



SPORTING INFLUENCE

Improving Social Skills Through Sport

PE With Mr Whitford

This term all of the classes have worked hard in their lessons where we have looked at different striking & fielding games and Athletics.

Class 1 have made great progress throughout all of their lessons. In Athletics the children prepared for sports day by exploring different ways of running, jumping and throwing. They worked on their speed, balance and coordination in a number of fun games! In their Striking & Fielding lesson the children consolidated and developed their control when throwing, catching and stopping a ball. We also explored ways of striking a ball with a racket.

Class 2 have also worked on developing their skills in athletics and striking & fielding games. In Athletics the children explored how to run at speed and over a longer distance, different ways of throwing and the relay races. They also challenged themselves to beat the world record when jumping (it took a few jumps!!). They finished off their Athletics with a mini-Olympics where they worked in teams competing in the different events they'd covered. In their striking & fielding lessons we explored throwing and catching, stopping a moving ball and striking the ball with a racket into space.

Class 3 children have had a super term in PE. They too have focused on Athletics and Cricket. When throwing in Athletics, they looked at the shot putt where the children worked hard to ensure they were 'pushing' the ball, a really tricky skill to do. When running they focused on using their arms and legs to generate speed when sprinting and pacing themselves over a longer distance. The children also had the opportunity to improve their relay technique and explore the triple jump. In Cricket the children worked on their overarm bowling technique, batting and fielding, they then looked to apply this in different game situations.

Class 4 have worked hard in their PE lessons this term where they have focused on Athletics and Rounders. In Athletics they looked to improve their speed and stamina when running, thinking about their tactics when racing. When jumping they added a run up to increase distance, the children also had the opportunity to explore throwing the javelin and hurdling. In our Rounders lessons the children worked on developing their knowledge of different tactics used when batting and fielding.



The field set up for our Mini-Olympics



Class 3 have worked hard in their Cricket lessons.

I wish the Year 6s all the best at their new schools and hope you all have a fantastic summer. I look forward to seeing you in September.



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