



## The Mall School

### Curriculum Guide

#### Games, PE and Swimming – Autumn Term

##### Year 4

Games Teachers:	Games Staff
Games Afternoons:	2 x 120 min
PE Teachers:	Mr Box & Mr English
PE lessons:	1 x 35 min
Swimming Teachers:	Mr Box, Mrs Patterson
Swimming lessons:	1 x 35 min

##### Introduction:

**Games** – In Year 4 the introduction to The Mall School approach to Football is developed. The basic skill structure and concepts are imparted to the boys. This foundation development is drawn upon throughout the school leading right up to 1<sup>st</sup> team football. The objective is for each boy to represent the school in competitive matches against other schools and for our better players to aspire to play in the A and B teams. All boys travel to Sunbury Cricket Club for their Games Afternoons.

**PE** – Boys study gymnastics and fitness in the first part of the term, moving on to address Basketball team games including skills such as shooting and fundamental positioning.

**Swimming** – In the Autumn Term the boys are introduced to more technical aspects of the basic strokes. Times are taken over 20 metres to measure improvement and the better boys are invited to represent the school in competitive swimming galas both nationally and against local opposition.

##### Key Objectives:

- To help the children understand Sport.
- The achievement of a sufficient level of skill to enable physical activities to be pursued in later life.
- That every boy should be helped and encouraged to develop his full potential in a relaxed, happy, and yet ordered framework.
- To stimulate optimum growth and development and to provide opportunities for the positive use of energy.
- To use sport as a vehicle for social; and moral improvement. Eg. Good sportsmanship, team spirit, how to win and lose, acceptable behaviour on and off the field.

##### Resources:

All boys must bring the following equipment to all lessons:

Games – Tracksuit, Games shirt, black shorts, games socks, rugby boots with correct studs, gum shield.

Other protective rugby items are optional.

PE – White Mall polo shirt, white shorts, white socks, clean indoor trainers

Swimming – Black swimming jammers, Mall swimming hat, Goggles and towel