



SPORTS REPORT

19 January 2024

S1 and S2 Girls – Hockey Match – The Island Free School – Tuesday 16 January

Team: (S1) Lauren, Alicia, Alexia, Lilly, Violet, Poppy, Florence
(S2) Adelyn, Bella, Courtney, Millie, Melaina, Eliza

Report: A busy afternoon with four back-to-back games with rotating substitutions. It was the first week back and given the girls had not played since last term, they started surprisingly well.

Florence led the defence really well and the girls played fast-break hockey very intelligently. Alicia, Eliza, Melaina and Bella formed our attacking line and really did create some great scoring opportunities. TIFS play a lot of hockey, so our initial approach was to sit back and let them play. However, Melaina and Bella clearly wanted to take the game to TIFS, which they did with great determination, and this seemed to encourage our girls to take a more competitive approach. This was not what TIFS expected, and although they were stronger than us, we really did shake them up.

All of the girls showed improvement across the afternoon and a willingness to commit to the team endeavours and spirit. A special mention must go to Courtney Feather, who not only wanted to stay on the pitch all of the time, but made two goal saving tackles to keep us in a hard fought draw in game three.

It was a good afternoon for the girls and they clearly have great potential in hockey - they could go a long way in the sport. It's always encouraging when the Head of IOW Hockey (their coach) starts asking our girls to attend Sunday training sessions. I absolutely agree with him and feel that it would really help our girls become better hockey players. Two great examples are Florence and Bella who are already attending on Sundays.

Well done.

Mr Woodward





Sports Stars of the Week

It has been another very cold week in PE and Games and I'm not sure we have ever encouraged wearing so many layers while playing a sport! We began the week's PE with fitness for the Seniors. Each lesson comprised a good run and circuit training, and despite the normal grumbling, the pupils worked hard with some good results, whilst warming up quickly in the process.

Tuesday saw the first fixture of the new term, with the S1 and S2 girls' hockey team travelling over to Ventnor and the Island Free School. Please see the report for details. Back at school, the remaining pupils walked to the artificial turf for touch rugby and handball. We have some great rugby players in this group, and we are looking forward to getting them playing competitively very soon.

For Wednesday Games we split the Seniors into two groups, with the boys playing rugby on the school field and the girls back on the artificial turf for handball. Handball is becoming a significant feature of our sports offer and fixtures are looming large. We look forward to reporting on the outcome of this fast, skillful and intense sport which is growing in popularity.

Key Stage 1 pupils had a great time on Thursday in the Hall; the apparatus was all set up, so they were climbing, jumping and balancing for their lesson. It is great to see them thinking about how to move their bodies and working out the level of strength they have in relation to their own bodyweight. Outside the older Juniors were split into rugby skills and football skills. A few drills to get them moving, and then into games to keep them warm!

Friday's PE was a mix of circuits, running and falling over! Due to negative overnight temperatures, the ground was initially hard but soon softened to mud when the sun came out. Even the best set of studs struggled! The afternoon PE lessons were a mix of indoor athletics running practice and football skills. The S4 GCSE pupils assisted – as a requirement of their course – setting up and running various drills for the Juniors. It was a very well-run lesson from S4. Well done.



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A very well-earned **Junior Sports Star** this week in **Seb Bradshaw**. Seb is quite diminutive in stature and has had a great week in PE and Games. Not only did he work hard in every lesson, listening keenly to instruction and performing very well, but he also took it upon himself to ensure the safety of his classmates in the Hall during our apparatus lesson. He moved mats and helped others to overcome difficulties. He even dragged the huge crash mat back into place (which is easily twice his weight!) when it skidded from under another pupil's feet. Excellent performance and great awareness from Seb. Well done.

Our **Senior Sports Star** is **Finlay Harris-Gorbutt**. Finlay played very well in our rugby lesson on Wednesday, making good tackles, setting up play and leading the others by demonstration and example. On Friday, the S4 GCSE pupils lesson involved setting up various drills for the Junior PE lesson. Finlay asked very sensible questions before setting up, he demonstrated and led the group with maturity and answered the younger pupils' questions correctly. A really good lesson from Finlay here. Excellent work.

I hope you all have a warmer week.

Mr Byrne