



SPORTS REPORT

4 October 2024

It's been a busy week for Priory sports, with the first fixtures and training for upcoming fixtures. We began on Monday with fitness work in the senior mile and junior half mile, followed by rugby training. S1 PE had tackling training from basics, where we began with learning how to correctly fall when being tackled. This involves using the full body and ensuring arms and legs are not used, where injury can happen both to the body receiving the tackle and the opponent making the tackle. We then moved on to learning how to tackle from a kneeling position. This ensures the head is in the right place and, again, injury is prevented. We do this to refresh the tackle for those who have previously played and to introduce the skill to the new pupils. Year 5 and 6 played tag rugby games in preparation for the fixture later in the week. We spent the lesson really pushing the rules of the game and to remind all of the importance of the use of space on the field of play.

Tuesday for S1 and S2 saw the first fixture with a girls' team visiting Ryde Academy for netball. Miss Mulligan's report is attached. Back at school, we began with the bleep test as usual before moving onto more rugby training. Passing drills first with everyone keeping lines and working on staying behind the ball as they move forwards. We then got the tackle bags out, to work on tackle positions and pushing players back. There was some really good work here, and a very well done to Ollie and Aubrey (S2) for bracing the tackle bags and pushing back against the entire group one after the other. The remaining girls not on the netball fixture stayed with the tackle bags to finish the lesson, while the boys split into 2 teams for a contact game of rugby. During training sessions, only 20 minutes of contact is allowed so we have to be careful how much we do in games and drills. We had enough time remaining to play a good game, so we set up for 'tackle turnover'. This is a stripped down version of the game, where we begin play as usual but every time there is a tackle, the ball goes to the tackling team and teams can reset their playing lines.

Wednesday was more of the same for the older seniors, beginning with bleep test/mile split for fitness. We then broke into 4 groups, 2 rugby, 1 fitness and 1 basketball/netball. There was some hard work with Mrs Hamer on fitness and some well-played games of netball and basketball with Miss Rowdon. Miss Mulligan ran a rugby skills group and non-contact games, while I ran a contact group sticking to that 20 minute limit for each player. Our Sports Captain Finlay (S5) assisted Miss Mulligan with some well thought out drills and monitored the use of the tackle bags. The contact game with me was the same as Tuesday, tackle turnover. Our 4 groups spent half an hour on each area of work, and during the final half hour the heavens opened! I had the last group of boys who did not want to let the rain stop them – 'rugby weather' as they all said. We had to retreat under the trees as the rain was ridiculously heavy for 5 minutes, but we did manage to get the game played.

It is here that I would like to remind everyone that bringing both shorts and trousers is a good idea for sport. When it rains or is muddy after the rain, a change of clothing allows a dry layer to be put on.

Thursday was the bleep test for juniors and then rugby. The first tag rugby fixture was played on this afternoon, so before they left, I took the team through the rules of the game one last time and played a game to try and get some last minute practice in. The report for the fixture from Miss Mulligan is attached. The group remaining behind went through more passing and tackling drills and played some possession games. Friday and the end of a long week of fitness and rugby. S2 ran the mile and then split into 3 groups. 2 on tackle bags and 1 on a mauling drill. Mauling is basically trying to rip the ball out of the oppositions' arms, while staying on your feet. This is always an enjoyable drill for the pupils. Year 3 and 4 were joined by



Henry and Austin H (S4) who led them through a possession rugby drill. The boys were out from their business lesson as part of work experience; we will be joined by different S4 pupils for the next few weeks. The 2 boys did very well, leading a game and the class enjoyed their lesson. Well done to both.

Priory Sports Captain Finlay would like to name **Ella (S2)** as his **Sports Captains player of the week** for her display at the netball fixture this week. Well done Ella.

Junior Sports Star this week goes to the Year 5 and 6 tag rugby team. The team was a mixed team at an all-boys competition and they have only just begun learning the rules of the sport correctly. It is very impressive that they took 2 wins and 2 draws from the fixture. Well done to **Samuel O, Asanka, Archie, Libby, Ruby, Alice, Darcie (Year 6), Ben and Harry (Year 5)**.

Senior Sports Star goes to Finlay (S5). Our Sports Captain was a great leader in games on Wednesday. He led the warm up and pushed his peers to work hard. Finlay directed the tackle bag drills and ran a touch rugby game with expertise and professionalism. Very impressive from Finlay.

We have more rugby next week so more of the same in lessons.

Please remember boots and gum shields for every lesson. Thankyou.

Mr Byrne





Tuesday 1 October – S1/S2 Girls – Netball vs Ryde Academy

Team:

(S2) Alicia, Bonnie, Ella, Evie, Indi, Poppy, Katie, Florence, Lauren, Lexi L, Lexi H, Violet
(S1) Georgia W and Felicity H

On Tuesday afternoon a team of fourteen S1/2 pupils travelled to Ryde Academy for the start of the netball season. For many of the girls this was the first time they had played netball in the last 6 months, so they could be excused for being slightly rusty. To shake off the cobwebs, we agreed on four quarters of 8 mins with our girls rotating between our two teams of seven.

The game started off rather frantically whilst we eased into both the size of the court and our positional play, although it didn't take us long to get on the scoreboard with the ever-reliable shooting of Indi. In defence Alicia, Lauren and Evie were tight to their markers making certain that the opposition did not get a chance to shoot.

Beautiful passing combinations at the start of the second quarter ensured that we moved the ball well to advance up the court, allowing Ella (GA) and Katie (GS) many shooting opportunities.

Moving into the third quarter, our game was truly starting to flow with Lexi L dominating the middle of the court, producing precise passes to Indi, Ella and Poppy who worked the ball extremely well around the shooting D to create openings and exploit the gaps in Ryde's defensive play.

With a commanding lead going into the fourth quarter, we now needed to ensure that we kept our concentration levels high for the final eight minutes. Our defensive players of Lexi H, Violet and Georgia did not have much to do this half as the opposition was truly stifled, however when called upon they were ultra dependable and resolute in their defensive play. Down the other end of the court Felicity, Florence, Bonnie and Katie ensured we kept the pressure on Ryde A by producing some fine shooting displays to increase our lead.

Congratulations to all the girls for not only the way they performed but also for the camaraderie they displayed to cheer and offer support to each other during the game. This is the first of many netball fixtures that the girls will compete in this academic year, and we are in no doubt that they will continue to display their talents for netball in the coming months. Well done girls!

Final Score: 10 - 1 Win

Scorers: Indi, Ella, Bonnie and Katie

Player of the Match: Ella B for her exceptionally tactical awareness to create space on the court and exploit gaps which ultimately led to her being rewarded with countless shooting opportunities, which of course she capitalised on!



Miss Mulligan and Mrs Hamer



Thursday 3 October – Y5/Y6 Mixed – TAG Rugby Tournament – Medina College

Team:

(Y6) Samuel, Asanka, Archie, Libby, Ruby, Alice, Darcie

(Y5) Ben and Harry

On Thursday afternoon we travelled to Medina College with a team of nine year 5 and 6 pupils for the first tag rugby fixture of the year. This tournament was a fantastic opportunity for the team to put into practice everything they have been learning during their PE and Games lesson during the first half of this academic term. The tournament consisted of seven primary school teams each competing against each other to qualify for the Island finals on the 17th October.

After a quick warm up that consisted of ball handling and a recap of our team structures, in both the offensive and defensive phases, it was time for the tournament to begin. Many of the games were close encounters with moments of individual brilliance deciding the final outcomes of the games. Samuel, Archie and Harry showcased fantastic athletic abilities to pick up the ball and making rapid weaving runs through the opponent's defensive line to score countless tries. Ruby and Darcie were brilliant in ensuring our player with the ball always had an option for a pass and holding the width to create spaces when attacking. Libby and Alice were relentless in their tagging to stop the opposition from advancing up the pitch and Asanka and Ben were consistently communicating well with the team to ensure we kept our straight line when defending and our diagonal lines in the attacking phases.

After each game we would have a debrief as to what we did well as a team and what would be beneficial to try and be more successful in the next game. We all agreed that we showed positivity in our attacks by continually running forward into the gaps instead of retreating and running backwards. We analysed that as each member of the team was so enthusiastic to try and tag the opposition player in possession of the ball,



that occasionally we left gaps down the sides of the pitch and therefore we needed to try and be more disciplined in our defensive line. You will see for the results below that excluding the result against Holy Cross, who were an experienced rugby side, we showcased continual improvement in our games which rewarded us with two well deserved wins in the fourth and sixth game. The team has to be commended for how well they listened to each other well during the mini game debriefs and the subsequent application of the advice into the games.

The team should be tremendously proud of their efforts during the tournament and we are sure that the experience they gained from these games will only benefit them in their future tag rugby fixtures. Well done all!

Game Results:

Queensgate vs Priory: 3 - 2 Loss

Priory vs Carisbrooke : 1 - 1 Draw

The Bay vs Priory: 3 - 3 Draw

Priory vs Brighstone: 3 - 1 Win

Holy Cross vs Priory: 5 - 2 Loss

Priory vs Hunnyhill: 3 - 1 Win

Player of the Match: Samuel for his positive attacking runs to score many try's and his relentless endeavour in the defensive phases to tag the opposition players.

Miss Mulligan

