



PE lead- pen profile

Leading the subject of PE in West Rainton Primary School is a great pleasure and privilege. In my own school career, the teachers who had the greatest impact upon me were those who taught PE.

The benefits of high-quality teaching and learning in PE are vast, and reach far beyond the curriculum. It can foster lifelong habits and passions for sport and physical and mental wellbeing. It teaches us about ourselves, boosting our self-esteem, igniting our desire to beat our best and learning to cope with setbacks as well as successes.

The social aspect of sport and activity is also a crucial component of the curriculum as children develop the skills to communicate and respond appropriately as a team member; a captain; a cheerleader.

At West Rainton Primary School, the PE curriculum is planned to offer children regular opportunities for sustained physical activity in an increasing number of sports as they grow. This begins right from our 2-year-old provision where children learn the physical skills to be independent as well as exploring and negotiating the environment around them. This progresses throughout the years as children cover units on an extensive range of games, racquet sports, athletics, dance, gymnastics and swimming. We pride ourselves on providing opportunities for children to handle a javelin, experience taking part in a curling tournament, increase their confidence on the tumble-track or beat their best in our athletics' records' programme. After all, our Olympians and elite sportspeople all had to try their disciplines for the first time somewhere!

Extra-curricular opportunities are also very important to me as this is where the children get to make individual choices in accessing sports clubs that see them engaging and enjoying activity. Most of our clubs, as is the case for our curriculum, are taught by our own staff team for whom we have a regular schedule of professional development. It is important to me that our pupils see the adults in school as active participants and role models in sport.

As the subject lead, and teacher, I draw on my own background of playing ice hockey in Durham and Sunderland, representing Durham Mosquitoes (U16s) at national finals at Wembley, as well as being selected for the North East at under 16 level. I also played football to county level during my secondary school years and spent all of my spare time on the tennis court, the five-a-side pitch or ice rink. This has influenced my adult life where I remain a keen runner, golfer and spectator of any live sport.

There are very few of us who can say that PE in school did not influence our adult lives in some way, whether that be positively or negatively. This is why I feel it is immensely important that all pupils at West Rainton discover a joy of sport that will stay with them for life.

Mr Adam McDonough