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## SPORTS REPORT

6 October 2023

With no fixtures this week, we have had a week of skills and match practice in each of our current sports. Monday began with rugby ball handling skills and spatial awareness practice, with hand hockey and netball in PE for S2 and S3 respectively.

Our main fitness work this week has been the multi level fitness test, where we are beginning to see levels increase as fitness improves each lesson. Games comprised rugby and hockey for S1/2 on Tuesday and same again on Wednesday for S3/4/5. We are well into our training for each sport now, and skill development and improvement are evident across all groups. Great work and well done to everyone.

The PE Department would like to remind all pupils and parents that having the appropriate kit for all lessons is essential. Failure to bring gum shields and shin pads disrupts lessons and wastes valuable time, and is no different to turning up to an academic lesson without pens and books. Sports lessons are planned very carefully and pupils must play their part by bringing the right kit. The boys and girls must also have studs with them for all lessons.

In the Junior School on Thursday, Reception, Year 1 and Year 2 worked on their throwing and catching skills, beginning with tennis balls and 'butterfly' hands before moving onto the larger netballs for 'bounce and catch' games. The older juniors continued with their tag rugby and football skills, and the tag rugby group got to have their first go at contact tackling using our tackle bag. We have some very strong junior players who got the better of the bag!

Friday morning PE was a fun scavenger hunt before Prize Giving at St. Mildred's Church, and the afternoon PE sessions continued our work on hand hockey and finished with one of the last 'ice cream Fridays' in the sun for the year.

### Sports Stars of the Week

The **Junior Sports Star** this week is **Ruby Hart**. Ruby loves getting stuck into all sports, and particularly enjoys the challenge of rugby and competing against the boys. On Thursday she played some excellent tag rugby, running through the opposition with speed and skill, and passing with precision. When we introduced contact, Ruby powered through the tackle bag with the force of someone twice her size. On Friday, Ruby led her team with confidence in hand hockey, demonstrating leadership potential and coming up with great teaching points.

The **Senior Sports Star** is **Emma Ross**. Emma has missed a number of PE and Games lessons, but she was letting nothing hold her back this week. She did the multi level fitness test with incredible determination, and then impressed everyone with her ball handling skills and movement. Emma role modelled a growth mindset and a 'can-do attitude' for her peers and teachers, and fully deserves the accolade this week. Very well done Emma.

This week could be the last of the warmer ones, so please remember kit, equipment and water bottles. Enjoy your week.

Mr Byrne