



Sports bulletin

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@truroacademy



TruroLearningAcademy



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FACT: Mental health benefits. Exercise is good for your mental health too, as it can battle feelings of anxiety and depression, sharpen your focus, and improve self esteem!

Since my last sport bulletin there's been sports galore!

Summerleaze class have continued with there sailing and kayaking experience despite some rather miserable weather on a Monday morning!



Year 3/4 badminton festival

Eight children from TLA took part in an energetic badminton festival at Richard Lander school which allowed them to develop their co-ordination skills through activities led by the sport leaders at the event.



TLA versus Chacewater

Match report by Josh T.

The year 4/5/6 football team began their season with a home game against Chacewater.

Chacewater kicked off to begin the game. Some early TLA pressure saw Alfie H win the ball and pass to Josh on the edge of the box, but good defending from Chacewater extinguished the attack.



The game was very evenly matched until pressure from TLA paid off with Alfie N passing to Alfie H who sublimely turned and beat the Chacewater defenders before dribbling around the goalkeeper to make it 1-0 to TLA. After the goal Chacewater applied pressure with a string of corners before a goal mouth scramble saw them equalise 1-1.

The second half started with a TLA chance; Alfie H passed to Josh who then passed to Alfie N who's shot at goal was well saved by the Chacewater keeper. The second half was a very open game and with one minute to go

Chacewater capitalised on the TLA goalkeeper and defenders not fully concentrating on the game and scored to make it 2-1. A great game to start the league with TLA showing real determination and team work.

Opposition Player of the Match-Jude. Mr LDL's Player of the March-Alfie H

ESFA tournament

For the first time TLA entered the English Schools FA tournament. Their first game against Shortlanesend who were the eventual runners up, was a tough game. With TLA losing 5-0. After a lengthy team talk and a change of positions TLA played Nancledra in their second game. The TLA players showed a massive improvement and real resilience to make it a difficult game for their opponents. Final result TLA 0 - Nancledra 3.



Thanks for your continued support. We have 146 left to collect before the November deadline!



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