

## Creating Opportunities, Sharing Success in PE at Woodlawn School (secondary)



Woodlawn School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development.

### PE Rationale

At Woodlawn School, we believe PE to be an integral part of the curriculum, which should be enjoyed by all children of all ages from EYFS to and including Post 16.

It makes a vital and unique contribution to each child's physical development, health and well-being. By providing a balance of individual, team, co-operative and competitive activities, it is intended to meet the needs of individual children.

Learning situations are enjoyable, stimulating, and challenging, based on progressive learning and varied teaching styles.

We provide a broad, balanced and inclusive P.E. curriculum, which helps increase self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

*The PE curriculum incorporates:*

- Invasion games (*basketball, football, hockey, netball, touch rugby*)
- Net/wall games (*badminton, table tennis, tennis and volleyball*)
- Striking and fielding games (*cricket, rounder's*)
- Athletics/circuits
- Multi-skills
- Dance
- Gymnastics
- Boccia and New Age Kurling
- Rebound/trampolining
- Swimming and water safety

We cater for the different strengths, needs and preferences, using differentiated activities where appropriate. A variety of opportunities offer children a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural

boundaries. Sessions help develop fine and gross motor skills, specific to pupil needs. Additional sessions enhance these through the NHS fizzy hands programme.

Through the government's Sports Premium funding (*published on the school web site*), we provide opportunities for pupils to work with sports coaches offsite through the Wanderers Association. These extra-curricular sessions have included football, touch rugby, tennis, badminton, basketball, rounder's, cricket and athletics. In addition to this, we have pupils actively participating in the NUFC Foundation girls football programme (*over spring and summer term*) at NUCASTLE, near to St James' Park.



This year has been no different to others, as we have had NUFC Foundation in school during the whole of Spring A. Each class across the whole school have participated in bespoke football sessions, specially adapted to meet the needs of every pupil across primary and secondary so it is fully inclusive.

Within the secondary department pupils, rotate on carousel of swimming at Tynemouth pool. Typically, pupils swim for a whole half term during the course of an academic year. Qualified swim instructors employed by North Tyneside council lead these sessions, supported by Woodlawn staff.

In addition to these swim sessions any pupils who require hydrotherapy swim input receive this on site through our own qualified swim instructor.

Each week pupils have opportunities to participate in lunch clubs to extend learning and prepare for events. This is on a rolling programme each Monday and has included football, tennis and badminton. As the year progresses this will include touch rugby, athletics and rounder's. In addition to this as the academic year progresses pupils will be able to participate in lunchtime gymnastics led by a qualified gymnastics instructor, funded by Sports Premium funding.

Every Tuesday and Wednesday (all day) at our main site, pupils (whole school) who benefit from rebound therapy engage in sessions led by our own trained rebound instructors.

Annually as a school, we engage in the 'Active Mile' (28<sup>th</sup> April 2022 this year), where pupils through various activities 'get active'. All PE sessions across school are fully inclusive.

**April 2022.**