



The Mall School

Curriculum Guide

Games, PE and Swimming – Spring Term

Year 8

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

Introduction:

Games - Year 8 follows the U13 Rugby continuum. Positions are now given to pupils and competitive scrummaging is now used. The full version of the game is almost used in its entirety, yet boys are still expected to play in the style and ethos of Mall school Rugby. All boys travel to Teddington Cricket Club in Bushy Park for their Games Afternoons.

PE – Boys are encouraged to take more ownership of their programme where the activities studied are through negotiation with the teacher, based on previous experiences the boys have had. This not only involves traditional sports but a more detailed look at personal fitness and team activities.

Swimming –Y8 pupils will now focus on performance only tracking how they are improving across the term. 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 1st 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