



# PE and Sports at St Mary's

**In this issue:**



- PE
- Sports events
- Clubs & Teams

## 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<br>Val Sabin   | Indoor PE focus<br>Real Gym   |
|------------------|---|---|
| <b>Reception</b> | <b>Unit 2: Focus on using a ball</b> <ul style="list-style-type: none"> <li>• Rolling and receiving the ball individually and with a partner.</li> <li>• Passing the ball around different body parts.</li> <li>• Patting and bouncing the ball downwards.</li> <li>• Throwing and catching high and low.</li> <li>• Steering activities with hands and with feet.</li> <li>• Aiming activities individually at a target and with a partner.</li> <li>• Kicking and dribbling the ball.</li> </ul>                          |   |
| <b>Year 1</b>    | <b>Unit 2: Throwing and catching - aiming games</b> <ul style="list-style-type: none"> <li>• Throwing and catching with different equipment.</li> <li>• Pairs catching using different equipment.</li> <li>• Throwing and catching one handed.</li> <li>• Aiming, using different equipment.</li> <li>• Rolling, kicking, bouncing and throwing to aim at a range of targets.</li> <li>• Aiming onto/over lines, at targets, hoops, skittles etc.</li> <li>• Partner aiming games: co-operative and competence.</li> </ul>  | In this unit the children have learnt, developed and applied flight and rotation on the floor and apparatus through focused skill development, thematic warm-ups and games. |

## Learn. Grow. Achieve. Flourish.

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| <b>Year 2</b> | <b>Unit 2: Making up a game</b> <ul style="list-style-type: none"><li>• Vigorous warm-ups to encourage spatial awareness, mobility, coordination and control.</li><li>• Aim at a stationary or moving target using different equipment and variety of balls.</li><li>• Aim - using different types of sending with hands, feet and bat.</li><li>• Developing simple strategies and tactics by bouncing, kicking or throwing a ball at different angles, heights and speeds into spaces.</li><li>• Track the path of a ball and move across it to intercept efficiently.</li><li>• Run after a moving ball, field it and return.</li><li>• Receive the ball on the move.</li><li>• Make up games individually - teach to a partner and improve each other's.</li><li>• Choose the equipment to create games with a partner.</li><li>• Make up rules for the games and make them more challenging.</li></ul>  | In this unit the children have learnt, developed and applied flight and rotation on the floor and apparatus through focused skill development, thematic warm-ups and games.     |
| <b>Year 3</b> | <b>Unit 2: Creative games making</b> <ul style="list-style-type: none"><li>• Vigorous running and tag games to warm- up and develop spatial awareness and mobility.</li><li>• Five creative games - making situations set into lesson form.</li><li>• An alternative presentation can be made by using "masters" of cards and presenting children with a focused problem-solving situation.</li><li>• Children select, apply, reinforce and develop previously learned skills in group games.</li><li>• Each situation has a specific objective and group numbers are predetermined.</li><li>• Children are offered limited choice of equipment.</li><li>• Questions are asked to give opportunities for games to develop and evolve.</li></ul>    | In this unit the children have learnt, developed and applied flight and balance on the floor, on low and large apparatus through focused skill development, warm-ups and games. |

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| <b>Year 4</b> | <b>Unit 2: Problem-solving and inventing games</b> <ul style="list-style-type: none"><li>• Eight game situations ranging from form simple to more complex problems structured to allow experiences in:<ul style="list-style-type: none"><li>-Open games-making problem solving.</li><li>-Situations with some restrictions.</li><li>-Structured situations for solving problems with a limited framework.</li></ul></li><li>• These situations allow children varying degree of problem-solving, decision-making and making up rules.</li><li>• Some situations may lead children to reproduce almost exactly a game or activity they have already experienced, but it is made differently by modifying rules.</li><li>• Questions which may be posed to help children understand principles of play and transfer them.</li><li>• A range of situations which allow development of games drawing on the principles, skills and tactics of different 'families' of games.</li></ul> | In this unit the children have learnt, developed and applied flight and travel on the floor, with hand apparatus and on apparatus through focused skill development, sequence creation and games.     |
| <b>Year 5</b> | <b>Unit 2: Invasion and target (Ball handling)</b> <ul style="list-style-type: none"><li>• Vigorous warm-up activities to develop mobility and spatial awareness.</li><li>• Reinforce and develop pass and move.</li><li>• Keep possession: principles of attack - dodge in different directions and at different speeds.</li><li>• Regain possession: principles of defence - including marking and interception.</li><li>• Advance down the pitch to progress towards opponents' goal.</li><li>• Numerical advantage: moving off the ball and supporting a player.</li><li>• Move, receive, pivot and pass.</li><li>• Pass accurately and quickly in different directions and signal for the ball.</li><li>• A range of games to develop team co-operation and attacking and defending strategies</li><li>• Common principles of invasion play.</li></ul>  | In this unit the children have learnt, developed and applied all gym skills on the floor, through partner work and on large apparatus through focused skill development, sequence creation and games. |



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### Year 6

### Unit 2: Net/ Court/ Wall Games (Volleyball and Tennis)

- By this stage pupils should have developed the necessary skills and the knowledge and understanding of net/wall principles of play, to effectively take part in small-sided games.
- These games can either be mini versions of the major games or ones which use and develop the skills and tactics of these games.
- Children develop the range and quality of their skills, when playing games using racquets or hands only.
- As children understand the basic common principles of play in net/wall/court games, they should identify and explore the differences between individual games and develop the specific skills and unique characteristics of them.
- Learn tactics and skills for the games of volleyball and tennis.
- Develop sending a ball towards a court or target area, which their opponent is defending.
- Aim to get the ball to land in the target area and make it difficult for the opponent to return it.

In this unit the children have learnt, developed and applied all gym skills on the floor, through partner work and on large apparatus through focused skill development, sequence creation and games.





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## Sports Events



### Boccia

On 3<sup>rd</sup> December, the school Boccia team took part in the Boccia tournament being hosted by the Slough School Sport Network. After weeks of training in after school practice, the children travelled to Wexham Secondary School to compete. The team played five matches in all but unfortunately knocked out of the tournament in the group stage. The children enjoyed a wonderful experience and came away with high spirits - ready for the next competition! Training will continue after school with the focus switching to New Age Kurling.



### Football 5/6 League matches

**22<sup>nd</sup> November:** November saw the start of the football season for the year 5&6 boys football team. Fixture one was an away trip to Penn Wood – a school we have close links to and play on a regular basis. This was different, for the first time in many years, we have signed up to the Slough Schools League. This game had a little more on the line. The game was very intense with both teams having to work hard defensively. Goal keepers from both teams made some fantastic saves - preventing lots of goals. At half time, we were ahead 1-0. During the second half, we conceded two quick goals before finding a late equaliser. The match finished in a 2-2 draw. We have our first point on the leader board and move onto the next match (against Cippenham) a couple of weeks later. Goals came from T.E.R & K.A.

**6<sup>th</sup> December:** On the 6<sup>th</sup> of December, the St Mary's boys 5&6 football team travelled to play their second, league away game of the season at Cippenham. The match started out even, with St Mary's taking a late 1-0 lead going into half time. Second half started and St Mary's stepped it up a gear by scoring another five goals. Cippenham scored a late consolation goal to end the game 6-1 to St Mary's. Three points on the board with one of the best St Mary's performances seen in years. We are very proud of the boys. CONGRATULATIONS!

Roll-on January for the next fixture against Montem Academy.

Goals from K.A, T.E.R & four from F.N.





## Clubs & Training

### **Football & Dodgeball clubs:**

We continue to offer our very popular football and dodgeball clubs. The children have been developing their Football and Dodgeball skills Monday - Thursday after school this term. Children have benefitted from a competitive, controlled, inclusive and enjoyable environment. They have learnt the rules of the games as well as developing their technical and tactical skills.

### **Yoga club:**

We have had two Yoga clubs this term, one has been a continuation of Mrs Sabat's club aimed at KS1 and Year 3. We have also had an outside Yoga instructor on site every Thursday for our KS2 Yoga club. Children have developed yoga techniques and learnt about the importance of flexibility and stretching.

### **Team St Mary's:**

Team St Mary's continues their development during morning training sessions every Monday - Thursday and Friday lunch time. A big focus this half term has been the importance of passing and moving into empty space. This has helped the children understand the importance of teamwork and use of attacking options. We have matches lined up for the girls netball team and the boys 5/6 football team in January, with more to come for the other teams.