



مدرسة عبدالرحمن كانو الدولية  
Abdul Rahman Kanoo International School

**ARKIS Flames**

# Monthly Newsletter



**Welcome to our school's  
exciting sports newsletter!**

Our newsletter is your one-stop destination for all the exciting happenings in our school's sports scene.

PE Department Sports  
Newsletter | **March  
2025** | Issue **No. 6**

# *Dear Students and Parents*

## *Strive for progress, not perfection*

We are excited to share a Ramadan Special Edition of the Physical Education Newsletter.

This month, we've organized some exciting tournaments that lighted up our school community together in the spirit of healthy competition and fun.

It was all about having fun, supporting house teams, and enjoying the camaraderie of our school community. Whether students were competing or cheering on their friends, Ramadan was the perfect time to come together, stay active, and celebrate the joy of sports.

There were some exciting volleyball actions! The Ramadan Volleyball Tournament was taking place during PE lessons. This fast-paced tournament not only tests students' skills but also teamwork and perseverance. Whether students are seasoned players or new to the game, we encouraged everyone to join and show their support for their schoolmates.

### *Message from Sports House Captains*

*This month, the PE Department organized a Ramadan Sports Tournament during PE lessons, featuring volleyball and penalty kicks. The tournament provided a great opportunity for students to stay active while embracing the values of teamwork and friendly competition during the holy month. Whether it was fast-paced rallies in badminton or exciting plays in volleyball, students participated with enthusiasm and effort. It was a great way to bring the students together and keep the energy high throughout Ramadan.*

### *PE Department Activities during Ramdan*












*In light of this holy month, the school held an assembly for grades 6-9, and the Physical Education Department honored the students participating in the school team and their achievement of advanced positions during the period from September to February.*

*During this holy month, school teams' external participation was suspended. The Physical Education Department held house color tournaments, which were as follows:*













## Standing after this tournament

In addition to the volleyball tournament, we had a popular Penalty House Tournament! This fun event had students aiming for goals, testing their penalty kick skills, and competing for as many house points as possible for their Houses.

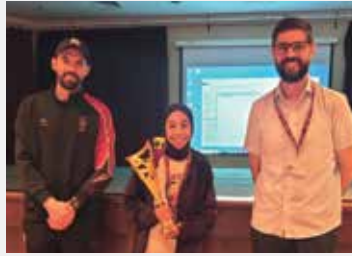
Penalties for boys from grades 6-8. Points were collected for each team in each grade, and the results were as follows:

| 6 <sup>th</sup> Grade   | 7 <sup>th</sup> Grade   | 8 <sup>th</sup> Grade   |
|---|---|---|
| <br><b>ORYX</b><br>40 Points   | <br><b>ORYX</b><br>30 Points   | <br><b>ORYX</b><br>30 Points   |
| <br><b>PEARL</b><br>30 Points  | <br><b>PEARL</b><br>20 Points  | <br><b>PEARL</b><br>10 Points  |
| <br><b>DHOW</b><br>20 points |   | <br><b>DHOW</b><br>40 points |
| <br><b>PALM</b><br>20 Points | <br><b>PALM</b><br>40 Points | <br><b>PALM</b><br>20 Points |

Girls volleyball from grades 6-8 played house matches, and the results were as follows:

| 6 <sup>th</sup> Grade  | 7 <sup>th</sup> Grade  | 8 <sup>th</sup> Grade  |
|--|--|--|
| <br><b>ORYX</b><br>20 Points  | <br><b>ORYX</b><br>10 Points  | <br><b>ORYX</b><br>40 Points  |
| <br><b>PEARL</b><br>10 Points | <br><b>PEARL</b><br>40 Points | <br><b>PEARL</b><br>20 Points |
| <br><b>DHOW</b><br>40 points  | <br><b>DHOW</b><br>20 points  | <br><b>DHOW</b><br>30 points  |
| <br><b>PALM</b><br>30 Points  | <br><b>PALM</b><br>30 Points  | <br><b>PALM</b><br>10 Points  |

# Assembly





## *G6 - Volleyball*



## *G7-8 - Plenty Football*



## *G7-8 Volleyball House Tournament*



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