



Learn. Grow. Achieve. Flourish.

Spring term 2



PE and Sports at St Mary's

PE

In PE, St Mary's staff continue to deliver high quality inclusive lessons.

Please see below all the wonderful skills that have been taught at St Mary's this term.

Year Group	Outdoor PE focus Val Sabin	Indoor PE focus Dance
Reception	<p>Focus on using ropes, bats and balls.</p> <p>Understand that using a bat requires more space and care and be able to explain why this is so.</p> <p>Steer a ball along the ground, showing different speeds and directions, carefully avoiding other children.</p> <p>Hit the ball along the ground to a partner.</p> <p>Listen carefully to instructions.</p> <p>Start and stop activities on a given signal.</p> <p>Cooperate with others and take turns with equipment.</p>	
Year 1	<p>Developing partner work.</p> <p>Play safely with a partner in running games and when using equipment.</p> <p>Throw and catch individually and in pairs, using a variety of apparatus, including hoops.</p> <p>Kick and dribble their sending and receiving skills in co-operative game with a partner.</p> <p>Demonstrate how to change the game to make it harder.</p>	<p>March, March, March</p> <p>Respond to a range of stimuli.</p> <p>Know and perform some of the basic dance actions, with some understanding of mood and feeling in relation to the dance idea.</p> <p>Improvise to an idea - display an immediate response.</p> <p>Perform a whole dance which has a simple structure and be able to describe it.</p> <p>Know that dance is active and that changes will occur in their bodies.</p>
Year 2	<p>Group games and inventing rules.</p> <p>Demonstrate consistency and accuracy in bouncing, kicking, throwing, catching and striking skills.</p> <p>Select appropriate equipment when playing the games and demonstrate quicker passing and receiving skills.</p> <p>Play with confidence in varying group formations.</p> <p>Invent rules and explain how they can improve the game.</p>	<p>Friends</p> <p>Know and perform some of the basic dance actions with some understanding of mood and feeling</p> <p>Work in pairs using simple relationships and compositional skills in unison.</p> <p>Perform a whole dance which has a simple structure.</p> <p>Remember and repeat simple rhythmic patterns.</p> <p>Observe each other and themselves dance and be able to recognize the different relationships and</p>

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	Understand and use simple tactics to work as a team.	rhythms and describe them with appropriate vocabulary.
Year 3	<p>Striking and fielding games</p> <p>Strike a ball with confidence and control and direct it accurately into a simple target area. Receive the ball from one direction and throw or strike it away in another direction.</p> <p>Understand and identify good striking and fielding techniques.</p> <p>Make judgements about how best to intercept a ball travelling towards, to one side or beyond the fielder.</p> <p>Combine skills to play effectively in small striking and fielding games.</p>	<p>The Explorers</p> <p>Display clarity of the body shape extension, balance and footwork.</p> <p>Show appropriate dynamic qualities to express the dance idea.</p> <p>Use simple movement patterns to structure dance phrases on their own and in a small group.</p>
Year 4	<p>Striking and fielding games</p> <p>Know and use different ways of sending into and fielding from different directions.</p> <p>Throw accurately and be a reliable bowler or feeder of the ball.</p> <p>Strike a ball along the ground or through the air in different directions with control.</p> <p>Understand how to direct or place a ball into spaces in-order-to score and how best to intercept and field the ball to return it.</p> <p>Combine skills to play effectively in small striking and fielding games, using simple attacking and defending strategies.</p>	<p>Electricity</p> <p>Perform the actions of jumping with greater control.</p> <p>Display clarity of body shape.</p> <p>Link movements/sections together, using appropriate transitional movement.</p> <p>Choose and use the appropriate dynamics.</p> <p>Use different group formations to interpret ideas.</p> <p>Demonstrate descriptive language when talking about dance.</p>
Year 5	<p>Striking and fielding games</p> <p>Use a rounders bat or cricket bat with confidence.</p> <p>Strike and throw the ball with reasonable accuracy and consistency.</p> <p>Bow underarm so the ball arrives appropriately for the batter to hit.</p> <p>Understand when and how to move when fielding a ball.</p> <p>Play confidently in a range of small sided striking and fielding games using different types of bats, balls and rules.</p>	<p>What a card!</p> <p>Respond to a range of stimuli and accompaniment.</p> <p>Demonstrate the ability to transfer ideas into movement.</p> <p>Display the ability to use a range of compositional devices with emphasis on group organization-patterns.</p> <p>Create their own work within the context of a whole dance.</p> <p>Observe themselves and others. And comment o the compositional work.</p>

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Year 6	<p>Invasion games (ball handling)</p> <p>Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills.</p> <p>Play in a range of small-sided games and make effective choices about when, how and where to pass so they retain possession and progress towards an opponent's goal.</p> <p>Know and understand the positions they play and identify and show specific attacking and defending skills.</p> <p>Understand how to organize their team into different formations to concentrate more on attack and defense.</p>	<p>Theseus and the minotaur</p> <p>Perform with expression and improvise freely using a range of continual movements and patterns.</p> <p>Work collaboratively in pairs and small groups to communicate a dance idea.</p> <p>Create their own work in the context of a whole dance.</p> <p>Demonstrate the ability to refine their movements in order to improve performance.</p> <p>Remember and perform complete dances.</p> <p>Warm-up and cool-down independently.</p>
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This term we were lucky enough to welcome Nikki from Athena Angels, who was present during Year 2's PE lessons.

A short write up from Mr. Riley:

'Year 2's gymnastics this term has been super fun! They've been diving into the basics, like how to safely roll, balancing on different body parts, and moving in different ways, such as jumping, hopping, and skipping. They've learned how to create simple balances, travel across the floor, and perform basic shapes.

The lessons have focused on developing core strength, flexibility, and coordination. They've also learned about teamwork and following instructions. The activities had been designed to encourage creativity and problem-solving when performing certain gymnastics movements. They've learned how to create sequences of movements and perform them with increasing control and precision.

They've use various equipment like mats, benches, and even some small and larger apparatus. The goal from this was to build confidence and a love for movement. It's all about having fun while learning new skills and improving their physical abilities!'



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Sports Events



28.02.25- Girls 5&6 Netball vs Marish.

On the 28th of February, our girls' netball team attended their first league fixture, their opponents were Marish.

Over the course of the 40-minute fixture, the girls showcased all the skills and tactics they have been developing since September. The first half was very fast paced as St Mary's took a convincing 7-1 lead. During the second half, the girls scored one more point putting the game to bed. The final score was 8-4 to St Mary's. Well done girls! On to the next one.



21.03.25- Boys 5&6 Football team fixtures vs Lynch Hill and Western House.

On the 21st of March, our Year 5&6 Boys Football team travelled to Lynch Hill primary school for a couple of football league fixtures.

We started our afternoon off with a fixture vs Western House, where unfortunately after a very close game we lost 1-0, the boys had plenty of chances to get themselves on the scoresheet but were unsuccessful. Our second fixture of the afternoon was against Lynch Hill. We lost the game 3-0 but showed great fight. Unfortunately, on the day we didn't manage to gain any points towards the league table. Our professionalism and respectful attitude saw the recognition it deserved from the opposition staff. Well done St Mary's for representing the school values so well. On to the next fixtures soon against Penn Wood and Khalsa.



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31.03.25- New Age Kurling.

On the 31st of March, St Mary's sent a specialized group of children to represent the school at an inclusive New Age Kurling event. After weeks of practice in after-school club, the children were ready to compete. The group played four league phase games where we managed to win two games and losing two. This meant we reached the semifinals, where unfortunately we were knocked out. We are very proud of the group. The team look forward to continuing their development and are ready for the next tournament.



03.04.25- Girls 5&6 Netball team.

On the 3rd of April, the girls' netball team travelled to Lynch Hill to participate in five short netball fixtures. The schools had agreed to play the five short fixtures to finish the netball season off in a timely manor before the Easter holidays.

During these fixtures the girls played James Elliman, Lynch Hill 1, Lynch Hill 2, Cippenham and St Ethelbert's. See below for results.

St Mary's 1-0 James Elliman

St Mary's 8-0 Lynch Hill B

St Mary's 0-4 Lynch Hill A

St Mary's 0-0 Cippenham

St Mary's 1-0 St Ethelbert



Well done girls!





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Clubs



This half term we continued to offer the exciting and ever-popular Dodgeball clubs and Multi Sports clubs. We managed to reintroduce Football club as well, to much excitement.

Boccia and Kurling continued and showed ever so importantly the development of our specialized teams, as they represented the school at the New Age Kurling event.



We welcomed Nikki from Athena Angels Gymnastics club. Nikki hosted gymnastics sessions after school for six weeks, with children from year 4,5 & 6. The children have developed various gymnastics skills such as balance, strength and agility during their six-week sessions.

We look forward to next term where we will be welcoming Conrad back for Athletics club for years 3 &4. Check your emails for signing up.

We are also expecting Tennis club with Miss Rockett to begin in the near future.

Mr. Bignell

(PE Lead)