

PE Department News.

U11's Tag Rugby vs Bredon (H)

On Monday the U11's rugby team welcomed Bredon for a tag rugby match. Filled with excitement, the team warmed up well and prepared for a tough match against our local competitors.

The match started positively with Rory J scoring a well worked try in the corner, running a lovely line of Oscar and putting Bowbrook in the lead. As the first half continued, both teams traded tries but Bowbrook managed to stay ahead as Oscar, Max, Rory and Tom all continued to push forward and score tries of their own. The half time whistle blew with the teams equal on tries scored, 6-6.

In the second half, Bowbrook changed players on the pitch and changed tactic into being a more direct running team. This was evident as Jack took the first pass of the game, running at pace, directly into the Bredon team who parted for the first try of the second half. As the second half continued,



defensively, Bowbrook continued to tag Bredon well and forced them backwards on numerous occasions. Jack and Leo scored a multitude of tries between them and the Bowbrook team demonstrated their experience to pull away from the Bredon team. The final whistle blew with the Bowbrook team claiming the victory and a final score of 15 tries to 11.

Well done to all who took part, especially to those playing their first games for the school.

U11's Hockey vs Heathfield (A)

The Bowbrook U11 girls faced a tough challenge against Heathfield in a match played under glorious sunny skies. Despite the final scoreline of 5-2 in Heathfield's favour, the girls displayed excellent teamwork and never gave up, showing resilience and determination throughout the game.

Bowbrook started brightly, with Jemimah and Hollie leading the attack. Their strong partnership up front paid off when Jemimah broke through Heathfield's defence, firing home a well-placed shot to give Bowbrook their first goal. Not long after, Hollie found herself in a great position inside the circle and, with a cool finish, added a second goal to Bowbrook's tally.

Heathfield responded with sustained pressure, eventually breaking through Bowbrook's defence, and despite some strong tackling from Orla, the opposition managed to take the lead with several well-executed goals.

In defence, Anna was a rock at the back, making crucial clearances and standing firm against Heathfield's repeated attacks. Her composure and effort kept Bowbrook in the game for long periods, preventing further damage and giving the team a fighting chance.

Though Bowbrook ultimately lost 5-2, the team should be proud of their overall performance, especially their teamwork and effort

U9's Hockey vs Holy Redeemer (H)

In a rain-soaked encounter, Bowbrook U8s faced off against Holy Redeemer, demonstrating significant improvement in both determination and skill compared to their previous match against Heathfield. Despite the challenging conditions, with the rain pouring down throughout, every player gave it their all in a fantastic display of teamwork and perseverance.

From the opening whistle, Bowbrook showed great intent, with Pippa-Jo and Elena pushing forward and making dangerous runs toward Holy Redeemer's goal. Their strong movement and quick thinking created several opportunities, putting the opposition's defence under pressure. The first goal came from Adam, who pounced on a loose ball in the box after a clever pass from the midfield. With great composure, Adam slotted the ball past the goalkeeper to give Bowbrook a well-deserved lead. His positioning and awareness were impressive, reflecting his growing confidence on the field.

As the rain continued to fall, Holy Redeemer pushed back, but Bowbrook's defence, led by some strong tackles and clearances, held firm. In the second half, Bowbrook doubled their lead thanks to Adam's determined efforts. Picking up the ball near the halfway line, George charged forward, weaving through defenders before finding himself in the shooting circle and securing a second goal for Bowbrook.

Although the tricky weather made it difficult to keep control of the ball, the team's improvement in skill and teamwork was clear to see. Every player contributed, with excellent defensive work and communication across the pitch. We would like to say a huge thank you to the 4 Holy Redeemer players who helped us out when we were playing in the match.

U13's Rugby vs Kingham Hill (H)

On Tuesday afternoon, the U13's rugby team welcomed Kingham Hill for a fun game of rugby in some slightly wet conditions...

Upon the first whistle to the end, both teams had to contest with not only each other, but the monsoon like rain that fell and Bowbrook capitalised on this by kicking deep and winning an early knock on and scrum in the Kingham 22. Bowbrook showed their physicality with James and Laurie running good lines at the Kingham Hill defence, which didn't take long to crack as Freddie scored the opening try.

As the game continued, both teams showed they were evenly matched with some good hands on display from Kingham stretching Bowbrook's defence, and good physical ball carrying from Bowbrook's players, punching over the gain line and retaining possession.

Despite the conditions, both teams tried to play some good rugby. The game went backwards and forwards and Kingham Hill found some good space with their passes to put Bowbrook onto the back foot. 5 tries to 3 down, Bowbrook took possession of the ball and attacked the Kingham defensive line directly. Retaining possession was a big strength of the Bowbrook team and the boys built the phases, working their way down the pitch. In the final moments, Freddie, again, capitalised on field position and accelerated through the line to finish the hard work and phases built together by the team.

A 5 tries to 4 defeat for the team but a very promising and enjoyable game of rugby played by the U13's team. Well done everyone.

ISA Senior Swimming @ Walsall Fitness Centre

We finished this week with the senior school's ISA swimming event in Walsall where 14 students from year 7 to 10 represented our school in a variety of events.

Starting with the breaststroke, George in Y7 finished in 3rd place in his heat with Penny in Y8 following in 6th place in her race. Taking home Bowbrook's only 1st, Alfie in Y8 powered through to victory and we now await his time compared to the other heats that took place to find his final placement. To finish the breaststroke event for Bowbrook, Zoe and Jack from year 9 both finished in 3rd place in their heats and the swimming team got off to a good start.

Next was the backstroke event, where Esme started off in the Y7 girls race in 6th place. Jess then followed in the Y8 race with 5th and Josh with a 4th place. Harry from Y9 (competing in the Y9/10 race) finished in 3rd place.

Butterfly was next with two students from Y9, Isla and Harry taking to the water and competing against other Y9 and 10 students. Considering the

majority of other students were in Y10, both finished in respectable places (3rd/4th) and put a good challenge towards those they were competing against.

After a long delay, the freestyle events finished the day with our Y7 swimmers Esme and George finishing in both 6th and 4th place. In year 8, Poppy finished in 6th with Jonah touching the wall in 3rd. In the final races Cameron in Y10 and Theo in Y9 both competed in the Y9/10 category and both boys finished in 5th place in their respective heats.

Well done to all students who qualified for this event through our House swimming event earlier in the year and represented the school swimming team in a very positive way on Thursday.



Next Week's Fixtures:

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

Monday 14th October 2024
Tuesday 15th October 2024

Wednesday 16th October 2024
Thursday 17th October 2024

Friday 18th October 2024

SWSSA Tag Rugby Festival @ Bowbrook
ISA Midlands Junior Swimming @ Walsall
U13's Rugby vs Bredon (H)
U16's Rugby vs Tettenhall College (A)
U14's Rugby vs Bredon (A)
U16's Hockey vs RGS Dodderhill (A)
ISA Midlands U15's Hockey @ King's High Warwick