



Learn. Grow. Achieve. Flourish.

Autumn 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 ValSabin	Indoor PE focus Real Gym
Reception	Focus on using bean bags- Balancing beanbags on different body parts. Jumping, hopping etc over beanbags on the floor. Passing beanbags round the different body parts. Aiming type activities using underarm throwing. Throwing and catching.	
Year 1	Focus on ball skills and games- Familiarization with a ball- balancing, rolling and passing the ball around different body parts. Patting and bouncing the ball and using the skills in games. Throwing, catching, rolling and receiving and developing games. Kicking the ball and dribbling. Throwing and catching using beanbags, small balls and quoits. Using the skills to develop individual and partner target games.	In this unit children have learnt, developed and applied shapes and travel on the floor and apparatus through focused skill development, thematic warm-ups and games.

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<b>Year 2</b>	<p>Focus on throwing and catching &amp; inventing games- Running and avoiding games for warm ups to develop sage moving ad awareness of others. Develop throwing and catching skills using a range of equipment. Send and receive using different directions and levels. Throw, catch and bounce in different ways. Throw and catch in stationary position, on the move, in different ways. Make up games using throwing, catching and bouncing. Teach the game to a partner and play it co-operatively and competitively.</p>	<p>In this unit children have learnt, developed and applied balance and travel on the floor and apparatus through focused skill development, thematic warm-ups and games.</p>
<b>Year 3</b>	<p>Focus on ball skills with invasion games- Pass and receive with hands in different ways. Dribble, pass and receive with feet. Sequence passing. Pass and move to retain possession using activities which give a numerical advantage. Keep possession and progress down the pitch towards the goal. Co-operative and competitive games to further develop these skills and simple tactics under pressure. Revision of skipping skills.</p>	<p>In this unit, the children have learnt, developed and applied travel and rotation on the floor, with hand apparatus and partner work through focused skill development, sequence creation and games.</p>
<b>Year 4</b>	<p>Focus on net, court and wall games- Use a bat to strike a ball with a degree of accuracy and control. Throw or strike a ball over a range of high, low and ground level barriers to show variation in levels, speeds and directions. Aim a ball over a barrier to land in spaces on the other side. Understand, plan and combine skills to play net games co-operatively with a partner and then try to make it difficult to return the shots. Understand and play a game over a low or high barrier throwing into spaces to score.</p>	<p>This half term year 4 have had a special dance coach attend their PE lessons. During these lessons the children have learnt, developed and applied street dance skills. Use ability to count beats and transfer the skills to dance in time. The class developed teamwork skills and friendly competition.</p>
<b>Year 5</b>	<p>Focus on net. court and wall games- Play shots on both sides of the body and from above the head with reasonable control. Understand how to position their bodies to receive a ball coming from different heights and angles. Recognize where there are spaces on an opponent's court and try to hit into them. Recognize which things they need to practice more. Understand and apply net, court and wall principles to a range of small sided games.</p>	<p>In this unit, the children have learnt, developed and applied all gym skills on the floor, with hand apparatus and on low apparatus through focused skill development, sequence creation and games.</p>

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### Year 6

Focus on invasion games, implement and kicking- Understand and demonstrate a range of controlled passing, receiving, striking, dribbling and shooting skills when kicking.

Play in a range of small sided games and make effective choice about when, how and where to pass so they retain possession and progress towards an opponent's goal.

Know and understand the positions they play and identify and show specific attacking and defending skills.

Understand how to organize their team into different formations to concentrate more on attack or defense. Recognize and describe the best parts in an individual or team performance; identify aspects that need improvement and suggest how to improve them.

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## Sports Events



**Year 2 Fencing-** On the 8<sup>th</sup> of October a group of twelve year 2 children attending a Fencing festival organised by the slough school sports network. Over the course of an afternoon the children learnt key Fencing skills from the coaching group Little Musketeers. Through games and activities, the children learnt movements such as advance and retreat as well as duelling skills such as parry and lunge. The children finished the session with some competition where they competed against each other in a King/Queen of the castle game. Please check the school website for more pictures.





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## Clubs



Football & Dodgeball clubs- This term we have continued to offer our ever-present football and dodgeball clubs for all years to attend. The children have had a great time practicing their football skills in a competitive environment.



Hockey club- This half term we welcomed our external Hockey coach. During the last six weeks the group have gained valuable hockey skills mixed in with fun competitive games. After spending six weeks with years five and six the children have become competent enthusiastic hockey stars.



Dance club- Working with the slough school sports network has allowed us this half term to offer the experience of a representative from Creative Academy to teach our year fours dance during their PE time. We also were lucky enough to obtain the expertise of our dance coach for an afterschool club. Our year twos and three were offered this experience. The children had a fun and active time every Thursday afternoon where they learnt different form of dance skills.

Yoga club- Continuing from last school year Mrs. Sabat has been working with a group of year twos and threes in Yoga club. The children have been working on their calmness and relaxation skills as well as some impressive Yoga stretches.



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## Team St Mary's

As Autumn 1 is the first half term back we have held several try-out sessions for children to compete and earn a space on the football and netball teams. At St Mary's we strive to offer as many sports teams as possible. These sports teams are competitive and will represent the school in fixture against other schools throughout the year. We are inclusive and give every child a chance to earn a space on the teams. Our team train once a week either in the morning before school starts or at lunch time. We have signed up for a competitive league in both Boys 5/6 football and girls 5/6 netball. Within these leagues we will travel to opposition school on a regular basis. We also organize and compete in more friendly based fixture with the boys 3/4 football, girls 5/6 football and girls 3/4 football. During the summer the sports we focus on will change to cricket and rounders.

This term we have seen a very high number of children try-out for the teams, we try to include as many as possible during selection. There is always more opportunities to earn a space on the team throughout the season. We are looking forward to our first round of fixture next term. Good luck Team St Mary's!

Keep an eye on the website for more photos.

