

## Sports Report w/c 13/05/2024

### U14 & 15 Rounders v GSAL



The U14 & U15 rounders teams played their first competitive matches on Monday evening.

Having practised the 'good ball' strategy in their games lesson, both teams played 2 x 27 good ball innings. Rounders is a very sociable game but does require quick decision making when fielding to stump and catch opponents out as well as trying to reduce the scoring opportunities of the batters. When batting, it's a fine line between keeping yourself in and risking the run to get scores on the scoreboard. Both games were extremely close. The U14 team drew in the first innings and got more opposition out than they got us out. The U15 team hit some excellent balls and got 7 of the opposition out in both innings.

We will be working to react more quickly and to tighten up the catching and stumping on the post in preparation for the next match.

Mrs Laura Braithwaite

## High School Athletics



This week in PE there has been a focus on athletics, with Lower 4 pupils looking specifically at javelin.

The pupils tackled the perfect grip, ensuring a stable launch. They practiced their posture, finding the balance that generates power, and then honed their follow-through for that extra boost in distance.

There were some impressive results and a healthy dose of friendly competition. It wasn't just about distance though; everyone gained valuable coordination skills and a deeper understanding of the event.

## Senior Rounders v GSAL



# High School & Sixth Form

The senior rounders team played their first match on Wednesday. They didn't know what to expect as they hadn't played competitively since they were in Lower 5.

Gateways batted in the first innings, with most of the girls hitting the ball securing half rounders. These half rounders added up on the score sheet to a total of 5 rounders. To maintain this excellent position, Gateways had to be tight in the field, and use the barrier technique to stop the ball and throw the ball quickly to 2nd post and to 4th post. Chloe threw some fantastic long balls from deep field to 4th post, denying GSAL full rounders and often getting runners out on 4th post. GSAL finished this innings with 2.5 rounders. The girls played an excellent, yet friendly competitive match and no doubt will enjoy playing another match in the coming weeks.

Mrs Laura Braithwaite