

Sports Report 19/05/2025

Athletics - Sports Day Preparation



Our annual High School Sports Day will take place on Thursday 19th June. This much anticipated all day event will see pupils from all year groups competing across a range of athletic disciplines.

The events will include:

- Track: 100m, 200m, and 800m races
- Field: Long jump, shot put, javelin, and discus
- Team events: Relays and tug of war (later in the day)

Over the past few weeks, pupils have been preparing within PE lessons, learning essential techniques and gaining valuable tips to improve their performance in both track and field

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events. There has already been a healthy level of friendly competition within lessons, and excitement is building as we approach the event.

After the half term break, pupils will be given the opportunity to officially enter their chosen Sports Day events and represent their house. Each event will contribute valuable points towards the overall house totals, with the winning house being announced at the end of the day.

We expect the competitive spirit to rise once entry forms are distributed, and pupils will continue to practice and refine their skills leading up to the big day. By the time Sports Day arrives, they will be well prepared and confident in their abilities.

We are also delighted to welcome parents and guardians to attend and support the pupils on the day. Further details, including the schedule and timings, will be shared in the school newsletter and via social media closer to the event.

The PE Department

Outdoor Education- Mountain Biking & Archery



Last week, our pupils had the exciting opportunity to take part in a mountain biking session as part of the Outdoor Education programme. The activity introduced students to the basics of bike control and rider safety, with a particular focus on the essential pre-ride “M” check – a simple but important routine to ensure bikes are safe and ready to ride.

Under the guidance of experienced staff, pupils developed their confidence on two wheels while learning to navigate off-road terrain. From balancing and braking to steering and gear use, everyone made fantastic progress throughout the session.

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The enthusiasm was clear to see, with pupils thoroughly engaged and eager to take on new challenges. It was a brilliant day of learning, adventure, and fresh air – we're already looking forward to the next outdoor education experience!

Mr Col Davies and Mr Ant Berry

