



SPORTS REPORT

3 May 2024

It's been a very busy week for Team Priory. We have had a lot of work to do in the Senior School to prepare for the Island Athletics Championships next week and Junior School are working hard on their field events to add to their Sports Day totals.

I have worked for Priory School for quite a while now and have been in control of the athletics team for many years. 2024 is the first time I have had a complete team for the event. A full team consists of 2 boys and 2 girls per event per year group, and we previously have not had enough to cover this. But now we have, and I am very excited! Historically we have done very well at the meet, especially considering our size in comparison to the other Island secondary schools, so to go with a full team for the first time means this could be our best year yet. I don't want to curse our chances, but as I mentioned I am quite excited!

Monday began with S2 and S3 PE, we kicked off with the timed mile run before gathering around to discuss the team for the meet. Everyone confirmed their events, and we broke off to get straight back into the training. We covered all the throwing and jumping events, sprints and the relay.

Tuesday was more of the same for S1 and S2 Games afternoon. We began with the bleep test, then talked about the meet with S1. Then back to training and preparing. As this is the longer games session, we finished with a quick 20-minute game of cricket to relax from the stress of competition prep.

Now onto the exciting half of the week. I keep all records of fitness tests, jumps and throws each year and have done so since I started training Priory pupils for athletics. These tend to be beaten infrequently and my chart is slowly updated. But this week a group of Seniors decided they were going to smash many long-held records and what a week it was!

Wednesday began as the start of the week – bleep test and a chat about the team. We then moved onto training for the meet. The S3 and S4 group were divided up to go through all of the events, with some good work going on across the field. A group of boys became excited as they were training on the high jump; they had all beaten their previous year's record. And now they wanted the school record. Raymond (S3), Joe, Nikita and Ethan (all S4) battled to become the first to hit a height of 1.50m. After a few attempts they all cleared, but Joe was struggling with a dubious choice of footwear. They moved the bar to 1.55m, and we lost Joe as his trainers let him down. The rest of the boys cleared it. The record was in sight, set in 2022 by former pupil, Nick Larrey-Troy. They raised the bar to 1.58m. With all making attempts and missing; Ethan refused to back down. We go again, he took his run up and cleared it! A new school record. Great work and determination from Ethan. We continued the afternoon with many personal bests beaten.

Onto after school Athletics Club and the rain set in. We had planned a throwing session, so we continued and set a limit to when we would stop based on the rain. Henry (S3) has been training very hard on the discus and shot. Spurred on by the boys earlier in the day, he wanted a record of his own. We set the team up to work on all the athletics throws and Alicia (S1) stepped up to work on her javelin. Henry first on discus, close to PB. We had a chat about technique, and he prepared to go again. Alicia up with the javelin and a huge throw! She moves to the top of the current Senior School. The rest of the team continued to work, with advice from myself and Miss Mulligan. Back to Henry, and only a meter shy of the all-time record of 25m set in 2019 by former pupil, Gideon Flack. Alicia up and adding more to her distance. Next round and the magic began. Henry's discus flew past the record landing at 26.55m. Alicia next, and she added meters to her throw, beating the record of our previous Head Girl, Lydia Soar, by 5.60m! A massive



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throw of 21.10m. But were they satisfied? Not at all. Henry added another meter to make the school record in discus, with 27.20 meters. And then Alicia did the same, taking the javelin record to 22.50m! You'd think Henry would be satisfied with this, but no. He then took the school's shot-put record with a throw of 9.35m.

4 school records fallen in a matter of hours. Huge work from Ethan, Alicia and Henry.

After the excitement of Wednesday, we were expecting a nice quiet Thursday training session. But Archie (Year 5) had different ideas.

We began Thursday with KS1 working on their egg and spoon race and the bean bag throw for Sports Day. They then played a game of cricket while we were joined by Years 3, 4 and 5. The older Juniors ran the timed half mile before moving on to some of the Sports Day field events, starting with the cricket ball throw. We had some lovely work from everyone. Archie raised everyone's excitement levels when he narrowly missed the all-time best throw by just under 2m, with a great throw of 29.5 meters. We settled ourselves down again and moved to the long jump. Archie stepped up – bang goes the school junior record! A great jump of 3.55m from Archie. We all needed a breather after that, so we finished again with a game of diamond cricket.

Friday was going to be a quieter day with lunchtime Athletics Club and Junior School PE in the afternoon. Lunchtime athletics was to go over technique and get the last bit of training in before next week for S1 and S2. Alicia readied herself for the first throw of the day and beat the record again! I could not believe it! The first throw of the day and she hit 23.70m. Outrageous work from Alicia. This pushed the rest of the group to work hard for the rest of the lunchtime club and some more PB's were taken. What a week of results!

Friday afternoon PE once again saw the S4 GCSE pupils assist the Juniors. We set up the vortex throw, cricket ball throw, high jump and long jump. Some excellent work from the Juniors and a thank you to Finlay, Amy, Taylor and Hannah for encouraging and assisting the juniors.

As you can see, with my full team and work like we have seen this week, I have every reason to be very excited for next week!

On to Sports Stars and some obvious choices. **Senior Sports Stars are Ethan (S4), Henry (S3) and Alicia (S1). Junior Sports Star for the second week in a row is Archie (Year 5).** Again, great work from all and fully deserved recognition.

We finish with a message from outgoing Sports Captain Joshua Byrne:

'First of all, I would like to congratulate Finlay (S4) on being appointed the new Priory Sports Captain heading into S5. I will now be taking my exams and handing over the reins to Fin. Good luck in your new position. Keep that shed tidy! As my final act as Sports Captain, I would like to name **Seb (KS1) as the Priory Sports Captain Player of the Week.** I was watching the little ones perform the long jump and Seb absolutely flew through the air! A huge jump of 2.5m from someone with such tiny legs. Very impressive. Thank you Priory for making me Sports Captain, and good luck in exams to all my S5 classmates.'

And that's it for this week. Hopefully next week at the athletics meet we will have an equally crazy week!

Good Luck Senior School.



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Stop Press:

Bella (S2) has been working really hard on her throwing events; she asks questions about technique and pushes herself to improve. We have been focused on her discus as she has beautiful throwing technique and is hitting personal bests every session. But Bella has talent across the throwing disciplines and broke the Senior girls' shot-put record with a throw of 5.90 meters! Great work, and Bella is also a **Senior Sports Star this week**. Phew, what a week!

Mr Byrne