



Our PE Subject Leader



My name is Mr Nicholson and I am the PE Subject Leader.

My passion/ personal experience with my subject.

Sport is in my DNA, I trained to be a Sports Scientist at college where I completed many different coaching badges including football, netball and Kayaking amongst others. Whilst growing up, I played many different sports and represented town teams and county teams in football, golf and cross country. I began my career at Red Lane coaching football and teaching sports during the holiday clubs before retraining to be a teacher.

Experiences in our school

Once I qualified as a teacher, PE was the subject I wanted to drive forward at Red Lane. PE is a vital part of any school and I wanted to support our staff to ensure the children receive a high quality Physical Education by moving to learn and learning to move. We are committed to teaching PE through the three pillars of progression which we call –Head, Hands and Heart. In EYFS and KS1 we focus heavily on the Fundamental Movement Skills to ensure children have the basics whilst beginning to learn about healthy participation and rules, strategies and tactics. These skills are built upon in KS2 and applied to PE lessons, sports and extra-curricular activities.

Hopes and goals in my subject

I hope that PE inspires our pupils to become better versions of themselves by encouraging them to take on a healthy lifestyle and an interest in being physically active outside of school. I would like PE lessons to be both physically and mentally challenging through developing what children know and how to do it. I want every child to learn, make good progress and enjoy their PE lessons.

