

PE Department News.

U13's Rugby vs Bredon (H)

Bowbrook U13's delivered a commanding performance against Bredon, combining skill, teamwork, and relentless attacking flair to secure a pleasing victory in a challenging game. From the opening whistle, Bowbrook realised that this was going to be a physical game and after conceding the first try, realised they needed to set the tone with fast-paced play and clinical execution, leaving their opponents struggling to keep up with their pace.

Leading the scoring charge was Noah, who produced a sensational display with five outstanding tries, showcasing blistering pace and precision finishing. George added two well-taken efforts, underlining his sharp game awareness and composure under pressure, while Seb capped off the scoring with a crucial try to round off a dominant team effort.

Special mentions go to Oscar B for his tireless work rate and influence across the pitch, Oscar L for his physical carries and attacking contributions, and Ole, whose defensive efforts and support play were instrumental in Bowbrook's game. Well done to everyone who took part and thank you to Luke who contributed to the match report this week.

U14's Rugby vs Sibford (A)

On Thursday, Bowbrook U14s faced a physical and well-drilled Sibford team in a challenging encounter. From the outset, Bowbrook found themselves under sustained pressure, spending much of the game defending against Sibford's powerful runners and structured play. Despite this, the team showed real character and determination, refusing to let the game slip away without a fight.

Bowbrook's bright moments came through excellent kick-offs and committed chases, which disrupted Sibford's rhythm and created opportunities to regain possession. There were flashes of creativity too, with some imaginative play to keep the ball alive and stretch the opposition. Strong attacking runs from Freddie, James, and Tom injected energy into Bowbrook's efforts, as they looked to turn defence into attack whenever possible.

The highlight of the match came when Freddie broke through Sibford's defensive line to score Bowbrook's only try, which Alfie coolly converted. While the result didn't go Bowbrook's way, the team can take pride in their resilience, teamwork, and glimpses of attacking intent against a highly experienced opponent.

U14's Hockey vs Kingham Hill (A)

The under 14 girls showed progress in their teamwork and decision making throughout the match against Kingham Hill. On the first whistle, the Kingham

Hill attack tried to put pressure on our defence. The girls stayed strong with Violet in goal, clearing the ball out wide. Infront of Violet, Jess played centre back with the support of Bea and Aisha either side. They protected the 'D' stopping the Kingham girls attacking the line. At the end of the first half the score was 0-0.

By the time, the second whistle went the girls played a new format having Penny stay high on the pitch so they can link up play with Liv and Poppy to get the ball towards the goal. With the midfield blocking the ball in Kingham Hills half they put pressure on their defence, making sure to utilise Harpers skills with picking up the ball and pushing it out wide to, Liv and Penny.

During the second half the Kingham Hill girls pressured our defence, making the Bowbrook attack drop back to help protect the goal. By the end of the match the final score was 1-0 to Kingham Hill, the girls worked hard and played well together. Kingham Hill awarded Poppy and Violet with player of the match. Well done.

PE News

As we are now entering the winter period and the weather is providing it's own challenges on a day by day basis, PE lessons are now turning to cross country. All students from years 3 to 11 will be participating in this at some point over the next few weeks and so will need to ensure they have the appropriate kit necessary. Students can wear long socks for Cross Country as well as Bowbrook hoodies or tracksuit tops. As the weather gets colder, plain navy or black "skins" may also be worn as long as they are not covered in logos and multi coloured. It is also advisable to bring a towel in PE bags and a second bag to put dirty and wet trainers into at the end of lessons.

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 17 th November	ISA Midlands U12's Rugby @ Market Bosworth
	U11's Hockey vs Bredon (A)
Tuesday 18 th November	GCSE Hockey Moderation
	U13's Hockey vs Bredon (A)
Wednesday 19 th November	U16's Hockey vs Bredon (A)
	U16's Rugby vs Bredon (H)
Thursday 20 th November	U14's Hockey vs Bredon (A)
	U12's Rugby vs Pershore (H)