

PE Department News.

ISA Midlands U11's Football

The ISA U11 5-a-side football tournament at Wyre Forest Leisure Centre was a thrilling and competitive event, with seven boys representing Bowbrook and playing a total of nine games in Group A. Despite some challenges, the team showed great determination and teamwork throughout the tournament.

Out of the nine games played, Bowbrook managed to secure two wins, three draws, and suffered four losses. The boys put in a commendable effort on the field, with four players making it onto the score sheet. Aadil H stood out with an impressive four goals, followed by Leo M-C with three goals, Oscar B with two goals, and Will R with one goal.

Rory J also played a crucial role in the team's success, making some vital saves to keep Bowbrook in the game. Jack J and Max H-D provided excellent support, contributing to the team's overall performance and helping create scoring opportunities for their teammates.

Overall, the ISA U11 5-a-side football tournament at Wyre Forest Leisure Centre was a valuable experience for the Bowbrook team, allowing them to showcase their skills and teamwork. The boys can be proud of their efforts and achievements during the tournament, and the lessons learned from this event will undoubtedly help them continue to grow and develop as footballers in the future.

U14's Rugby vs St Edwards (H)

On Tuesday our U14's faced a formidable opponent in St Edward's school from Cheltenham as they looked to continue building on the rugby experience they have had this year. The game kicked off with a long downfield kick from Alfie and the Bowbrook team got going.

Cheltenham showed their strength in rugby with some direct physical runners who challenged the Bowbrook defence from the first whistle. As the team grew with confidence, they began to make more consistent tackles and put the attacking team under pressure. With each minute played, Bowbrook learnt more and more and as the second half started the team were finding their defensive positioning better and some strong tackles went in from Jack and Luca in Y9, along with Alfie and James in Y8.

Bowbrook's only try came from hard work and determination in the first half. Acting on St Edwards' ill discipline, Captain Lucca put a fantastic kick in to touch for the Bowbrook Lineout. Tapi threw the ball in to George who charged for the line and bulldozed his way over the try line. With a fantastic kick from Alfie on the touch line, Bowbrook got 7 points on the board and began to threaten the St Edwards team.

There were further opportunities to score in the second half. Jack broke the defensive line and ran 60 meters down field to just get caught by the St Edward's full back, whilst Harrison made a couple of half breaks but couldn't quite get himself motoring in space.

A tough game of rugby for the U14's but a game where lots of learning opportunities were present and one that the Bowbrook boys can look back on as they continue to progress through this season. Player of the match was awarded to Jack for his defensive efforts and powerful running with the ball in attack.



ISA Midlands U16's 7 a side Rugby

Wednesday saw the U16's 7's team make the trip to Market Bosworth to participate in the ISA Midlands 7's tournament. Arriving filled with enthusiasm and excitement, the Bowbrook team got settled in and ready for a tough group stage.

Our first two games were played against strong opposition in Twycross school and Worksop college. The Bowbrook team spent the majority of both games defending and attempting to put pressure on these teams to make mistakes. Learning valuable lessons from these first two games, the Bowbrook boys kept the spirits high as they went into their final group game against Dixie grammar.

A much closer game occurred with Bowbrook capitalising on Dixie mistakes early and Myles scoring Bowbrook's first try of the day. This was converted by Cameron and Bowbrook found themselves 7-0 ahead. A few minutes later, Myles scored his second of the match, identifying space from the dominant scrummaging of Charlie R, Charlie C and Albert. His conversion was

unsuccessful and Bowbrook lead 12-0. Dixie attacked back with some desperation and found gaps in a tired Bowbrook defence. As is the brutal nature of 7's, Dixie scored 3 quick tries, converting 1 to take the victory 17-12.

Bowbrook had two games left for the day against teams from the other group. This started against Bosworth Independent school where the first victory of the day came. The game started with a try for Bosworth as they worked the ball to the wing who stretched his legs down the touchline to score. Myles responded from the kick off by running the length of the pitch to score the Bowbrook's first try and the floodgates opened for Bowbrook to continue scoring. A much more fluid attacking game saw Will and Dan make some aggressive carries and tackles, whilst Albert, Myles and Charlie C all scored tries and Bowbrook finish the game 28-5

The final game came against LGS Southgate, who were immediately put under pressure by Charlie R's kicking and the defensive work of Albert. Myles and Will both marshalled the defence with Will forcing many errors from the LGS attackers and Myles scoring a total of 3 tries, Dan 1, Albert 1, and Charlie C making all 5 conversions. Archie and Charlie R carried powerfully in attack and Bowbrook took the victory 35-7.



The boys showed excellent improvements throughout the day and results prove that they learned quickly and played some impressive rugby. Well done to everyone who took part.

U13's Rugby vs TDMS (A)



Thursday afternoon saw the U13's rugby squad make the journey to TDMS in Evesham as they look to capitalise on their last victory against Bredon.

Playing 11 a side, James immediately ran directly at the TDMS team and powered his way forwards to get Bowbrook on the score board early. TDMS responded with a try of their own as their player ran quickly around the defence and the game seemed to resemble a tag fixture...

As both teams got warmed up and stuck into the game, defending improved greatly with Bowbrook's defence starting to gather some structure in a line and the boys put more defensive pressure on TDMS. Tries started flooding in as Freddie, James and Tom ran powerfully at the TDMS defenders with Josh and Ben also getting their names on the team sheet.

As the game continued, the teams began to mix up and some of the Bowbrook boys donned the blue bib of TDMS and everyone got stuck into creating an enjoyable game of rugby. Freddie, regardless of which team he was on continued to score for both Bowbrook and TDMS whilst Bobby and Sam also found their names appearing on the team sheet.

A fun filled afternoon for the Bowbrook team as they enjoyed an afternoon of free flowing rugby and got another game under their belt. Well done to all involved, especially to all of the boys who helped TDMS throughout the afternoon, making up numbers.

Upcoming Fixtures:

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

Monday 11th November
Wednesday 13th November
Thursday 14th November
Friday 15th November

U11's Tag Rugby vs Bredon (A)
ISA Midlands U15's Rugby @ Worcester RFC
U13's Football vs Heathfield (H)
U13's Hockey vs Stafford (A)