

Sports Report w/c 22nd April 2024



As well as developing our cricket skills, the pupils have begun to sharpen their technical skills in the athletics events.

Preparation for this began last half term but we are now really seeing the chance to move outside, throw properly, run further and jump effectively. We've used the school hurdles recently in a bid to offer plyometric training so we have athletes who can jump higher and run faster.

Athletics club is after school each Tuesday from 4pm – 5pm and we'd love to see more Prep pupils join us.

The delayed cricket season should begin next week with fixtures against GSAL on Tuesday and Friday.

Mr Phil Holmes