

This year we are focusing on a range of different activities to appeal to a full range of interests.

Term 1 is working on ball skills using a range of sports and games including basketball, bench-ball and dodgeball for upper school and learning to catch and throw using good techniques and a range of different balls. In lower school we will be focusing on different throwing techniques and understanding the difference and thinking about which type of throw is best for accuracy and which for distance.

Term 2 is dance where in lower school we will be looking at rhythm and balance in our dance, using a range of different styles including Bangra dancing. Upper school will be looking at using dance to develop sport focusing on agility, balance and co-ordination. We will be looking at stepping and turning at pace and creating our own Hakka's.

Term 3 is orienteering which is a new discipline at Hanwell Fields. It is run on the school grounds and progresses in its difficulty as the children become more aware of their surroundings. Lower school start by using photographs of places in the school grounds where a bean bag has been placed and using their understanding and teamwork to find them as quickly as possible. This will progress to using orienteering marker points and maps to find clues on the back of the markers. Upper school will be using the markers and maps to start with and then onto clippers and using compasses to navigate around the school fields.

Term 4 Gymnastics and sports Acro are taught this term. The children are taught a range of gymnastic skills using spring boards for vaulting, the wall climbing frame, balance beams and a range of skills such as handstands, cartwheels and different rolls and jumps.

Term 5 is all about athletics and the build up to sports day held in early July. The focus is on throwing howlers, standing long jump, sprinting techniques and long distance running. In addition we will be working on how to pace your running, relay techniques, sprinting starts and improving throwing and jumping distances through technique development and practice.

Term 6 sees the athletics focus continue through to sports day before switching over to cricket and rounders. Kwik cricket where the children rotate around the fielding positions so everyone bowls and keeps wicket and fields in every position whilst others bat in pairs swapping ends when they are out. We work on bowling, batting and fielding techniques helping the children understand and enjoy the game. In rounders the children work on pitching the ball accurately, timing the bat swing and understanding where to stand in the field to minimise the chances of the hitter scoring a rounder.