



Friday 18<sup>th</sup> October

## **Physical Education Update for Years 2 – 6**

Dear parents and carers,

I hope this message finds you well. I am writing to inform you of an important update regarding your child's physical education (PE) sessions that we hope will positively impact on our pupils' experience at school.

Starting after half term, from Monday 28<sup>th</sup> October, all children in Years 2 - 6 will be required to come to school in their PE kits on the designated days they have their PE sessions. Our pupil voice surveys indicate that children thoroughly enjoy their PE learning and wish to spend more time being active. By implementing this change, we aim to enhance their experience and maximise time for physical activity.

We will be implementing this change as a **trial for the remainder of the Autumn term**. At the end of the term, we will gather parents, pupil and staff feedback to review the impact of this initiative. Following this, we will communicate again to share if this is something we will continue in the future.

I would like to highlight a few key benefits of this approach:

- 1. Time Efficiency:** Arriving in PE kits will save valuable time during the school day, allowing us to maximise the duration of our PE lessons and provide pupils with more opportunities for physical activity.
- 2. Comfort and Readiness:** Wearing appropriate sportswear throughout the day will help pupils feel more comfortable and prepared to participate in physical activities, eliminating the need for changing clothes.
- 3. Promoting a Healthy Lifestyle:** This initiative supports our commitment to fostering a healthy lifestyle and the importance of regular physical activity. It encourages pupils to remain active throughout the day, cultivating a positive attitude towards fitness.

### **Reception and Year 1:**

Children in Reception and Year 1 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 younger children to change in school, we can better support their development and foster their independence in these essential areas. Again, we will review this next half term and communicate any changes with you.

**Chapelford Uniform Policy regarding PE kits:**

(Full CVPS uniform policy can be found on the school website under the policy section)

PE Kit	
Plain white t-shirt	Optional of CVPS branded or non-branded
Plain black or blue shorts	No branding
Plain black or blue joggers	No branding
Pumps or trainers	No branding

As we approach the colder months and PE continues to happen outside, I would recommend trainers and joggers for this next half term. Children can continue to wear their current PE kit, and we would not expect parents to purchase any additional items unless you feel it is necessary. **School cardigans and jumpers are also expected to be worn over PE kits.**

**We would like to remind you of our health and safety guidelines regarding jewellery and hair for PE days:**

- **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 themselves prior to PE days. 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.
- **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 PE.

**Designated PE Days:**

Year Group & Class	PE Days
Year 2	Tuesday/Thursday
Year 3	Tuesday/Thursday
Year 4	Monday/Thursday
Year 5	Tuesday/Thursday
Year 6	Monday/Friday

We appreciate your support in making this change and ask that you ensure 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 L Tottie  
Headteacher