



June 2020

Dear Parent

### PE and Sport at Westholme

PE and Sport play a central role in supporting and developing individuals. They can build confidence and resilience through technical, physical, psychological and social challenges. They provide students with the opportunity to learn about themselves and others and promote teamwork and respect. We believe that success can be achieved at all ability levels and the PE Department provide each individual with the opportunity to succeed when commitment and enthusiasm is shown.

During their time at school, students will experience a variety of sports and physical activities as part of the PE curriculum. The curriculum is designed to cater for all students regardless of ability level. It includes football, hockey, netball, cross-country, swimming, rugby, athletics, rounders, cricket, gymnastics, waterpolo, badminton, basketball, dance and health related fitness. In Year 7, these activities are delivered through two double lessons per week and are taught in single gender groups.

We also offer an extensive co-curricular programme during lunchtime and afterschool. Lunchtime clubs and activities are open to all ability levels on a 'turn up and play' basis and although after-school practices are predominantly team based sessions, all students are welcome to attend to develop their individual and team skills. Students will also experience taster sessions in additional activities such as climbing, parkour, hill walking and yoga.

We also believe it is important that all students have the opportunity to represent the School. Competitive sport is at the centre of our programme promoting ethical and responsible behaviour, adherence of the spirit of rules and respect. These values are imperative in the development of well-rounded, confident and successful individuals. We compete in a number of local and regional sports that take us all over the North of England. Fixtures and competitions usually take place in the afternoons and after-school, however, there are occasional full day competitions spread throughout the year.

Saturday morning sport is an important and valuable aspect of independent school life and the School competes in football, hockey and netball throughout the season and across the Autumn and Spring Terms. Students are expected to be available for selection for Saturday sports fixtures. Matches are played onsite or at schools across the North West. Transport to and from matches and lunches is provided for all players and refreshments are available for all spectators at home fixtures. It is an honour to be selected to represent the School and we welcome support from family and friends on the touchline.

The School also travels abroad for sport and your child will have the opportunity to represent Westholme in football or hockey/netball tours. The PE Department runs an annual ski trip in February half-term, which is open to all ages and ability levels. An overnight trip to the Wimbledon Championships is also available each summer.

We hope to challenge, develop and enthuse all students providing them with an experience that is varied and exciting, which will ultimately promote a lifelong love of sport and physical activity.

Yours sincerely

A handwritten signature in black ink, appearing to read 'L A Purdy', with a horizontal line underneath.

Mr L A Purdy  
Head of PE

