

PE Department News.

U10's Hockey vs Heathfield

In an electrifying U10 hockey game against Heathfield School, Bowbrook emerged victorious with a commanding 6-1 win. Ayla W stole the spotlight, finding the back of the net six times single-handedly, while Harper H and Anna J provided crucial assists throughout the game. The match, played over four intense 10-minute quarters, captivated spectators with its exhilarating and skillful display of hockey.

The game started with Bowbrook immediately asserting their dominance and attacking prowess. Within the first few minutes, Ayla W opened the scoring, calmly slotting the ball past Heathfield's goalkeeper. The forward showcased her extraordinary skills by scoring in the second quarter as well, highlighting her superior ability to find the gaps in Heathfield's defense. Harper H and Anna J played crucial roles in setting up Ayla's goals, providing impeccable passes throughout the game.

Facing a determined Bowbrook, Heathfield School responded quickly. In the first 10-minute quarter, they managed to find the back of the net, momentarily breaking Bowbrook's defense and reducing the goal deficit. However, Bowbrook's defensive line remained steadfast, preventing any further breakthroughs in the subsequent quarters.

As the game progressed, Ayla W continued to dominate the field, displaying her exceptional goal-scoring abilities. In the third quarter, Ayla notched her third goal, extending Bowbrook's lead. In the fourth and final quarter, Ayla sealed her outstanding performance by scoring her fourth and the fifth goal for Bowbrook. With her sixth goal in the dying minutes, Ayla completed an impressive personal milestone and solidified Bowbrook's 6-1 victory.



Despite the one-sided scoreline, the match showcased the talent and determination of both teams. The U10 hockey players from Bowbrook and Heathfield exhibited a commendable level of skill and sportsmanship throughout the game. The support and teamwork displayed by Harper H and Anna J were instrumental in Ayla's remarkable goal-scoring spree. Well done, girls!

ISA Midlands U16's Girls Netball @ St Dominics

Well done to the 8 girls that took part in the ISA netball yesterday at St. Dominic's Grammar School. The team was incredibly focused for the competition with positive energy and represented the school, in line with our motto, with pride.

We started off in the group stages where we had 5/7 wins! This, along with our goal difference, led us to compete in the Semi-finals.

The group stages were tough, but through team work and determination, the Bowbrook girls shone through and pulled together. This team was the definition of teamwork. Shouting and supporting each other was heard throughout the tournament, which ultimately allowed for a more smooth and supportive game.

After they had played all their games, the patiently waited whilst Miss Jones went over to see the semi-finalists... They got through on their points and goal difference! We played well in the semi's winning 5-4 which meant they were through to the final. Kings High School Warwick unfortunately beat us in the final 4-1 but it was a huge improvement on our earlier 10-3 defeat in the group stages.

Miss Jones and Miss Goodwin were incredibly proud, jumping and cheering for the girls when they got their silver medals. What an amazing day. A massive congratulations to all the girls, but especially to Lucinda who absolutely shone! Lucinda went in with a feisty attitude and claimed every intercept.

Well done girls, you should be proud of yourselves.



U16's Boys Rugby vs Malvern College

Tuesday saw the U16 boys in action against Malvern College, in Malvern. Getting off the bus, the boys brought a lot of energy into the warm up and began positively with good handling drills and contact ready exercises, however, come the first whistle, the boys were faced with a physical battle and must have still been warming up from the bus journey.

The first half started with Malvern playing a very structured game and the Bowbrook boys defending for the majority of the half. Quick tries were scored against us but resilience, and Bowbrook pride, both came through as the boys fronted up to the Malvern attack and began to put pressure on the Malvern attackers. At the end of the first half the Bowbrook team took a well deserved rest, having defended for the majority of time and re focused for the second half.

The second half was almost a different game altogether for the Bowbrook team. With the hill in our favour, the boys took the fight back to Malvern, making them defend whilst we attacked. Powerful runs from Rory at the back of the scrum, and Albert in open space, pushed the Malvern defence back, with the Bowbrook team pushing for their first try. After an incredible solo run from fly half (and captain) Theo, the Bowbrook team flooded into the Malvern 22 and began searching for their first score. Speed, power and energy all contributed to our first try. A penalty 5m out was quickly taken with Albert running head on into the Malvern defence, knocking them down like bowling pins, to dot down a try under the posts. A quick conversion from Theo, saw a rejuvenated Bowbrook team want to get their hands on the ball and attack again.

The game was a very physical game and the heart and courage of the Bowbrook boys was second to none as they charged into the Malvern team. There were a couple of knocks taken throughout the game and our thanks go to Malvern for their care and support with physio provision on the day, and the best wishes and fingers crossed for a speedy recovery of all who picked up an injury on the day.



U16's Boys Football vs Heathfield

Bowbrook U16 Secure Dominant 4-1 Win over Heathfield

An exhilarating U16 football match took place at Heathfield. The final score of 4-1 in favour of Bowbrook reflected their impressive performance, with three goals in the first half and one more in the second.

Right from the kickoff, Bowbrook demonstrated their intentions by pressing forward with speed and precision. In the opening minutes, both teams showed glimpses of potential, but it was Bowbrook who demonstrated superior attacking prowess and took control of the match.

In the 6th minute, Luca DFP of Bowbrook exhibited excellent individual skill as he found the back of the net, giving his team an early advantage. The goal energized the visitors, who grew in confidence and continued their attacking onslaught.

Bowbrook's Theo M doubled the lead with a fantastic strike. The visitors' domination was evident as they consistently threatened the Heathfield defense, capitalizing on their attacking opportunities. Myles L further extended Bowbrook's lead, reaffirming their dominance. The goal showcased Bowbrook's ability to convert their opportunities into goals and silenced any hopes of a Heathfield comeback.

The second half began with Bowbrook determined to maintain their momentum and secure a comfortable victory. Despite Heathfield's best efforts to regroup and mount a comeback, Bowbrook's defense remained resilient, restricting their opponents' chances.

4 minutes into the second half Luca DFP once again stole the spotlight as he netted his second goal of the match. This impressive brace solidified Bowbrook's victory, leaving no doubts about the outcome of the contest.

Although Heathfield found themselves trailing by a significant margin, the team displayed resilience and did not give up. In the latter stages of the match, they managed to breach Bowbrook's defense and salvaged some pride with a late consolation goal.

As the final whistle blew, the Bowbrook U16 squad celebrated a well-deserved 4-1 triumph over Heathfield. Their impressive performance highlighted their attacking prowess and clinical finishing abilities.

Bowbrook's Theo M and Myles L emerged as the standout players of the match. Their contributions were instrumental in securing the victory, illustrating their skills and influence on the field.



The match showcased the determination and talent of both teams, providing spectators with an exciting and entertaining display of youth football. Moving forward, Bowbrook U16 will undoubtedly carry this momentum into future matches, while Heathfield will assess their performance and seek improvements in their upcoming fixtures.

U13's Boys Rugby vs Bredon

The U13 boys got their rugby season underway with a game against Bredon on Thursday. A good warm up and team talk before the game meant the boys

were ready for the game from the off, however, similarly to the U16's the U13's let Bredon get a 3 try head start on them.

Realising that physicality is going to be needed to stop some of the Bredon runners, the boys started putting shoulders into contact more and increased their 'go forwards', taking the confrontation to Bredon. Some physical carries towards the end of the first half had captain George cross the try line and some energy lift around the Bowbrook team.

Rugby experience and knowledge from Luca and Alfie B helped Bowbrook to steal the ball back from the ruck and gain the advantage by getting back into Bredon's half. A second powerful try was then scored by Luca to bring the Bowbrook boys closer to the score put on them by Bredon.

Bowbrook immediately responded with another, well worked try from Harry as he made for the corner and dotted down to level the scores. Following from this Bowbrook looked destined to gain the advantage but a clean break from Bredon's speedster saw the Bowbrook boys chasing the game into the final minutes.

Pride and courage was shown by the whole team as they pushed and gave one last effort to get the equalising try. They worked themselves up into the Bredon 22, 5m from the try line before falling off their feet and giving Bredon the turnover.

All players demonstrated some good rugby abilities and technique, with some great team work on display and some powerful play. A big shout out needs to go to all of the boys playing, not only their first game for Bowbrook, but their first games of rugby with some powerful running from Harrison & Charlie on the wings and brave tackling to bring the last defender down by Pasquale.



Next Weeks Fixtures: **Students should check the PE notice board to see if they are involved in fixtures.**

Monday 2nd October 2023
Tuesday 3rd October 2023
Wednesday 4th October 2023
Thursday 5th October 2023

Friday 6th October 2023

U11's Rugby vs Holy Redeemer (H)
House Swimming
U16's Boys Rugby vs Bredon (H)
U14's Boys Rugby vs Bredon (A)
U16's Girls Hockey vs RGS Dodderhill (A)
ISA Midlands U12's Football @ Highclare