



The Mall School

Curriculum Guide

Games, PE and Swimming – Autumn Term

Year 8

Games Teachers:	Games Staff
Games Afternoons:	2 x 120 min
PE Teacher:	Mr Box
PE lessons:	1 x 35 min for three half terms on rota with Music
Swimming Teachers:	Mr Box & Mrs Patterson
Swimming lessons:	1 x 35 min

Introduction:

Games - Year 8 sees the culmination of all the years of sports training at The Mall. Boys are split into ability groups and train in squads for the Football season which takes place this term. 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 1st XV. All boys travel to Sunbury Cricket Club for their Games Afternoons.

PE – Boys are encouraged to take more ownership of their programme where the activities studied are through negotiation with the teacher, based on previous experiences the boys have had. This not only involves traditional sports but a more detailed look at personal fitness and team activities.

Swimming – In the Autumn Term the boys consolidate technical aspects of back stroke and butterfly whilst honing their racing starts and turns. 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