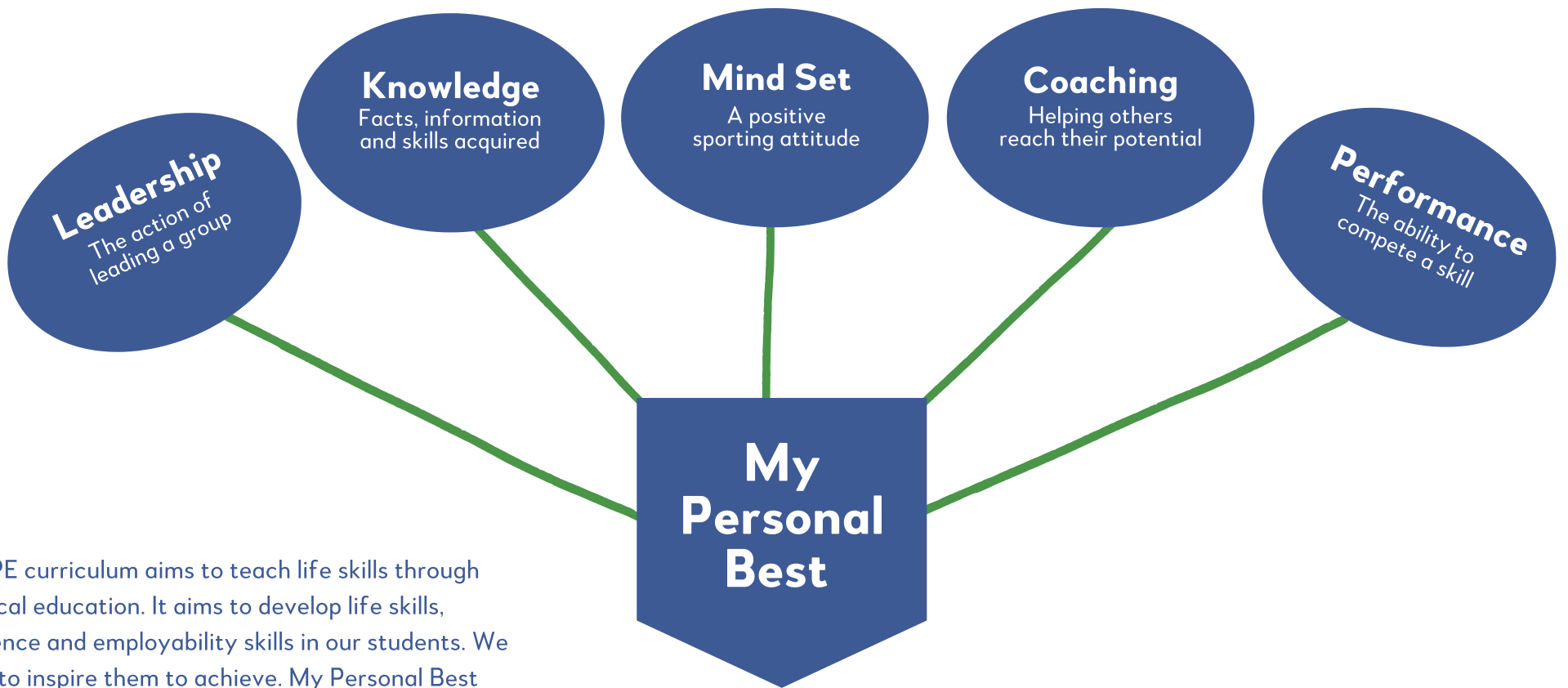


# Woodbrook Vale School

## PE Curriculum



Our PE curriculum aims to teach life skills through physical education. It aims to develop life skills, resilience and employability skills in our students. We hope to inspire them to achieve. My Personal Best delivers these skills practically, helping our students to recognise and transfer them to other lessons, to life in school and to their wider environment

In KS4 core PE we want students to be inspired to think about lifelong physical activity, whilst maintaining their health and wellbeing. We want all students to take part, promoting positive wellbeing, having fun and enjoyment and to help relieve exam stress.

