

Learn Grow Achieve Flourish



PE & Sports Roundup

Summer Edition

July 2025



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Over the course of Sports Week, we welcomed guests to St Mary's to speak to and showcase their history and impact on sports.

Monday 16th

KS1 and EYFS were treated to an assembly by Andy from Little Musketeers Fencing. KS2 met Dr Al Hussain who spoke about the importance of diet and exercise.

Tuesday 17th

KS1 were introduced to Dhak from D22 Hockey who introduced the exciting sport of Hockey to the children. KS2 had the familiar face of Mrs. C Aguilar who gave her time to educate the children about Spanish sports and the differences cultures can have..

Wednesday 18th

KS1 met Angela from Athena Angels Gymnastics group, Angela spoke to the children all about where children can experience some Gymnastics clubs outside of school, She also showcased some of the skills gymnasts perform. KS2 welcomed back Conrad - our athletics coach - who delivered another inspirational speech about the power of sports and athletics.

Thursday 19th

KS1 & KS2 met Pete and Loren from Full Court Connections Basketball. Year 4s were also treated to a Basketball specialized PE lesson. Pete an Ex professional Basketballer had all sorts of stories and valuable life lessons for the children to learn about.

Friday 20th

KS2 we welcomed back Lucy the dancer and instructor. Lucy spoke us about how dance is transferred into everyday life and why it is such a valuable skill to develop for everyone.

Sports Week 2025



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Judo 21st May On the 21st of May a select group of children attended a Judo festival at Singh Sabha Sports Centre. The children spent the whole morning learning and developing various Judo skills such as throws and holds.



Football 25th April & 9th May On the 25th of April the boys 5 & 6 football team played a friendly fixture against Penn Wood. On the 9th of May, our boys 5 & 6 football team played in the quarter finals against Langley Heritage. The boys put up a good fight in what was school first appearance in the knockout stage for many years, but the result went in the favour of Langley who progressed onto the semifinals. It has been a strong season, with lots of ups and downs, we look forward to the next.

Netball 16th May & 11th June On the 11th of June our Girls' 5&6 Netball team participated in a home fixture vs Marish to conclude an exciting season. The game started out fast with Marish taking an early lead. Like the sunny day the girls' mentality shone through for a fight back. The game finished 6-5 to St Mary's. Thank you and well done to strong season for the netball team. We look forward to seeing the new season starting in September where we will continue to Learn, Grow, Achieve and Flourish at team St Mary's.



Berkshire School Games Footgolf 9th July

9th of July, the year 6 Footgolf team travelled to the Berkshire school games to compete. The event was held at Braywick Leisure Centre and hosted schools from all over the country of Berkshire. Our team had a truly unforgettable experience topped off by winning the competition and bringing the gold medal back to St Mary's.



Thank you for all your support for a progressive and successful year for Team St Mary's.



Sports Trips & Fixtures

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This term we offered a variety of clubs: From the ever-present Football and Dodgeball clubs, with the addition of Tennis, Cricket, Fencing and Athletics.

After School Clubs

On Tuesday's years 1&2 were offered the opportunity to try the exciting sport of Fencing. During the six weeks we welcomed a sports coach from the company Little Musketeers. Children developed skills such lunging and parrying as well as rules and stances required to compete.

On Tuesday's we also welcomed Conrad our Athletics coach to school for six weeks, Conrad took a group of year 3&4 after school and taught them about and the skills of different athletic sports such as javelin, hurdles and relay races.

Monday's this term we have been lucky enough to welcome a representative from Slough Cricket club to teach our year 5&6s lots of valuable Cricket skills.

Wednesday's year 5&6 children have been learning and practicing Tennis skills with Miss Rockette. Children have been learning how to serve, return and rally.

See school website for lots more pictures



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Curriculum Update

Reception Children have learnt to:

- Outdoor PE
- Rember and repeat a series of running, throwing and jumping activities with growing control.
 - Familiarize themselves with equipment and use it appropriately
 - Recognize how their bodies feel in different activities.
 - Watch, copy and describe what others have done.

Year 1

- Outdoor PE
- Rember and repeat a series of running, throwing and jumping activities with growing control.
 - Familiarize themselves with equipment and use it appropriately
 - Recognize how their bodies feel in different activities.
 - Watch, copy and describe what others have done.

Physical Education
Learning focus and
outcomes

Outdoor PE- Athletics
Indoor PE- Gymnastics

- Indoor PE
- To bounce, hop, spring and jump using a variety of take-offs and landings.
 - To observe, recognize and copy different body shapes.
 - To link together two or more actions with control and be able to repeat them.
 - To describe what they see using appropriate vocabulary.

Year 2

- Outdoor PE
- Use their bodies and a variety of equipment with greater control and co coordination.
 - Choose skills suitable for the challenges.
 - Describe what their bodies feel like during different activities.

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Watch and describe what others have done.

- Indoor PE
- To travel and balance confidently showing different parts of the body high or low.
 - To demonstrate being close to or far away from the floor and apparatus and show contrasts in shape and speed.
 - To link three movements together smoothly in a planned sequence.
 - To adapt and transfer work safely from the floor to the apparatus.

Year 3

- Outdoor PE
- To link, remember and repeat combinations of actions with more consistency and control.
 - To understand what equipment is needed for different challenges and be able to choose appropriately.
 - To describe how their bodies feel when doing different exercises.
 - To understand and describe what others are doing.

- Indoor PE
- To travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes.
 - To receive and transfer body weight safely in different situations and create a sequence with a partner.
 - To identify how the overall performance of a sequence can be improved.
 - To adapt and transfer skills safely onto more complex apparatus at every stage of learning.

Year 4

- Outdoor PE
- To consolidate the quality and range of techniques they use for particular activities.
 - To develop their abilities to use simple tactics in different situations.
 - To know and describe the short-term effects of exercise on the body.
 - To describe and evaluate the effectiveness of performances.

- Indoor PE
- To identify and use different body parts to balance on and know which combinations produce stable or unstable bases.
 - To balance and show specific planned body shapes.
 - To move into and from balance with control and accuracy.
 - To create a sequence on balance showing planned variations in shape, speed and levels.

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Year 5

Outdoor PE

To develop consistency in their actions.

To choose appropriate equipment and technique.

To understand the basic principles for warming up.

To understand why exercise is good for you.

To evaluate their own and others work and suggest ways to improve it.

Indoor PE

To use balance on different body parts to create bridge shapes both as individuals and with a partner.

To sustain concentration and practice to improve the quality and accuracy of their movements.

To work co-operatively with a partner and create a sequence showing planned variations in level, direction and shape.

To understand the compositional principles of sequences and recognize when something is absent.

Year 6

Outdoor PE

To increase the number of techniques and develop consistency.

To choose appropriate techniques for specific events.

To understand the basic principles of warming up.

To evaluate their own and other's work and suggest ways to improve it.

Indoor PE

To understand, identify and demonstrate contrasting, matching and mirroring balances and movements.

To identify and use different spatial relationships with a partner.

To work in pairs to construct, practice, evaluate and improve the composition and quality of a sequence.

To adapt and transfer sequences from floor to apparatus.



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