



The Academy of Woodlands

Woodlands Road, Gillingham

Kent ME7 2DU

Tel: 01634 336688

www.theacademyofwoodlands.co.uk

Head of School: Mrs C Brown
Executive Headteacher: Mrs E Poad

Monday 9th February 2026

Dear parents/carers,

RE: Physical Education and Forest School

The PE and Forest School department are looking forward to welcoming you back to term 4. Please find information below regarding Forest School, PE and Swimming for the coming term.

Physical Education Lessons

- Please see the table below to see when your child's class will be taking part in indoor and outdoor Physical Education lessons.
- We will be continuing to ask children to come into school wearing school PE uniform to reduce the time spent changing and to ensure that children participate in the maximum time. We will be monitoring PE uniform closely next year to ensure that all children are dressed appropriately aligned with the school uniform policy (please see below for reference). **We are trying to ensure all children are dressed the same to avoid any disputes in regard to clothing and footwear and to focus on our drive for togetherness.** Please ensure that the uniform you provide fits well for comfort and safety purposes.
- Please ensure that your child has long hair tied back and all jewellery is removed on the day of their PE lesson. **The school strongly advises that children get ears pierced during the summer holiday so that they are still able to participate in their PE lessons during term time.** Due to our school policy and insurance policy, we will not allow children to participate with ears taped.
- If your child has an injury or accident that prevents them from participating in PE, then please call the school office or send a note with your child.

Appropriate PE uniform consists of:

- Either a plain white or community colour t-shirt/polo shirt. Only logo permitted is the school logo.
- Either black or blue shorts or tracksuit bottoms (weather dependent).
- Either a black or blue jumper or hoodie (weather dependent).
- Appropriate trainers required.
- Football kits/ football shirts are not allowed.
- No football or rugby boots for PE lessons due to safety of children.

Swimming Lessons

- Swimming lessons will be taking place from term 1, all the way through to term 6. This year only year groups 3 to 6 will be swimming to ensure that we can provide high

quality swimming lessons. Swimming lessons will cost £2.50 per week which can be booked through Parent Pay.

- A separate letter with more information regarding swimming lessons will be sent to the classes taking part in Term 4.

Forest School Lessons

- Please see the timetable below for your child's Forest School sessions.
- Sessions will run in all weathers, including when it's raining so appropriate kit is vital (please see uniform list below).
- Reception children will have Forest School every week across the whole year.
- Please let the office know if your child has an injury where Forest School would not be safe for them to take part in.

Appropriate Forest School uniform consists of:

All children will need to ensure they have the following items available for all weather purposes:

- Wellies or hiking boots/trainers.
- Waterproofs – either an all in one and/or a waterproof jacket and trousers combo. Please provide this kit in a named bag, to remain in school till the end of each term if possible.
- On the day of Forest School, please send your child in wearing comfortable clothes (e.g.

Joggers (leggings in summer only) and a sweatshirt, children must wear long sleeve tops, no shorts or T shirts.) and their usual school shoes to wear in school after the session has finished.

During winter sessions

Children need to wear various layers of clothing to keep them warm in forest school (E.g. Top, jumper, coat/fleece and waterproofs). Alongside a coat children should bring in hats and gloves for their sessions, our site can become very muddy so please do not send children in with new items on, on these days.

We have a limited supply of waterproofs children can use, if you are facing difficulty in providing these for your children, then please do let us know. We are here to help ☺

KS1	Term 4 Forest School	Term 4 PE Lessons
YEAR R- Bumblebees	FRIDAY	THURSDAY
YEAR R- Ladybirds	FRIDAY	THURSDAY
YEAR R- Fireflies	FRIDAY	THURSDAY
YEAR 1- Robins	TUESDAY	TUESDAY AND FRIDAY
YEAR 1- Squirrels	TUESDAY	TUESDAY AND FRIDAY
YEAR 1- Caterpillars	TUESDAY	TUESDAY AND FRIDAY
YEAR 2- Rabbits	WEDNESDAY	WEDNESDAY AND THURSDAY
YEAR 2- Woodpeckers	WEDNESDAY	WEDNESDAY AND THURSDAY
YEAR 2- Owls	WEDNESDAY	WEDNESDAY AND THURSDAY

KS2	Term 4 Forest School	Term 4 PE Lessons
YEAR 3- Foxes	WEDNESDAY	WEDNESDAY AND THURSDAY
YEAR 3- Dormice	WEDNESDAY	WEDNESDAY AND THURSDAY
YEAR 3- Dragonflies	WEDNESDAY	WEDNESDAY AND FRIDAY SWIMMING
YEAR 4- Badgers	TUESDAY	TUESDAY AND THURSDAY
YEAR 4- Butterflies	TUESDAY	TUESDAY AND THURSDAY
YEAR 4- Beetles		TUESDAY AND THURSDAY
YEAR 5- Falcons	MONDAY	MONDAY AND FRIDAY SWIMMING
YEAR 5- Kingfishers	MONDAY	MONDAY AND THURSDAY
YEAR 5- Wolves	MONDAY	MONDAY AND THURSDAY
YEAR 6- Hawks	MONDAY	MONDAY AND FRIDAY
YEAR 6- Ospreys	MONDAY	MONDAY AND FRIDAY
YEAR 6- Eagles	MONDAY	MONDAY AND FRIDAY
YEAR 6- Kestrels	MONDAY	MONDAY AND FRIDAY

Yours sincerely



*Mrs Brown
Head of School
The Academy of Woodlands*

Tel: 01634 336688

www.theacademyofwoodlands.co.uk