

**BROOKSIDE PRIMARY SCHOOL**

Rostherne Avenue, Great Sutton, Cheshire, CH66 2EE

0151 558 1123 www.brookside.cheshire.sch.uk

Headteacher – Mr D Orme BA (Hons) NPQH Deputy Head – Ms J Smith B Ed (Hons) NPQSL

*“Happy and Successful in Everything we Do!”*

Dear Parents / Carers,

**PE is a statutory part of the curriculum** and children are entitled to 2 hours of PE each week from KS1 upwards. In addition to this, by the end of primary school, it is a National Requirement that all children should be able to swim 25 metres unaided and use a range of strokes effectively. They should also be taught about water safety which is a vital life skill.

At Brookside Primary School we believe Physical Education (PE) lessons (including Swimming lessons) are invaluable because they contribute to a child's cardiovascular health and helps promote the development of strong muscles and bones. Exercising regularly also combats obesity in children, which can reduce the risk of developing heart disease, diabetes and other common illnesses.

If your child is unable to participate in a PE lesson or a Swimming lesson please write a note to the class teacher to explain why they must be exempt that week.

**Uniform**

Please be reminded about the schools uniform policy for PE. Your child can wear their PE kit to school on the day that they have PE. They do not need to bring their uniform to change in to and may wear jogging bottoms over their PE shorts.

On those days we expect all children at Brookside Primary School to wear the following:

• Plain white PE shirt

• Plain black shorts

• Plain black jogging bottoms (in colder weather)

• School sweatshirt

• Trainers or plimsolls

If your child has pierced ears only small studs are permitted. However, on the days that your child has PE these must be removed by the adult prior to coming to school or by the child before the PE lesson. Staff are not permitted to assist your child in the removal of earrings nor can they provide a covering – you may choose to do so at home. No other jewellery can be worn during the PE lesson.

If you are experiencing difficulty in providing PE kit for your child please speak to your class teacher or contact the school office for some advice and support.

Yours sincerely

Miss Loney

(PE LEAD)