

PE Department News.

SWSSA U11's Tag Rugby @ Bowbrook

The week started with an excellent tag rugby tournament hosted here at Bowbrook for a number of local primary schools. Bowbrook had two teams playing which meant that each member of year 5 or 6 played in a minimum of 3 games on the day.

All of the Bowbrook boys played extremely well with lots of fast paced, running rugby on display, excellent support lines, and lots of tries scored. One team faced Flyford, TDMS A and Bredon Hill Academy and in each game came away with either a victory or a draw. Resilience was evident as if a try was scored against them, they bounced back attempting to score another. Tom, Max and Aadil all capitalised on the passes and runs made by their team mates to score the majority of tries.



In the other group the second Bowbrook team faced Abbey Park, Crothorne, St Barnabas and St Andrews. The team also showed excellent determination to keep fighting and score tries with powerful runs from Rory and excellent tries scored by Billy and Oakley.

All players who represented Bowbrook, lead the tournament by example in terms of sportsmanship and should be very proud of their collective efforts. Well done everyone!

U11's Hockey vs Heathfield (H)

The U11s enjoyed a sunny afternoon of hockey on Monday at home against Heathfield. The girls all played as three different teams in a round robin, giving everyone the opportunity to represent Bowbrook in some hockey.

First up, the white team challenged Heathfield with some great defending play particularly from Olivia S. The pink team took on Heathfield with two goals scored by Mabel M, who worked well to find space and score, and this time some excellent defending by Francesca S.

In the Final match the yellow team competed hard but found the challenge of Heathfield difficult as some of them played their first competitive match this season. The final scores were White Team 0-3, Pink Team 2-2 and Yellow 0-4 however all girls played extremely well with many representing the school for the first time this academic year. Well done to all who represented the school!



ISA Senior Swimming

We had a brilliant day at the Walsall Gala Baths on October 7, where our team of 12 swimmers from Years 7 to 10 represented Bowbrook House School at the Midlands ISA Swimming Championships. They truly did us proud!

Our swimmers competed with passion and determination, taking on events from 25m freestyle sprints to 200m individual medley. Each pupil gave their very best, demonstrating strong skills and the teamwork that makes Bowbrook special. From Year 7s tackling their first ISA gala to Year 10s leading in the relays, every effort was inspiring.

The official results, including times and final placings, are still to come from the ISA. Regardless of the standings, our swimmers' commitment was outstanding. Well done to all 12 of our fantastic athletes!

We'll share the results as soon as they're available

U13's Hockey vs Kingham Hill (A)

The Under 13's match against Kingham Hill was a tough game. However, with the midfield working closely the girls put pressure on their defence. Jasmine worked well in the midfield making sure to track back and help her defensive team when Kingham broke the line. Harper and Ayla worked brilliantly linking up play and feeding the ball through to each other.

With the first half ending in a 2-0 win to Kingham Hill the girls changed their game play to be more defensive. Violet played her first match as goalie making good saves and kicking them out wide. Violet was vocal from the back helping her defence to set up nicely with Olivia.W and Olivia.G making sure to mark players and prevent Kingham Hill from breaking through.

After a tough battle against Kingham Hill the final score was 5-0 to Kingham. All the girls worked hard and worked well as a team.

Kingham Hill gave player of the match to Harper and Violet. Well done!

U16's Rugby vs Pershore (A)

Wednesday's fixture saw Bowbrook U16s take on a strong and fast Pershore High side in a physically demanding match that tested the team's resilience and teamwork throughout.

Despite facing some powerful and pacey opposition, the Bowbrook team fought hard, showing real determination and learning valuable lessons as the game progressed. The scrum was a particular area of strength, with Bowbrook consistently holding their own and winning key contests to gain momentum towards the latter end of the match.

Cameron's tactical kicking proved vital in turning defence into attack, helping the team gain territory and apply pressure in the right areas of the pitch. Meanwhile, Charley, Charlie, and George made significant contributions with their powerful ball-carrying, driving through tackles and gaining crucial meters to keep Bowbrook on the front foot.



The team worked hard to convert their efforts into tries, showing flashes of attacking promise and a growing understanding of game strategy. While the result may not have gone their way, the match was a valuable learning experience and highlighted areas of progress, especially in set pieces and positional play.

Bowbrook can take pride in their performance and look forward to building on this foundation in future fixtures.

U14's Rugby vs Kingham Hill (H)

Thursday's clash between Bowbrook U14s and Kingham U14s delivered a rugby spectacle full of energy, skill, and determination, with Bowbrook emerging victorious 40–34 in a game where the teams traded tries from start to finish.

Bowbrook's captain, Freddie, set the tone early with a powerful, surging run through the middle to score the opening try, confidently converted by Alfie. The momentum continued as George finished off a well-worked move, finding space out wide thanks to slick passing from the backs to touch down in the corner.

Freddie was back on the scoresheet soon after, slicing through the defence with another darting run, and Alfie once again added the extras. Max F then bulldozed

his way over the line for Bowbrook's fourth try, showcasing raw strength and determination, with Alfie, again, being accurate with the kick.

Freddie wasn't done yet—he added two more tries to his tally, capping off a captain's performance with four tries in total. Alfie's conversions proved crucial in keeping Bowbrook ahead in a tightly contested match.

The final score of 40–34 reflected the intensity and competitiveness of the game. Bowbrook showed clear progress in their rucking technique and were much more aggressive and organized when competing from kick-offs, a testament to their hard work in training.

Ed F was deservedly named Man of the Match for his outstanding defensive contributions after coming onto the pitch, helping to keep Kingham at bay during crucial moments.



U14's Hockey vs Kingham Hill (A)

Under 14 girls played an excellent game against Kingham Hill. From the forward line Penny, Poppy, and Liv made sure to communicate and link their play nicely. Poppy used her skill to pass the ball around the Kingham defenders and release early to Penny who made excellent runs towards goal. Aisha supported the girls by playing a new position of bottom diamond this allowed Aisha to show her skill in defence and midfield.

The Half time talk from the girls was positive and helped them to come up with a strategised game play which prevented Kingham Hill from scoring anymore goals in the second half.



After the whistle went for the second half the girls were ready to fight back from being 1-0 down. The defensive line was strong having Jess to prevent the Kingham girls from passing the ball through, Amelie was there to back Jess up and release the ball to our midfield line where Harper picked the ball up.

After a tough game Kingham Hill won 1-0. They awarded player of the match to Poppy and Violet.

Upcoming Fixtures – Team sheets will have been sent home via engage and are displayed outside of the school hall. Please check the details and contact Mr Swain if there are any questions.

Monday 13 th October 2025	U9's Tag Rugby vs Holy redeemer U11's Hockey vs Holy Redeemer
Tuesday 14 th October 2025	ISA Midlands Junior Swimming @ Walsall
Wednesday 15 th October 2025	U16's Rugby vs Bredon (A) U16's Hockey vs Bredon (A)
Thursday 16 th October 2025	U14's Rugby vs Bredon (A) U12's Hockey vs RGS Dodderhill (A)
Friday 17 th October 2025	ISA Midlands U13 & U15 Hockey @ King's Warwick