



The Mall School

Curriculum Guide

Games, PE and Swimming – Spring Term

Year 5

Games Teachers:	Mr Stock, Mr Box, Dr Millar & Lions Sports Academy coaches
Games Afternoons:	2 x 120 min
PE Teacher:	Mr Box and Mr Gallop
PE lessons:	1 x 35 min
Swimming Teachers:	Mr Box & Mr Gallop
Swimming lessons:	1 x 35 min

Introduction:

Games – In Year 5 the boys progress their development of The Mall school approach to Rugby. More depth is added to the boys knowledge of the structure and style of Rugby 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 Teddington Cricket Club in Bushy Park for their Games Afternoons.

PE – Boys study health related Fitness circuits which develop different components of fitness. These are related to the performance they must give in a number of different activities. Problem solving is investigated again using more complex and detailed problems. This is designed to stretch the skills and thinking used to be successful

Swimming – Pupils are now much more focused on performance and lessons begin to become more intense with actual swimming training aspects employed. 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, towel