

# PE at Woolmore

*"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language that they understand."* - **Nelson Mandela**



*Basketball and badminton lessons being led by our Not Just Sport coaches.*

## **Our Key Concept for teaching and learning in PE:**

*Develop practical skills in order to participate, compete and lead a healthy lifestyle- learning a range of physical movements and sporting techniques.*

## **At Woolmore, developing an interest in PE involves:**

- Acquiring new knowledge and skills and developing an in-depth understanding of PE.
- Being willing to practice skills in a range of activities, alone, in small groups and in teams.
- Following a healthy lifestyle, achieved by eating sensibly and exercising regularly.
- Being physically active for sustained periods of time and understanding the importance of this in promoting long-term health and well-being.
- Taking initiative and evaluating what needs to be done to improve, motivate and instill positive sporting attitudes.
- Using imagination and creativity in techniques, tactics and choreography to improve their own and others' performance and the ability to work independently without the need of guidance or support.
- A willingness to participate in every lesson, positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

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## What makes PE at Woolmore special?

### 1. Our full time Sports Coaches work with teaching staff and the school to develop high-quality teaching.

We have a full-time team of experienced coaches from 'Not Just Sport', who deliver the curriculum from Reception to Year 6. Lessons are of a high quality and enable the children to acquire skills that they build on each year. Our PE coaches also lead various extra-curricular activities throughout the school day. These include breakfast club and after school PE clubs.



### 2. We look for opportunities to develop children's talents and passions in PE.

We provide our children with regular opportunities to compete in intra-school and inter-school competitions. Children showing sporting promise are highlighted and are chosen to take part in relevant Tower Hamlets competitions and join clubs, where possible. We aim to ensure that we create a pathway for children who show a talent for a sport and provide opportunities for them to refine and improve their skills. Children are often signposted and supported to join sports organisations outside school to further develop their passions and talents.



At the end of every half term, we hold an intra-school competition, focused on the learning they have been doing in PE that term. This is an amazing opportunity for the children to use the skills they have learnt and celebrate their success.

We take children to see top sporting events so they can see the sports they have been learning in school translated into action by elite sports people. This includes: British basketball play-off finals at the O2 and the Women's FA cup final at Wembley. We use these events as an opportunity to inspire and motivate our children.



Woolmore Primary School  
@WoolmoreTweets · May 14



We are here with our school football teams and sports leaders #Wembley #WomensFACupFinal #together



Woolmore Primary School @WoolmoreTweets · 15 May 2022

And we're in! It's the Iconic British Basketball Play-Off Finals - one of the biggest events in British basketball #O2 #basketball #schooltrip



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**3. We teach a range of sports.** Our PE curriculum develops children's sporting skills and enables them to take part in a variety of activities. Each term is focused around a sport and is broken down into skills. From golf to cricket, gymnastics to swimming, we teach a range of different sports throughout the year. We take this approach to our curriculum to enable children to access sports that they aren't typically accessing outside school. We also want to develop children's knowledge and understanding of the rules for a wide range of sports, this will give children the knowledge, understanding and confidence if they play sport outside Woolmore, whilst also preparing them for PE at secondary school.



We are proud to have been awarded the Gold School Games Mark for the work we do to develop competition across the school and into the community.

