



## The Mall School

### Curriculum Guide

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

##### Year 4

Games Teachers:	Mr Gallop, Mr Perks, & Lions Sports Academy Coach
Games Afternoons:	2 x 120 min
PE Teachers:	Mr Box & Mr Gallop
PE lessons:	1 x 35 min
Swimming Teachers:	Mr Box & Mr Gallop
Swimming lessons:	1 x 35 min

##### Introduction:

**Games** –As per the Rugby Football Union’s continuum boys will play under the U9 rules. Pupils are encouraged to see Rugby as a running game with skilful passing used to keep the game moving. Boys are given the understanding of how Rugby is successful when a group of individuals can complete actions which complement each other to build an overall team performance. All boys travel to Teddington Cricket Club in Bushy Park for their Games Afternoons.

**PE** – Health Related Fitness activities and body control are used to develop the boy’s ability and understanding to improve performance. Actions and techniques are covered which improve agility and speed. To complement this process and ensure boys use appropriate thinking skills during the second half of the term pupils study Problem solving activities. This highlights the importance of soft skills such as communication, teamwork, and critical thinking amongst others

**Swimming** –Boys base their lesson much more on the performance of stroke while retaining the technical proficiency previously developed. 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 (or the A team shirt if issued), 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, towell