

PE Department News.

U14's Hockey vs Bredon (A)

The U14 hockey squad faced Bredon School on a dry but wet Thursday afternoon in their first game of the season. Bowbrook had a nervous start, with Olivia Simpkin making several strong attempts at goal, but Bredon's keeper managed to block them all. Bredon responded with aggressive play up front, but Isla Stavrou made some impressive clearances, and Rosalie Wilkinson was outstanding in defense, showing no fear in her tackles.

After a few changes at half time, Poppy Stokes and Penny Mills brought renewed energy to the attack, working tirelessly and scoring three goals in quick succession. Despite their efforts, the match ended with Bredon taking the win. Final score: 5-3 to Bredon. An excellent effort from all players, showing promise for the season ahead.



ISA National Skiing @ Hemel Hempstead

Six skiers travelled to the Hemel Hempstead Snowdome on Monday to compete in the National ISA Slalom ski event. The day was bustling with participants from various schools, creating a lively and competitive atmosphere. Each skier completed two timed slalom runs, performing admirably despite some never having competed before.

Cameron John achieved an outstanding result, securing 1st place in the U16 boys' category, while Isla Stavrou earned a 2nd place medal in the U16 girls' category. Congratulations to all the participants for their impressive efforts and a fantastic overall result!

U9's Rugby vs Holy Redeemer (H)



Following their first school hockey fixture last week, J3 took to the rugby field on Tuesday, facing Holy Redeemer in their first tag rugby fixture. Both teams were excited to play and couldn't wait to get started.

The game went back and forth between the two teams, with all players running well with the ball and good evasion skills on show for both teams. George and Elina following whoever was carrying the ball well and looking to get forwards and put Holy Redeemer on the back foot. Both made some excellent runs with the ball and George took advantage of space made scoring a number of tries throughout the afternoon. Elena and Pippa-Jo also showed their evasion skills as they proved difficult to take throughout the match and both also managed to get on the score sheet scoring tries. As the game continued, the team continued to improve and were making more successful tags. Adam and Iris were both getting their hands on the ball and moving forwards and the Bowbrook team showed incredible resilience to keep playing to the final whistle. Well done to all in J3 who played in this fixture!

U13's Hockey vs Bredon (A)

The U13 Bowbrook hockey girls took to the bus and prepared for a soggy match against Bredon. The girls were full of energy and determination when they got off the bus and began to warm up. Penny took on the role of captain and led a brilliant warm-up with the help of Poppy and Rosalie. Bowbrook delivered a great first half, showcasing excellent communication and teamwork throughout the game. Right from the first whistle, the team demonstrated great cohesion, which only improved as the match progressed. Their ability to take on feedback at half-time and implement it immediately was key to their success. We finished the first half with a 2-0 lead, but the girls did not let this stop them from dominating in the second half.

The girls were extremely motivated during the second half and managed to score 3 goals. The teamwork and the noise on the pitch drove the girls to work harder as a team. The goal keepers were tricky to move around, but that was no challenge for our forward players.

A special congratulations to Penny, Poppy, Harper, and Ayla, who all found the back of the net with brilliant finishes, leading to the team's emphatic 5-0 victory. Amelie and Olivia played crucial roles in setting up these goals, each providing multiple assists and keeping the attack flowing.

In defence, Rosalie, Bea, and Jess were rock-solid, keeping the opposition at bay and maintaining the clean sheet with excellent positioning and smart play. It was a superb team effort all around, and this win is a reflection of the hard work and unity the girls displayed on the pitch. Well done, Bowbrook! Keep up the fantastic work!

U16's Rugby vs Bredon (A)

The U16's team made the journey to Bredon school on Wednesday this week, looking to capitalise and learn from the game played against Lucton last week. Arriving in good time, captains Albert and Joe got to work preparing the team well with a good warm up, ensuring the team were ready for the battle ahead.

Bredon got off to an early lead, scoring three tries unanswered in the first section of the game. Following a good period of phase play from Bowbrook, Joe got the team on the score sheet scoring a well worked passage of pick and go plays to score Bowbrook's first try. Cameron Converted the try and Bowbrook got their foot into the game.

The game continued at a fast pace for both teams with the ball being moved well by Bredon, and Bowbrook running directly and rucking with speed. Further tries were scored by Cameron and Myles, both converted and Bowbrook found themselves take a slender lead just after half time. As the second half continued, Bowbrook and Bredon continued to stay within 3 points of each other throughout. Showing great speed taking the ball down the wing, Harry scored a vital try keeping Bowbrook in the game. This was followed by Charlie powering through the Bredon defence and also scoring bringing the score to 36-33 to Bredon. Tiredness began to show, and in the final minutes of the game, Bredon manage to get two tries back and the game ended. A valiant effort from the Bowbrook team, who certainly showed an improvement in performance from the previous week, and who can all hold their heads up high knowing they gave everything on the pitch. Player of the match is awarded to Antonius this week as his tackling at full back helped prevent Bredon from scoring on multiple occasions.



U13's Rugby vs St Edwards (A)

On Thursday, the U13's made their way to Cheltenham to face St Edward's in their first rugby fixture of the year. After a good warm up and some good handling drills, the team took to the field against a well drilled St Edward's side.

St Edward's started the game at pace and Bowbrook found themselves on the back foot from the first whistle. Building in confidence, more tackles started to come in with Freddie, Bobby, Charlie and James all working hard to keep St Edward's away from the try line. Hard running lines from Jonah and Bobby

kept the St Edward's team under pressure and this paid off when Freddie scored Bowbrook's first try in the corner towards the end of the first half.

Growing in confidence with the ball in hand, the Bowbrook team started running hard at the St Edward's defence. Lots of effort was put into getting over the gain line, and tackles were still going in, but continuity and phase play ultimately became a challenge for the Bowbrook team. As the game continued the team showed increasing resilience under pressure and finished the game on their terms, with Bobby scoring the teams final try, capitalising on good support play.

A tough game for the U13's to play in their first one of the season, but lots of positive things to take away and build on. Well done to all involved.

U14's Rugby vs Kingham Hill & Bredon (H)

The U14's welcomed Bredon for a rugby match this Thursday and what an excellent match it was! We began by playing a warm up match with Kingham Hill who had been double booked by Bredon so we invited them along knowing it would be a tall order but also to ensure the fixture went ahead and offered game time to all. Kingham moved the ball really well and despite some heroic efforts, we were unable to keep them out and they did manage to score a few tries.

However, it was excellent preparation and a steep learning curve for the main event – our actual fixture against Bredon. It was a tight affair! With some excellent power play from captain, George T, ably supported by Tapi M, we were able to create some space which Harrison C took full advantage off and ran around the defence to score first.



Despite some excellent tackles from Luca D and Oli H, Bredon broke through our defence to reply with a try of their own. Not to be deterred, Jack T and Luca combined well. Luca powered through some and stepped others to score an excellent try. He then converted his own try to take Bowbrook into a 7 point lead.

There was some tit-for-tat scoring with a second from Harrison, again converted by Luca and a final from Tapi after some smart pick and go play which put Bredon on the back foot. With Bredon's 4 tries in total with one conversion versus Bowbrooks 4 tries and two conversions, the score sat

tantalising at a 24-22 lead for Bowbrook. Bredon surged and managed to reach our try line but just couldn't get the ball down as it was held up by Harrison in the last seconds of the game. Taking the initiative, Luca cleared his lines to exit the ball to take Bowbrook to a well deserved victory. The whole team were a credit and showed character and tenacity. Well done!

In other news...

Huge congratulations to Year 11 student Sofia Merlin for the second-year running being selected to play in the U17 National Performance Netball League (NPL) representing Loughborough Lightning. An amazing achievement.



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

Monday 7th October 2024

U11's Tag Rugby vs Bredon (H)

Tuesday 8th October 2024

U11's Hockey vs Heathfield (A)

U9's Hockey vs Holy Redeemer (H)

U13's Rugby vs Kingham Hill (H)

Wednesday 9th October 2024

U16's Hockey vs Bredon (A)

Thursday 10th October 2024

ISA Senior Swimming @ Walsall Swimming Centre