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## SPORTS REPORT

20 October 2023

### Sports Stars of the Week

The final week before half term was used for training for forthcoming fixtures with some added fun games thrown in for good measure. Monday began with cross country training in PE for the seniors, practicing times and teams for the 4x1000m cross country relay. This was a tough running session.

On Tuesday the lower senior girls went to the artificial pitch for hockey, whilst the boys remained at school for rugby skills practice. The girls used the time to work on stick and ball control, followed by drills which rehearsed using the full width of the pitch in match situations. The boys used the session for practice on tackling and being tackled without getting injured, followed by ball control drills.

Wednesday saw rain, rain and even more rain so the time was utilised indoors with a fun and challenging sports quiz. The conditions were simply too poor to go outside.

We just about avoided most of the rain on Thursday, but just to be safe – ensuring our youngest athletes stayed dry – the KS1 group stayed inside for an animal movement-based dance and gymnastics session. For the remainder of the afternoon, the rain just about held off for the older juniors to get back on their rugby and football practice, until halfway through the last period when the heavens opened up once again.

Thankfully Friday stayed dry for all lessons and we played football rounders in the morning and enjoyed a scavenger hunt in the afternoon. Football rounders is similar to conventional rounders, but played with a football which is kicked rather than a bat and ball. In our scavenger hunt we began the Halloween festivities by hunting down the letters needed to spell 'Halloween fun', before the juniors got into costume for the Halloween disco.

**Junior Sports Star** this week goes to **Ella Holland** for her consistent effort and enthusiasm in lessons. Ella took to our animal movement dance and gymnastics with great excitement and displayed impressive grace. She produced some excellent movement patterns and helped others with their own.

**Senior Sports Star** this week is **Sam Hayles**. Sam displayed great tenacity in running this week, running the 1000m in a good time, impressing himself and his relay team members. Sam displayed a positive mindset and great resilience. Well done to Sam.

Mr Byrne