



## The Mall School

### Curriculum Guide

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

##### Year 7

Games Teachers:	Mr Gallop, Mr Lang, 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** – Pupils in Y7 follow the U12 rules of play for Rugby. At this age many more of the rules from the full version of the games are introduced. Although more formal scrums are used they are not contested with a push. No formal positions are yet given to encourage a greater experience of Rugby for each boy. All boys travel to Teddington Cricket Club in Bushy Park for their Games Afternoons.

**PE** – Boys continue to explore Parkour further with more demanding and complex challenges being given to boys. The use of combinations is introduced to be used in the circuits during the lesson.

**Swimming** – At this point Y7 are completing full training sessions during lessons where they are using pace clocks to monitor performance and rest periods. 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 1<sup>st</sup> XV 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, and towel