

PE Update – from Monday 7th September.

As a result of the changes that have been made to enable practical PE to be delivered in lessons, the following procedure should be adhered to. All students in school have two core PE lessons per week and we have put the following procedure in place in order to avoid overcrowding within changing rooms.

First PE lesson of the week

In their first PE lesson of the week, boys will come to school in their PE kit. This kit must meet the following criteria

Boys PE kit:

- trainers
- white sports socks
- Black shorts (black tracksuit bottoms or joggers can be worn over the top of shorts during the day)
- Plain white PE shirt
- Black/white base layer (optional)
- Outdoor PE top (optional). This must be the rugby shirt or a plain alternative that is appropriate for PE and worn in practical lessons.

They will remain in their PE kit throughout the day.

In their first PE lesson of the week, girls will come to school in full uniform. They will not be required to bring PE kit but will need to bring a pair of trainers. It will be necessary for girls to wear trousers where possible on this day as students will be following a low intensity PE lesson in their school uniform but will remove their tie and blazer and put trainers on. School shoes must be worn throughout the day, with the exception of the PE lesson itself.

Second PE lesson of the week

For the second lesson of the week, the boys and girls will swap. Girls will come in their PE kit and boys will come to school in full uniform, with their trainers in their bag. School shoes must be worn at all times during the day, apart from when taking part in PE. As with the girls, this lesson will be of an appropriately low intensity for the kit they are wearing.

Girls will wear PE kit, which consists of:

- Trainers
- White sports socks
- Black shorts or leggings (black tracksuit bottoms or joggers can be worn over the top of shorts during the day)
- Plain white PE top
- Black/white base layer (optional)

- Black outdoor PE top (optional). This must be the ¼ zip top or a plain black alternative that is appropriate for PE and worn in practical lessons.

Please note that it is not necessary to wear a blazer to school on the day that PE kit is being worn. The procedure outlined above will start on the week commencing Monday 7th September and will run until further notice. It will be reviewed to ensure the needs of the students are met as we adapt to the new protocol within school.

The PE dept.