



The Mall School

Curriculum Guide

Games, PE and Swimming – Spring Term

Year 6

Games Teachers:	Games Staff
Games Afternoons:	2 x 120 min
PE Teacher:	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 6 the boys move to 9 a-side rugby following the new Rules of Play for this age group. Boys are split into ability groups and train in squads for the rugby season which takes place this term. The objective is for each boy to represent the school in competitive matches against other schools. All boys travel to Sunbury Cricket Club for their Games Afternoons.

PE – Boys will be introduced to Parkour during this term. This activity allows boys to use many of the explosive components of fitness they have used previously in a dynamic environment.

Swimming –The performance of competitive swimming is focused upon and boys will use lessons to increase their ability to perform to their fullest potential. 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 games 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, towel