposition	Competition	Venue	Start Time
Wed 16 Sept	Y9/10 Girls Football	Parliament Hill School	Camden Shield	Astro (H)	3.30pm
Wed 16 Sept	Y9 Boys Football		6v6 Camden Shield Tournament	Market Road, London, N7	4pm
Wed 16 Sept	Y9 Boys Basketball	William Ellis School	Camden Shield	Sports Hall (H)	3.30pm
Thu 17 Sep	Y10 Boys Football	William Ellis School	ESFA National Cup	Market Road, London, N7	2pm