

PE Department News.

SWSSA Tag Rugby Festival

On Monday we welcomed 8 schools from across the South West Worcestershire area to participate in a fun filled afternoon of tag rugby here at Bowbrook. As hosts, we had two teams playing throughout the festival and all students had plenty of opportunity to get involved and play some rugby.

The 'A' team found themselves in a tough group, facing Bredon Hill Academy, St Barnabas, TDMS and Holy Redeemer. The theme throughout for this team was all focused around attack and some lovely tries were scored by players such as Rory and Leo finding gaps behind the other teams defence and running hard with the ball. Tagging got progressively better as the tournament developed and more knowledge was gained of the game. In the St Barnabas game, the Bowbrook team managed to force turnovers on a couple of occasions and put great pressure on St Barnabas with their defending.

The 'B' team, played against Cropthorne, St Andrews, Flyford Flavell and Abbey Park. Showcasing a more dominant display of defending, the team kept pressure on these teams with their quick hands and forced the ball to be turned over on multiple occasions. Some good play saw this team put a number of tries on the score board and success taken as the games went on.



Both teams throughout the afternoon displayed some excellent examples of running rugby, scoring some great team tries and developing their rugby knowledge.

Bowbrook's player of the tournament was named as Oakley who consistently put pressure onto the attacking teams with his line speed and who always got himself into good attacking positions. Well done!

U13's Rugby vs Bredon (H)

Tuesday saw the U13's welcome Bredon to Bowbrook for their third game of the season. Kicking off under the sunshine, Bowbrook immediately attacked the Bredon line with Bobby picking up a loose ball and scoring within the first minute.

As the first half continued the Bowbrook team continued to display their confidence and pushed forwards in search of the Bredon try line and more scores. Bobby continued with his scoring run (which totalled up to 5 tries by the end of the first half) whilst Freddie and James showed their power when running with the ball to also get onto the Bowbrook score sheet.

The second half began with Bredon throwing everything they had at the Bowbrook defence. Generally the defence held well with some good tackles in the middle of the pitch and Rex doing a great job of slowing the Bredon wingers down but, the Bredon team did find the tryline and reminded the Bowbrook team how hard they had to work in defence. Continuing with the same aggressive running lines as the first half, the team continued to add to the tries scored and ended the game as deserved winners on the day.

Well done to all who played and have worked hard over the last couple of weeks to develop their rugby performances.



U16's Hockey vs Dodderhill (A)

Bowbrook's U16 hockey squad put in a fantastic performance against RGS Dodderhill on Thursday at Worcester International Hockey Centre. With Beth Ridley scoring early and Sofia Merlin adding another from a short corner, the team's strong attacking lineup proved effective. Despite the pressure from RGS, Lottie Tocknell and Lucinda Kirkham held the defence solidly, while Mathilda Penny's standout performance in goal helped secure a clean sheet. Congratulations to the team for their 3-0 victory and to Mathilda for her Player of the Match nomination!



U16's Hockey vs Bredon (A)

The Bowbrook U16 girls hockey team put on an outstanding performance to secure a 6-1 win against Bredon. From the first whistle, Bowbrook dominated the game with around 85% possession, showcasing excellent teamwork, skill, and determination.

The goals started flowing early, and Beth linking up beautifully for multiple assists. Sofia opened the scoring with a well-taken goal, setting the tone for Bowbrook's dominance. Millie followed up shortly after, finding the back of the net with a cool finish, and Bowbrook continued to apply pressure on Bredon's defence.

Beth, not content with just assisting, added her name to the scoresheet, capping off a brilliant attacking display. Bredon struggled to contain Bowbrook's relentless offence, and their frustration was evident when they accidentally scored an own goal, further extending Bowbrook's lead.

Despite the final scoreline, Bredon didn't give up, managing to pull one goal back. However, Bowbrook's defence, led by Lucinda and Mathilda, remained rock-solid throughout the match. Lucinda made some epic clears from our defensive end, ensuring that Bredon had limited chances to build any momentum.



Overall, the team put up a fantastic fight, with every player contributing to the win. Special mention goes to Sofia and Beth for their multiple assists and to Lucinda for her outstanding defensive work.

U14's Rugby vs Bredon (A)

Thursday saw our U14's make the journey to Bredon school to participate in a rematch to the home fixture that took place earlier this term. Arriving at Bredon, the team noticed the wet pitch conditions and realised that they would have to think different tactically if they were to come away with a result.



From the first kick Bowbrook found themselves under pressure as Bredon ran directly at the defensive line and scored in a matter of minutes. Realising they were in for a physical game, the U14's upped their physicality and began to get more shoulders into the Bredon players in the hope of completing more tackles. Towards the end of the first half, captain George found the tryline with a powerful charge into the Bredon defence and Bowbrook began to get a foot into the game. Alfie kicked the conversion and the score became 10-7 to Bredon.

The second half started much the same with Bredon finding a try early on but Bowbrook responded quicker with Lucca taking a quick tap penalty, charging at the Bredon line and powering over for try number 2. Nailing a very tough kick, Alfie brought the scoreline to 17-14 to Bredon and Bowbrook looked to continue putting pressure onto the home team. As the second half continued, Bowbrook's fitness showed as Bredon made changes to their team and brought some fresh legs on. A couple of break away tries were scored against us on the wing and Bowbrook finished the game in 2nd place. Mentions must go to Jack and Alfie who worked well as a 10 and 12 combination to try and get over the gain line and also worked hard in defence to stop some of Bredon's big ball carriers from gaining too much momentum. Player of the match was awarded to Freddie who was one of the 8 players in the team who had stepped up from the U13's team and who tackled ferociously throughout the game.

ISA Midlands U15's Hockey @ King's Warwick

The U15 girls travelled to King's High School in Warwick for the ISA Midlands Hockey Competition. They were drawn in group 1 and played three fifteen minute group stage matches.

Their first game was against LGS Stoneygate who were evenly matched but the opposition grabbed a goal in the closing minutes, winning 1-0. Next up was Birchfield who Bowbrook held to an impressive 0-0 draw before playing the hosts, and strongest team, King's High School. The girls fought hard in a tough defending game and Lucinda K made some impressive saves but wasn't enough to stop King's finding the goal and winning 3-0.



In the Plate Semi final, the girls clung on to another 0-0 draw against Bedstone College which was decided by penalty shuffles. This sees an attacking player start with the ball at the top of the D. On the whistle, the player has eight seconds to score against the goalkeeper. Well done to Felicity M, Olivia S and Chloe M for stepping up, and another well done to Lucinda M who threw herself to the ground saving 2 of their

chances. Our final match saw another 0-0 score with our midfield holding tight and keeping the ball moving forward.

Strong performance from all involved and a great trip out. Well done, girls!

Upcoming Fixtures:

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

Monday 4th November 2024
Tuesday 5th November 2024
Wednesday 6th November 2024
Thursday 7th November 2024
Friday 8th November 2024

ISA Midlands U11's Football @ Wyre Forest
U14's Rugby vs St Edwards (H)
ISA Midlands U16's 7's Rugby @ Market Bosworth
U13's Rugby vs TDMS (A)
U16's Rugby vs TDMS (H) 4pm KO