



SPORTING INFLUENCE

Improving Social Skills Through Sport

PE With Mr Colley

This term Mr. Colley has been working with Monkey Puzzle, Sweet Chestnut, Sycamore and Oak on Athletics and Striking and Fielding Games.

In athletics we have been preparing for sports day by exploring long and triple jump technique, developing our rolling and throwing techniques and improving our endurance and sprinting. Children were able to use their skills developed to great effect on the day!

In our Striking and Fielding games lessons we have explored, accurate throwing, picking up and moving with equipment and catching a range of equipment such as bibs, bean bags, large sponge balls and tennis balls. We have developed striking skills with different bats while aiming at a range of targets. We have played modified striking and fielding games and recognised games like rounders and cricket which have helped to develop balance, coordination, strength, and agility.

The After School Club has enhanced accurate throwing and catching skills, striking skills, evading an opponent and developing tactical awareness, through a range of summer sports including cricket, rounder and tennis.



Cricket & Athletics



Alongside this we have been developing our social skills of body language, communication, determination, encouragement and respect.



To find out more visit:
www.sportinginfluence.com