



Physical Education at Woburn Lower School



At Woburn Lower School PE teaching develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. Our PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use strategies to perform successfully.

Key Stage 1 and Key Stage 2 children have an afternoon of PE each week led by a Future Games coach who team teaches with an HLTA. The children's progress is tracked each term to ensure that they are developing the appropriate skills. Reception children also undertake a variety of PE activities led by Mrs black.

In Key stage 2 the children have swimming lessons at Flitwick Leisure Centre.

The children also have the opportunity to compete against other schools in competitions. In each competition they demonstrate a positive attitude and excellent team work skills.

Some Key Stage 2 children are appointed play leaders and their role is to interact with the younger pupils during lunchtimes and help them to be more active and learn new games.

We also feel that children benefit from learning about a healthy lifestyle across the curriculum so in July 'Health Week' was held. The children had a talk about healthy eating from a nurse. They did some healthy cooking with a specialist teacher and also met a football trickster called Colin Nell who was very inspirational. Also the School Council organised an inter school sports competition which was enjoyed by all.

The majority of children have also taken part in extra-curricular clubs. During Health Week the children tried some new games and voted on the most popular. So in this academic year, the children will enjoy archery and nerf wars clubs.

Year 4 children go on a PGL residential trip where they challenge themselves to try different activities.

