



SPORTING INFLUENCE

Improving Social Skills Through Sport

PE With Mr Colley

This term Mr Colley has been working with Cherry Blossom, Silver Birch and Willow 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 for both distance and accuracy and improving our endurance and sprinting. Children were able to use these skills to great effect in Sports Day itself, well done everyone!

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, with KS2 children playing 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 and 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