## **Prep School**



## Sports Report w/c 16<sup>th</sup> September 2024



The main focus for this week has been to familiarise the pupils with the term specific sports. Our boys have worked on rugby, the girls, football and most of the PE groups have had the chance to challenge themselves on the Bleep Test.

With the weather matching the enthusiasm, the sessions have been highly productive and allowed for ideal conditions to pass and catch a rugby ball, as well as promote a smooth surface for the girls to sharpen their silky football passing.

The opening fixtures are only a week or so away. The younger boys are having this delayed so they can improve their game play awareness, rugby being a new concept for several. We have a fantastic opportunity next week for our girls to play Bronte House at home, a purposeful move to include as many girls as possible before we are limited with festival guidelines or numbers from smaller schools. Our Year 5 and 6 boys will travel to Ashville for the opening rugby fixtures, blending contact with tag matches to suit all our players. All details will be, or have been, sent out via Evolve.

Regarding the Bleep Test, our year 5 and 6 pupils covered the full 20 metre distance with Bea F, Harper, Spencer and Gabe leading the way. We halve the course for the year 3 and 4 pupils, so they run for a good length of time, and we saw Kimran, Freddie C, Sammy, Liam and Jesse hit the 21 minute mark - exceptional achievements at this age.

Enjoy the weekend everyone!

**Mr Phil Holmes**