

18th December 2019

Dear Parents and Carers,

We are updating our P.E kit policy in order to bring it in line with the current guidelines set out in The Association for Physical Education Safe Practice Handbook.

At Chisenhale Primary School, we recognised Physical Education (PE) as a key area of learning within the National Curriculum. Physical activity is integral to the good health of our children and thus, suitable PE kit is essential in ensuring that pupils access the PE National Curriculum to its potential, and participate safely and comfortably in physical activity at School.

The school P.E kit remains the same - dark blue shorts/tracksuit bottoms and a white t-shirt. Pupils may be asked to wear their school jumper if the P.E session is taking place outside during the winter months.

From January 2020:

* Children must change into their P.E kit for all weekly curriculum P.E sessions. Children that forget their P.E will have to borrow spare kit form the school and return it immediately after their P.E session.
* Boys and girls with hair longer than shoulder length will be required to tie their hair up with a suitably soft item. Children that do not have something suitable will have to borrow a spare item for the school and return it immediately after their P.E session.
* Children must wear appropriate footwear for P.E sessions. Training shoes are ideal for both indoor and outdoor P.E sessions. Unfortunately, the school is unable to provide spare footwear and children without appropriate footwear will not be allowed to take part in the session. In gymnastics sessions, barefoot work is the safest and the children will not have to wear their training shoes.
* All personal jewellery must be removed for P.E.
* Pupils unable to remove earrings will be required to make them safe by taping, front and back, which may offer a measure of protection. This taping may be done at home for younger children or prior to the lesson for older children. Chisenhale staff will not remove or tape earrings for pupils. Please be aware that taping earrings is not a completely safe measure against injury. The tape can fall off and it does not reduce the risk of a compression injury. I strongly recommend that children are not sent to school wearing earrings on days in which they have P.E.

For non-curriculum activities such as Five a Day, Wake and Shake and class reading treats, children will not be required to change into their P.E kit.

Please do not hesitate to contact me if you have any further questions.

Kind Regards,

Matthew Leser

P.E coordinator