

PE Department News.

Summer Term

The summer term will, as always, be a very busy term for PE and Games. PE lessons will focus on athletics events, where we will begin to select students to represent the school at the ISA athletics events, with games lessons having more focus on cricket for all students across the school. As well as these two areas, there will be the opportunity to play some volleyball, tennis and use the school's swimming pool as the weather improves.

Over the duration of the summer term, in both games afternoons and PE lessons, the kit expectation is the same: White Bowbrook polo tops, Blue shorts for boys and maroon skorts for the girls, white socks and trainers. Students may have the navy hoody with them in case the temperature drops. As the weather gets increasingly warmer over the summer, it is advisable for students to have their own sun cream to wear and the Bowbrook cap, especially for games afternoons where more time is spent outside. Specialist equipment for cricket is supplied by the school however an individual box is advisable and if you have your own pads and bat, you are more than welcome to bring them in but, please remember these are students own responsibility. As the opportunity arises to go swimming, please bring in with you a swimming costume and your own towel to each lesson. Students are more than welcome to bring in their own tennis racquets for each lesson as well.

Malta 2024



At the end of the spring term, we embarked on our school sports tour to the island of Malta, taking with us two football teams and two netball teams across the senior school. After a full day of travelling, and only a bottle of orange juice being confiscated at security, we finally landed in Malta and had an early night ready for fixtures.

The girls took part in a number of fixtures whilst away. First against Holmes Grange, another travelling school from England, where the girls played extended quarters and everyone had an opportunity to play. Successful in 3 out of the 4 quarters (2 wins, 1 draw and 1 loss) the Bowbrook girls started their tour successfully.



Following their first match, Mrs Farr arranged a mid afternoon shopping trip to a local shopping centre, where the girls recuperated ready for their second match against a Fgura Championship side. A tough match in the afternoon saw our girls come in second place, however the determination and effort to persevere, playing to the final whistle was admirable.



On the same day the football teams took to the pitch starting with the U16 boys playing against the Swieqi FC Academy team. The boys started their game successfully with Theo providing the first goal with a well struck free kick from just inside his own half. Following

from the Bowbrook boys-maintained pressure on the Swieqi team and forced them into difficult positions. Fitness telling in the second half, and adapting to playing the Malta heat, the result was nipped away from the boys and they left the field determined to get the next result. The U15's then took the field in the evening against Maraxlokkk FC, under the floodlights and, with some help and guidance from the U16 boys, played a very close game of football ending in 4-2 to Marsaxlokk.



Following a full day of activities and an excursion to the Blue Lagoon and Comino Island, both teams were rested and rejuvenated for their last fixtures. The girls travelled to play another local Malta team whilst the boys travelled to play the opposite opposition of teams already played.



In a thrilling netball match that went right down to the wire in the final quarter saw the Bowbrook girls finish their tour with a great performance and determined play.

The U15 boys took on a very well drilled and experienced Swieqi team, who admitted they had previously just played Aston Villa academy and PSV Eindhoven in recent matches. The boys demonstrated incredible resilience and perseverance to take the game to the Swieqi team, and although our boys gave everything they could, the game just ran away from them.

The U16 boys played inside the walls of the Marsaxlokk FC pitch and again took an early lead with a well-placed header from Guy. They fought hard to keep ahead but the speed of the opposition counter attack took our boys by surprise and we narrowly missed out on holding onto the lead and victory.



Arriving back in school in the early hours of Wednesday morning, the students can be filled with pride in relation to their performances and the way they conducted themselves whilst abroad. An action-packed tour, filled with fun, games and comradery was had by all and memories have clearly been made by all with some of the stories that are being regaled around the school.



Thank you to all the staff who accompanied the students on their tour to Malta and also to the students who gave their all for the entire trip.

