



SPORTING INFLUENCE

Improving Social Skills Through Sport

PE With Mr Crooks and Mr McTernan

This half term Mr. Crooks has been working with Owls Class and Starlings Class with Year 3/4.

Both classes have been exploring important topics that are related for health and fitness. This includes:

- The short- and long-term effect of exercise.
- The difference between a growth and fixed mindset.
- The importance of a balanced, healthy diet.

In the previous half term, both classes also explored several invasion games and personal challenges. This included ball skills that require throwing, catching, dodging and evading.

Raven and Heron classes have been working with Mr McTernan on their Real PE units this term on Tuesday afternoons. We have been looking at numerous footwork patterns and different ball skills, testing hand-eye coordination.

Recently, both classes have been looking at adaptations of volleyball where Hannah (Herons) and Isabella (Ravens) stood out, both receiving 'Star of the Day' stickers twice in the space of three weeks!

There have been two afterschool sports clubs running this half term where children have taken part in a variety of sports. All of the children have been so enthusiastic and developed a number of social skills as well as their physical ones.



Owls and Starling class preparation



Raven and Heron classes working on footwork patterns.



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