

Sports Report w/c 21/04/2025

High School Athletics



The athletics season has started, and this week the focus has been on the 800m run and javelin throwing. The main goals for the pupils have been to work on pacing for the 800m and improve technique for throwing the javelin. These skills will help prepare everyone for Sports Day on June 19th.

The objective for the 800m was to teach them how to run at a steady pace at first and then speed up towards the end. Over time, the aim is for pupils to improve their times as they get better at managing their energy throughout the race and of course improve their fitness.

When throwing the javelin, the focus was on improving technique. Pupils have practiced their grip, stance, and throwing form to make sure they can throw the javelin further with each attempt. These lessons are all part of the preparation for Sports Day on June 19th.

Mrs Laura Braithwaite

High School Rounders, Softball & Cricket



This term, the girls will play rounders and cricket and the boys will play softball and cricket. They will learn the rules, practice key skills, and work on decision-making and tactics via fun, conditioned games and competitive matches. In each sport, pupils will first learn the basic rules, such as how to score and play the game. They will practice important skills like batting, throwing, and fielding, aiming to improve their technique. A big part of the lessons will be helping pupils make quick decisions during the game. In rounders, softball, and cricket, the situation can change fast, so players need to think on their feet. They will practice adapting their strategies and making good choices, like when to run or not or when and where to throw the ball. By practicing different scenarios, they will become better at making decisions and improving their overall game skills in conditioned and competitive games.

Mrs Laura Braithwaite