

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 before school, after and lunchtime clubs.

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

We have been awarded GOLD 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.

Years 2-4 have the opportunity to swim (Y4 swimming gala).

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, Tag-Rugby, Running, Netball, Gymnastics, Dance, Box2bfit, Archery, Tennis, Tchoukball, Aerobics, Hockey, Cricket and multi-skills.

Links with local clubs: Bury Spectrum, Culford Tennis, Dancing Stars, Jetts Netball, Rugby Tots, Nowton Cricket Club and Swish Basketball.

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). Each term a 'Sporting news' is released sharing with parents sport within school, competitions and after school clubs. We also have staff CPD with guest teachers in Gymnastics, Dance, Tag Rugby, Tennis, Box2bfit and orienteering to name a few.

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."