

Sports Report 15/01/2024

Monday 15th January 2024

U14/U15 netball vs Woodhouse Grove



The chilly weather conditions proved for a tough game and the girls constantly needed to keep moving and keep their hands on the ball to make sure they played well. The game regularly went back and forth with neither team able to maintain a strong lead.

In defence, they worked hard to stay close to their players and time their movements accurately to go for the interception. The midcourt players had to do a lot of work to create space for each other and look after the ball.

One of the areas that we need to work on in future games is going up for rebounds and making sure to get in the correct position. This will help to have the possession for longer periods of time and limit the oppositions shooting opportunities.

Miss Jade Preston

High School & Sixth Form

Thursday 18th January 2024

Games Afternoon



The icy weather and below zero temperatures have proved tricky this week. Unfortunately, we have not been able to use the astro turf at Adel for hockey this week and with frozen pitches and courts at school we have had to be creative when planning games lessons. The boys were able to rotate inside playing table tennis and playing football outside. During table tennis the pupils looked at the forehand and backhand drive as well as scoring systems.

Outside the pupils played a 6 aside competitive football tournament, with everyone showing great resilience in freezing conditions.



High School & Sixth Form

When the girls vacated the sports hall, they went for a powerwalk around the school fields. I set them a challenge to beat the time we completed the first course in. It was a team effort and the whole group needed to complete the course for a second time in less than 13 minutes. They smashed this time and all the girls got back in 10 minutes 46 seconds. Even when the temperature was -2 , they were still competitive. We walked a total distance of 1.3 miles.



Mrs Laura Braithwaite