

Dear parents / guardians,

Please find below information that will help maximise the learning of pupils in Physical Education and ensure 100% engagement from the start of lessons. Also, as the temperature rises I would like to highlight some key safety information to ensure all pupils remain safe in Physical Education lessons during the summer months.

Water

Pupils must bring a bottle of water to all Physical Education lessons. Large bottles (above 1 litre) are recommended. We have a cold water fountain in the PE department and at Happy Valley so 'free refills' are available .

Swimming

Pupils require a swimming costume (no bikinis and long shorts) for swim lessons. Sunscreen and goggles are also recommended as pupils are in direct sun for 45 minutes during lessons.

Shin Pads

Shin pads are compulsory for all Hockey and Football lessons/fixtures. Without shin pads pupils will not be allowed to participate in any competitive games.

Hats

In double lessons at Happy Valley caps are recommended as pupils will be in direct sun for over an hour.

Jewelry

All jewelry must be removed in the changing rooms. Watches should be removed and long hair must be tied back.

PE kit

Please ensure that **black** shorts are of a suitable length (ie - mid-thigh). If shorts are deemed inappropriate and too short (like hot pants) then spare kit will be given out.

Thank you for your support,

Mr F Marsden
Head of PE

