



MCA TODAY

THE PE EDITION



WHAT'S HAPPENING AT THE MOMENT?



YEAR 7 FIXTURES

Netball - Away match against Co-op Academy North Manchester
Girls Football - Away game against Wright Robinson College
Boys Football - Away game against Abraham Moss

YEAR 8 FIXTURES

Football - Home game against The Barlow RC High School



YEAR 9 FIXTURES

Basketball - KS3 away game against the King David High School



YEAR 11 FIXTURES

Football - Away game against Co-op Academy North Manchester





CELEBRATIONS

This half term, we are delighted to have our rugby lessons supported by professional coaches from Sale Sharks RFU. Their expertise, energy, and passion for the sport are already making a remarkable impact on the pitch. Through high-quality coaching, pupils are gaining new skills, building confidence, and developing a deeper motivation to challenge themselves. We are incredibly fortunate to offer our students this outstanding opportunity to learn from top-level professionals, and we can't wait to see how their guidance helps our young players continue to grow and excel.



FAMILY FOCUS

Did you know that encouraging children to stay active outside of school can make a meaningful difference in both their physical and mental well-being? Regular movement helps build strength, improve coordination, and boost overall health, while also supporting focus, confidence, and emotional resilience. When parents show interest in their child's activities or participate alongside them, it reinforces healthy habits and helps children view fitness as something enjoyable rather than a chore.

One simple and accessible way to get started is by trying the free NHS **Couch to 5K** app. This plan gently builds up running ability through short, manageable sessions that gradually increase over time, making it ideal for beginners of all ages. It's also a wonderful opportunity for parents and children to spend time together—training side by side, celebrating progress, and working toward a shared goal.



STAFF SPOTLIGHT

Mr Dillion teaches PE at MCA and is also the House Leader for Shakespeare. He is currently reading **Sir Alex Ferguson's 'My Autobiography'**. Mr Dillon says that this is a great book for Manchester United fans or for those who are really interested in what makes a great leader.

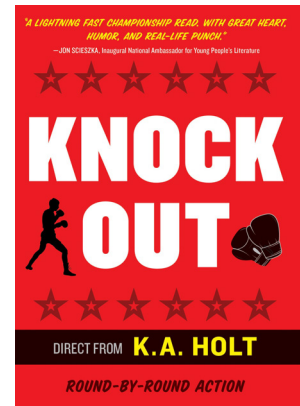
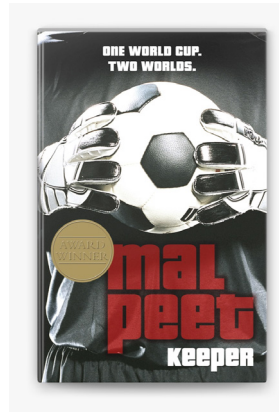
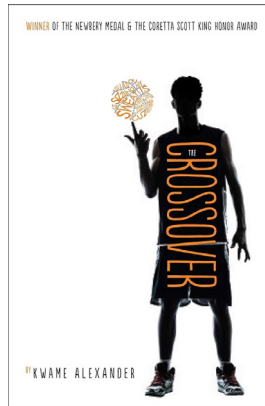
WHAT'S COMING UP?

Get ready for an exciting event—our KS3 Girls' House Futsal Competition is coming up on Thursday, 18th December! This indoor football tournament will bring together students from Years 7, 8, and 9 as they compete for their houses. The competition is a fantastic opportunity for players to showcase their teamwork, skill, and house spirit while connecting with girls from different year groups. We encourage all participants to bring their energy, enthusiasm, and determination for what promises to be a fun and competitive afternoon!

BOOKS WE'RE LOVING THIS WEEK

Here are some brilliant PE related reads, all available at the MCA Library.

The Crossover – Kwame Alexander
Keeper– Mal Peet
Knock Out– K.A Holt



STUDENT SPOTLIGHT

AMMAR A - YEAR 7



This week, we are proud to celebrate Ammar, a Year 7 student. Ammar is an incredible netball player, consistently showing skill, determination, and sportsmanship on the court. Beyond his athletic abilities, he demonstrates outstanding leadership, guiding and supporting his peers with confidence and kindness. Ammar's friendly and respectful interactions make him a valued member of our school community. We are very proud of his achievements and the positive example he sets for others.