

PE Department News.

Prep School Cross Country



On Monday, members of the prep school donned their football boots and accepted the challenge of the Bowbrook House cross country course. There was some fantastic running on display from all in years 5 and 6, who all completed the course within good time, displaying pleasing amounts of effort. Congratulations go to Fabian in year 5, who finished in 1st place overall in Waterloo house, and to Harper in year 6 who finished in 2nd overall (1st out of the girls), also from Waterloo House.

The final results were calculated by an average time of the competitors and as such...

In 4th place was Trafalgar, closely followed by Blenheim in 3rd. With only 1 point separating them... in 2nd place was Waterloo, meaning our prep school house cross country champions were Hastings for the best overall cross-country time. Well done to all who participated and gave their best competing for their house.

U9's Hockey Vs Holy Redeemer



Monday afternoon saw the U9's play in their first home hockey match of the year against Holy Redeemer. As the game progressed through the quarters, the Bowbrook team worked incredibly hard to keep control of the ball and work together as a team. Unfortunately, Holy Redeemer pulled away with a 6-0 win. This didn't dampen the spirits of our team, and we kept fighting right up to the final whistle.

All players had a great afternoon of hockey and played incredibly well, and a congratulations to Aadil who was awarded player of the match by the Holy Redeemer team. Well done all.

U9's Hockey Vs Malvern St James

Tuesday afternoon saw the U9's play against Malvern St James. We split the team into two groups and had side by side matches. One of our teams was able to score a goal! Even though the overall result was a loss, the Bowbrook team showed determination to score another goal.

All players had a fun afternoon of hockey and played incredibly well. Well done everyone.



U13's Rugby vs Bredon

On Tuesday afternoon, the U13's team took to the field to play Bredon in a rematch. The game quickly started in a very different way to the opposed fixture with Harrison Taking the ball immediately from the kick off, running the length of the field, dotting the ball down for Bowbrook's first try.

The first half continued in a whirlwind of tries and some dominant tackles being made by the Bowbrook team. Toby added to Harrison's try scoring prowess and the first half finished with Bowbrook in the lead, 4 tries to 2. A very positive half of rugby with some excellent tackling from all players and good control of the game.

The second half started with Bredon attacking the Bowbrook line with renewed energy. Bredon scored 2 early tries to bring the score line even at 4-4. From this stage the Bowbrook team worked the ball into close areas, and kept 1 try ahead of the Bredon team up to 7 tries to 6 with just over 5 minutes to go in the game. Fitness and fatigue played a huge role in the final outcome. Bowbrook, feeling the strain of the Bredon teams attack, began to find themselves in offside positions and giving away penalties through tiredness.



Ultimately this fatigue had a toll on the team, as Bredon snatched victory by scoring a couple of late tries in the game.

In conclusion, the U13's team can hold their heads up high with a much improved performance from the start of the year. Hard work on developing fitness and the ability to close out a game will see the Bowbrook team hold onto the lead they worked hard to obtain and finish the next set of games with the win! Well done to all who participated and player of the match was awarded to Harrison.

U16 Netball v Heathfield School

The two Malta touring Netball squads played Heathfield School on Wednesday afternoon.

In the first match the girls got off to a flying start. Millie Stokes and Amelia Speers made a good combination in the shooting circle and shot accurately. Half time score was 15-2.



Lottie Fairchild and Vanessa Bille worked hard in center court quickly defending back when needed and making lots of interceptions. All players kept up the momentum and finished the game with a 27-4 Win.

The second game was short and sweet as Heathfield needed to leave early. However Bowbrook got to work quickly. Beth Ridley dominated in centre court with some great feeds into the shooting circle and support in defence. Lucy Kirkham and Lottie Tocknell made a formidable defence and stopped Heathfield from scoring. Final score Bowbrook win : 6-0

All players made gave 100% and it was a positive start to the girl's preparation for the Malta tour.

Well done!

U15's Hockey vs Bredon

In a gripping showdown, the U15 Hockey squad clashed with Bredon School on Thursday afternoon. Bowbrook exhibited early dominance, creating numerous scoring chances within the initial 10 minutes.

Lucinda Kirkham's stellar goalkeeping thwarted Bredon's attempts to breach the defence. Millie Stokes capitalized on opportunities, netting two goals in the first half, courtesy of assists from Beth Ridley and Sofia Merlin. Defensive prowess from Lottie Tocknell and Amelia Speer's solid clearances ensured Bredon struggled to make headway. The first half concluded with Bowbrook in control, setting the stage for an exciting second half.

In a spirited second half, Bredon displayed heightened determination, but Bowbrook stood strong, swiftly adding to their score. However, Bredon mounted a comeback, netting two goals in rapid succession. Both teams demonstrated exceptional effort, but Bowbrook ultimately secured a well-deserved 4-2 victory.



Next Weeks Fixtures:

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

Monday 27th November

U14's Hockey vs Kingham Hill (A)
U11's Hockey vs Holy Redeemer (H)

Tuesday 28th November

ISA Midlands U15's Hockey @ King's Warwick

Wednesday 29th November

House Rugby & Hockey