



## The Mall School

### Curriculum Guide

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

##### Year 5

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

##### Introduction:

**Games** – In Year 5 the boys progress their development of The Mall school approach to Football. More depth is added to the boys knowledge of the structure and style of Football to be played. 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 Basketball in the term. The focus for both is about the whole performances given.

**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