

PE Department News.

ISA National Athletics

The ISA National Athletics Championships took place at the Alexander Stadium in Birmingham, and it attracted talented young athletes from across the nation who competed in various track and field events. Representing the Midlands team were three boys from Bowbrook House School who had earned the right to compete on the national level.



The first Bowbrook House athlete to compete was Findlay M in the 400m race. He put on an exceptional performance and claimed a well deserved second place finish only hundredths of a second behind the first place finisher. Findlay was also a part of the relay race team that came fifth but was spiked on the foot, despite the unfortunate incident, the team displayed great perseverance and strength.

Harrison C was another Bowbrook House athlete making waves at the championships. He competed in the 200m race and managed to secure a commendable fifth place finish. Later in the competition, he joined three teammates to participate in the relay race, where they snagged a bronze medal despite never having raced together prior to the event.

Luca DFP rounded off Bowbrook House's participation in the championships, running an admirable 800m race and coming in 13th place. The race was highly competitive, but Luca's determination and perseverance helped him give it his all until the very end.

The Midlands team as a whole performed exceedingly well, taking the third place spot on the podium. Much credit is owed to the five volunteers, Sofia M, Mille S, Myles L, Peter R and Mustafa A, who helped organise the registered runners to the start line and ensure the smooth flow of the event.



Overall, the ISA National Athletics Championships proved a roaring success, and Bowbrook House School can be proud of the remarkable performances put on by their three athletes. They should look forward to this excellent experience for their future growth in the realm of sports.



U11's Cricket vs Tettenhall College

On Tuesday, the Bowbrook U11's team welcomed Tettenhall College for a game of pairs cricket. Tettenhall won the toss and decided to field first and straight away the Bowbrook batters got to work by adding some quick runs onto the score card. Throughout the batting innings the Bowbrook team displayed better skill with the bat than in recent games, with more shots being placed around the pitch and a number of boundaries being hit by Sam and Tom. Even more pleasing throughout this innings, was the lack of wickets taken by the Tettenhall bowlers, as the strike rate of the batters was much improved in this match.

Coming into bowl, the Bowbrook team showed a great deal of improvement with a much decreased wide and no ball extra run rate, and all players getting the ball travelling down the wicket straighter. The team showed great fielding skills to take a total of 6 wickets in their fielding innings but the continued fearlessness of the Tettenhall batters proved to be a challenge as they made up for their wickets with a number of boundaries hit.

Overall, a much improved team display, even with the result going against us and even further cricket lessons learnt as we come towards the end of the term.

U9's Rounders vs Heathfield

Bowbrook hosted an U9s Rounders fixture against Heathfield School on Tuesday afternoon. For some, this was the first time playing the sport and were thrown in at the deep end, batting and fielding.

Some transferable cricket skills came into play and Jack and Aadil displayed good underarm bowling. Leo and Oscar helped rack up the scoresheet whilst Anna and Olivia got the ball to the post quickly. A special shout out to Rupert who played in his first fixture.

We were level at half time but panicked decision making led to the opponents stealing crucial points on posts!

The final score was Heathfield 11, Bowbrook 4.5.

U15's Cricket vs Kingham Hill

Wednesday saw the return of the U15's team to the cricket pitch with a trip into the Cotswolds for a match against Kingham Hill. Kingham won the toss and elected to bat first.

Our fielding innings started well, with Edward bowling all but 1 ball accurately for a first over score of 2/0 immediately followed by a strong over from Charlie. The team didn't have long to wait before the first wicket fell in the 3rd over, as Edward bowled the first batsman with his first ball of the over. The second wicket also fell in Edward's 4th over and the runs were being kept low.

Generally, the Bowbrook team bowled well throughout their fielding innings, with less wides and no balls than in previous games and a further two wickets being taken by Mathilda in her first cricket fixture representing the school. Tighter fielding and quicker reactions to hold the Kingham batters to single runs and not gifting them with extras through miscommunication, would have seen the Bowbrook team pile the pressure onto Kingham in the next innings.



Coming into bat, the Bowbrook team tried to bring the run rate up rapidly however, they found themselves slightly mistiming some of the Kingham balls, and the wickets fell quickly. An honourable mention has to go to Theo, who batted well in his time at the crease, racking up a total of 13 runs of 10 balls, 1 of which a 4 in a very wide field.

As the 9th wicket fell in the 13th over, in stepped Giovanni to pair with Guy, in an attempt to keep the Bowbrook team on track. They made a formidable partnership over the last 7 overs, and soaked up the pressure laid on them by Kingham knowing that 1 more wicket meant game over...

Giovanni defended the ball well to stay in, facing 31 balls of the Kingham team and edging his way to 6 important runs. Guy, facing 27 balls, found form with the bat taking 24 runs with a number of boundaries. The game went down to the final ball with Bowbrook only requiring 18 runs to catch the Kingham team.

A strong and much improved team performance from the start of the term and an exciting game of cricket to have been a part of. Well done to all players who participated.



U14's Cricket vs Kingham Hill

Another lovely sunny day at Bowbrook saw another fixture against Kingham Hill, this time to play the U14's at Peopleton CC. Kingham won the toss and elected to field first.

Stepping up to bat, Myles and Tom looked confident with the bat in hand, and started the innings of well however the first wicket taken (an LBW) was the start of a chain reaction of fallen wickets. 6 wickets in 4 overs, saw the Bowbrook team start to panic at the crease and the run rate drop significantly. Sofia, in her first cricket match for Bowbrook, and Peter (his second) both did well to keep in on the pitch and to make solid connection between bat and ball. Bowbrook saw out their 16 overs but had left themselves a difficult fielding innings.

Coming into field, Bowbrook felt the pressure of keeping the run rate low immediately with the Kingham batter finding a gap in the field early on. Bowbrook worked hard in the field to keep the runs as low as they can, and the bowlers tried very hard to get that one ball to stick onto the wickets but the

Kingham batsman (who had a very good game) kept them in the game. The Kingham team overtook the Bowbrook score in the 8th over and ended the match.

A huge well done in this fixture to all who played and special mentions must go to: Sofia for her batting performance and getting very close to a remarkable catch in the field, all bowlers (Tom, Archie, Mathilda and Charlie) who did their best to put pressure on the Kingham batsmen, Cameron who let very little past him as wicket keeper, and Peter who kept the batting innings alive facing a total of 38 balls.

Year 10 Sports Leaders

A huge thank you to all of the year 10 sports leader who have given up part of their lunchtimes this week to put on a variety of multi-sport skills clubs for middle school students on Tuesday, Wednesday and Thursday of this week. This will continue over the rest of the term with: Theo, Ed and Guy delivering a cricket masterclass on Tuesday's, Adi, Claudia and Molly focusing on tennis skills on Wednesday's, and Will, Tom and Sid moulding our next generation of rugby players, ready for the autumn term, on a Thursday. If you are in years 7, 8 and 9 on those days and want to take the opportunities on offer then please go to these clubs on the respective days.



Students should check the PE notice board to see if they are involved in fixtures.