



## The Mall School

### Curriculum Guide

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

##### Year 6

Games Teachers:	Mr Lang, Mr Clifford, Mr Ventham & Lions Sports Academy coaches
Games Afternoons:	2 x 120 min
PE Teacher:	Mr Lang
PE lessons:	1 x 35 min for three half terms on rota with Music
Swimming Teachers:	Mr Box & Mr Gallop
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 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 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 (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