



Friday 5<sup>th</sup> September

## **PE Updates**

Dear Parents and carers,

Starting Monday 8<sup>th</sup> September, all children in Years 1 – 6 will be required to come to school in their PE kits on the designated days they have PE sessions. Our pupil voice surveys indicate that children thoroughly enjoy their PE learning and wish to spend more time being active. By continuing with this change, we aim to enhance their experience and provide additional opportunities for physical activity.

Children in EYFS will continue to come to school in their uniforms and change for PE lessons. While getting dressed may seem like a simple task, it involves developing several important skills, including body awareness, understanding right and left, fine and gross motor skills, bilateral coordination, stability, and planning. By allowing children to change in school, we can better support their development and foster their independence in these essential areas.

### **Chapelford Uniform Policy for PE:**

Item	Branding
Royal blue round neck t-shirt (from September 2025)  White PE t-shirts can be worn from September 2025 and will be phased out over academic year 2025-2026	Branding optional  Branded and unbranded items and all available from school suppliers and school preloved shops.
Plain black or navy-blue shorts (mid-length), leggings or joggers	No branding
All black or white trainers branded (discrete with minimal colour branding) or non-branded Or pumps for Reception only	No branding
School jumper, cardigan, sports jacket or fleece (no hoods).	Branding optional  Branded and unbranded items and all available from school suppliers and school preloved shops.



### **Health and Safety Guidelines for PE:**

**Earrings:** Pupils may wear a single pair of small studs in the lobe of each ear. These must be covered with tape during PE sessions to comply with health and safety regulations. We kindly ask that parents provide tape for this purpose or ensure that children remove their earrings prior to PE. Please note that no other jewellery is permitted.

**Watches:** Pupils may wear watches; however, they must be responsible for their own property. Smart watches (e.g., Fitbits, Apple Watches) are not allowed as per our school uniform policy.

**Hair:** Pupils with long hair must ensure it does not impede their vision, cover their face, or pose a health and safety risk. Long hair should be tied up during practical lessons, such as PE.

### **Designated PE Days:**

Year Group & Class	PE Days
Year 1	Monday and Thursday
Year 2	Tuesday and Friday
Year 3	Tuesday and Thursday
Year 4	Monday and Wednesday
Year 5	Wednesday and Thursday
Year 6	Monday and Friday

We appreciate your support in making sure your child comes to school dressed appropriately on PE days as it will enhance their participation and overall enjoyment of the physical education curriculum.

If you have any questions or concerns, please do not hesitate to contact your child's class teacher, who will be happy to support. Thank you for your cooperation and for your continued support of our school community.

Kind regards,

Mrs N Stewart  
Acting Headteacher