

What does PE look like at Sebert Wood?

2 hours of PE timetabled every week for each class.

Experienced sports coaches work alongside teachers and run after school and lunchtime clubs.

We have strong links with our local secondary schools and participate in inter school competitions.

We have been awarded PLATINUM mark for Sainsbury's School Games three years running.

81% of pupils in Key Stage 2 have attended at least 1 extra-curricular club. 54% inter-school and 100% intra-school.

As an active school we offer level 1 and 2 Bikeability training, walk and bike to school weeks and portable pedal bikes to use in the classroom.

Year 4 has the opportunity to swim.

Every year, all children participate in a school sports day; this promotes a competitive nature alongside team work, independence and resilience.

What is our vision?

At Sebert Wood, we strive to be an active school, not just during PE lessons but across all subjects, taking all subjects across the school outside or moving around the classroom. PE is promoted through Science, learning about their bodies and how to eat well, exercise and staying healthy. The knowledge they gain is to prepare them for secondary school and beyond.

What extra-curricular PE do we offer?

Basketball, Gymnastics, Football, Multi-sports, Tennis, Rugbytots, Dodgeball, Rounders and Netball.

Links with local clubs: HPN Gymnastics, David Hall Tennis, Rugby Tots and Gibbs Coaching.

Physical Education

What is unique about PE at Sebert Wood?

Once a term we have "Fit Friday" in which the whole school participates from Early Years to Year 6. This will range from a Joe Wicks style day to guest speakers such as Kristian Thomas (Olympic Athlete). A weekly parent/carer update shares with parents sport within school, competitions and after school clubs. We also have staff CPD with guest teachers in Gymnastics and Dance.

What do our pupils think?

"We are very lucky to have an expert dance teacher to come in and teach us dance."

"I am always nervous about PE but I really enjoy it when it starts."

"It's fabulous because of the range of sports we play."

"It's fun because there are different activities in all lessons."

"We have a great range of clubs and enter different competitions."