

PE Department News.

U11's Tag Rugby vs Bredon (A)

On Monday the U11's rugby team got the week off to a great start with a victory away to Bredon. Arriving with plenty of time to get warm the Bowbrook team wasted no time in showing their intent to play.



They defended first and forced Bredon to turn the ball over with six impressive tags and capitalised on their momentum by scoring giving Fabian the ball in space to score the first try of the game.

A game that seemed to continue in a similar way as the Bowbrook team continued to pile

pressure onto the Bredon team to force mistakes and convert their opportunities. As the game continued, Bredon began to string some more phases together and stretched the Bowbrook team by scoring some tries of their own and both teams began the try trade off.

Some wonderful tries were scored by a large number of the Bowbrook team, with Leo and Max both picking up solitary tries. Joseph and Will kept popping up in great space and running solid support lines both score 2 tries each. Hollie scored a hat trick of tries with some excellent evading with the days top try scorers being Captain Jack with 4 tries and Fabian with an impressive 6 tries. These tries would not have been possible without the excellent vision and display on show from Oscar, Adam and Edith (who played her first ever tag rugby match and assisted two tries).

The game ended with Bowbrook scoring an incredible 19 tries to Bredon's 13. A game full of friendly competition, sportsmanship and great rugby skills on show. Well done to all.



ISA Midlands U15's Rugby @ Worcester RFC

On Wednesday, the U15's travelled to Worcester RFC to participate in the Midlands ISA rugby 10's competition that Bowbrook run annually. Arriving prepared for a tough day of rugby the team prepared well and got ready to get stuck into 6 tough games of rugby.

From the first kick off the Bowbrook team realised how tough their day was going to be on such a big pitch with only 10 players as they kicked the ball down the middle to Stafford's fastest player and then had to cover a lot of ground very quickly to try and stop him from scoring in the corner. As the games developed the Bowbrook team began to utilise the space on the field better in attack but were slow to react in defence to the space they were leaving for opposition players to run into.

Whilst the opposition all day was tough, Bowbrook demonstrated incredible resilience throughout the day. Scoring solitary tries in most of their performances, with Lucca, Harrison and George from year 9 all getting on the score sheet the challenge for the team was to score two tries in the final match. Lucca, identifying that the Wellow house team were not back 10, took the quick tap penalty and ran over the try line to get Bowbrook's first try of the game. In the closing moments of the game, the U15's captain for the day Charlie R, picked the ball up from the scrum and sprung into action galloping for the tryline, scoring Bowbrook's second try of the game in the corner, also ending the game on their terms.



A day full of defensive learning for the relatively inexperienced Bowbrook team however there are plenty of positives from their performances. The scrum was a solid foundation and the front row of Charlie B, George and Lucca dominated every opposition they faced to win back possession. Running lines were excellent from Jack and Charlie R who got Bowbrook on the front foot, with Harrison and Archie both chasing attackers with their speed to make good tackles and prevent other teams from running away with victories. Well done to all who took part!

U16's Hockey vs Bredon (A)

What a fantastic performance by Bowbrook's U16 hockey squad! Starting strong with Sofia Merlin's quick opener, and Lucinda Kirkham's brilliant saves kept the momentum high. Lottie Fairchild's impressive four goals added to the early lead, while Beth Ridley secured a hat trick, adding to Bowbrook's unstoppable offense.

The team's adaptability and rotations showcased their depth in skill, with Lottie Tocknell and Ellen Bicknell forming a solid defensive wall. Chloe Mills sealed the victory with two final goals in quick succession. Final score: 10-1 to Bowbrook—a well-deserved win!



U13's Football vs Heathfield (H)

On a sunny afternoon at Bowbrook House School, excitement filled the air as the U13 teams of Bowbrook and Heathfield faced off in an exhilarating 8-a-side football match. The atmosphere was electric as both teams showcased their talents in what promised to be a thrilling encounter.

The first half kicked off with Heathfield taking an early lead, scoring the first goal of the match and setting the tone for the game. However, Bowbrook quickly responded with determination. New pupil Noah N, demonstrating his experience from the Wolves academy, took centre stage and netted two impressive goals. His skilful play and keen eye for goal were pivotal in turning the match in Bowbrook's favour.

As the second half unfolded, Bowbrook continued to build on their momentum. James L and Josh S both found the back of the net, contributing a goal each to the score line. Their teamwork and relentless effort paid off, culminating in an impressive performance that showcased the strength of the Bowbrook squad.

Despite Heathfield's spirited efforts to find a way back into the game, Bowbrook's defence held firm. The match concluded with a final score of 4-1 in favour of Bowbrook, marking a successful afternoon for the home team.



Upcoming Fixtures:

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

Monday 18 th November 2024	U11's Hockey vs Bredon (A) U11's Tag Rugby vs St Mary's (A)
Tuesday 19 th November 2024	U13's Hockey vs Bredon (A) U11's Tag Rugby vs Holy Red'er(H)
Wednesday 20 th November 2024	GCSE PE Rugby Moderation
Thursday 21 st November 2024	U14's Rugby vs Lucton (A) U14's Hockey vs Bredon (A)
Friday 22 nd November 2024	U13's Boys Hockey vs Bredon (A)