



Learn. Grow. Achieve. Flourish.

Spring term 1



PE and Sports at St Mary's

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PE

This term in PE, St Mary's staff continue to deliver high quality inclusive PE 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: Hoops and Quoits</p> <p>By this end of this half term children will be able to:</p> <p>Know, understand and be able to demonstrate how to use hoops and quoits safely and with control.</p> <p>Show an awareness of space and of other children moving in the space so they avoid collisions.</p> <p>Understand what makes an aiming game more difficult.</p> <p>Start and stop an activity or game on a given signal.</p> <p>Cooperate with others and take turns with equipment.</p> <p>Follow the rules of a game.</p>	
Year 1	<p>Focus: Bat / Ball skills and games.</p> <p>By the end of this half term, children will be able to:</p> <p>Steer a ball along the ground with a bat in a controlled manner, using different directions and weaving through slaloms.</p> <p>Balance a ball on a bat when standing still or walking.</p>	<p>Focus: Streamers</p> <p>By the end of this half term children will be able to:</p> <p>Acquire and develop specific skills to show different shapes and levels.</p> <p>Remember and repeat movement, phrases and patterns.</p> <p>Observe each other dancing and describe what they see.</p>

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	<p>Hit a ball with a bat, upwards and downwards, with some control.</p> <p>Send a ball along the ground and through the air for a partner to catch or receive.</p> <p>Understand and show skipping with a rope.</p> <p>Use steering, hitting along the ground and hitting through the air to play individual and co-operative target games.</p>	<p>Use appropriate vocabulary.</p>
<p>Year 2</p>	<p>Focus: Dribbling, Kicking and Hitting</p> <p>By this end of this half term children will be able to:</p> <p>Show continuous and controlled dribbling with hands, feet, bat or stick and know how to change speed and direction.</p> <p>Understand and demonstrate striking, passing and receiving with a partner using a range of equipment.</p> <p>Identify and use simple attacking and defending strategies.</p> <p>Play co-operative and competitive striking, net, aiming and invasion type games with a partner.</p> <p>Know how to score and understand how to improve.</p>	<p>Focus: The cat</p> <p>By this end of this half term children will be able to:</p> <p>Remember and repeat movement phrases and patterns with some level of control and co-ordination</p> <p>Select and apply dance skills by making appropriate choices in relation to the dance ideas.</p> <p>Describe dance phrases and expressive qualities.</p> <p>Know that they need to warm up and cool down.</p>
<p>Year 3</p>	<p>Focus: Net/court/ wall games</p> <p>By this end of this half term children will be able to:</p> <p>Strike a ball with reasonable control and accuracy at a target or over a net.</p> <p>Select and use appropriate basic shots in different situations.</p> <p>Understand simple principles and tactics and use them effectively in a game activity.</p> <p>Play confidently and competitively in small-sided games and apply net / wall principles to other activities.</p> <p>Know and use the rules and keep games going without dispute.</p>	<p>Focus: Who am I?</p> <p>By this end of this half term children will be able to:</p> <p>Respond imaginatively to a simple focused stimulus.</p> <p>Demonstrate the ability to choose the movements which reflects the dance idea.</p> <p>Create dance phrases which they can remember and repeat.</p> <p>Observe movement against specific criteria.</p> <div data-bbox="986 1541 1471 1895" data-label="Image"> </div>
<p>Year 4</p>	<p>Focus: Invasion games</p> <p>By this end of this half term children will be able to:</p> <p>Play confidently in small-sided invasion games using various formations.</p>	<p>Focus: These shoes are made for walking</p> <p>By this end of this half term children will be able to:</p> <p>Perform imaginatively in character and demonstrate humour.</p>

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	<p>Use a range of techniques to pass and travel with the ball.</p> <p>Use a range of tactics to keep possession of the ball and get into position to shoot or score.</p> <p>Understand how to dodge, mark, signal for the ball and intercept.</p> <p>Play within the rules.</p> <p>Recognize aspects that need improving.</p>	<p>Demonstrate and perform movement patterns on their own and with a partner.</p> <p>Understand and demonstrate follow-my-leader and mirroring actions.</p> <p>Understand how dance conveys character and humour.</p>
<p>Year 5</p>	<p>Focus: Invasion games</p> <p>By this end of this half term children will be able to:</p> <p>Combine and perform skills with control.</p> <p>Use attacking and defending skills appropriately in games and be an effective team member.</p> <p>Recognize their own and other's strengths and weaknesses in games and suggest ideas that will improve the performance.</p> <p>Understand the safety needs of an activity and know what types of fitness are most important for games.</p>	<p>Focus: Rubbish</p> <p>By this end of this half term children will be able to:</p> <p>Demonstrate the ability to translate abstract images into movements.</p> <p>Perform with an awareness of both partner and group dances.</p> <p>Perform with clear dynamics and precise footwork.</p> <p>Use a variety of ways to work in a small group.</p> <p>Develop movement using different relationship.</p> <p>Lead appropriate warming up exercises.</p> <p>View short pieces of professional work , with the purpose of commenting upon the use of props to create music.</p>
<p>Year 6</p>	<p>Focus: Striking and Fielding games</p> <p>By this end of this half term children will be able to:</p> <p>Know, understand and show the correct striking stance and direct the ball away from fielders using different angels and speeds.</p> <p>Bowl in competitive situations and understand strategies that can be deployed between bowler/wicket keeper/backstop/bases.</p> <p>Field the ball and return it with an overarm throw and know when to run after hitting a ball.</p> <p>Play confidently and effectively in a range of small-sided striking/fielding games and work as a team.</p> <p>Recognize and identify what needs to be improved in their performance and can suggest ways of doing it.</p>	<p>Focus: The world of sports</p> <p>By this end of this half term children will be able to:</p> <p>Perform with increased control/ fluency and accuracy.</p> <p>Perform with appropriate dynamics to suit the meaning of the idea.</p> <p>Perform the HAKA accurately as taught.</p> <p>Develop motifs using time/space/people.</p> <p>Organize small groups to suit the idea of the dance.</p> <p>Suggest ways of improving performance and composition.</p>



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Sports Events

Speed Stacking 21/01/25

A small group of Y5 children attended a speed stacking event, hosted by Slough School Sport & Physical Activity Network (SSSN). This involved 9 stations where the children participated in different cup-stacking challenges: testing speed, agility and hand/eye co-ordination. The children gave every activity their all and showed true camaraderie supporting their team members.

The event ended with very hot, rosy faces and huge smiles as they all received their medals and certificates.

Well done Y5!



All Star Cricket 05/02/25

On the 5th of February, a small group of Year 2 students were invited to participate in an afternoon of cricket fun. The event consisted of 9 schools who completed a range of activities based around cricket. All children gave their all and

thoroughly enjoyed attending the event.



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Boys 5&6 Football 10/01/25

On the 10th of January, the boys 5&6 football team travelled to Montem Academy for their third fixture of the league season. St Mary's scored an early goal which put them 1-0 up. The boys fought really hard and defended valiantly. St Mary's defended the lead all the way until the last few minutes, where the exhausted team conceded two very late goals which ended the game 2-1 to Montem. We have two more fixtures currently scheduled. 7th of March a friendly fixture vs Pennwood and the 14th of March the next league fixture against Priory. Good Luck



Clubs



This half term at St Mary's we continued to run our popular after school clubs. These clubs included Multi Sports on two days a week where the children developed skills within the sports of Volleyball, Badminton, Cricket and Dodgeball. We also welcomed back our every present Dodgeball clubs. As well as our Boccia & New Age Kurling clubs.

