



## Moredon Primary & Nursery School

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Primary Director: Mr Simon Cowley Principal: Mrs Claire Leach

Monday 4<sup>th</sup> September 2023

# PE and Sport

Hello,

Welcome to another new school year! I hope you enjoyed the summer of sport we have just had - there were some amazing moments and phenomenal achievements - both the Lionesses and the Roses coming second in the football and netball World Cups, the most medals ever won by Team GB in the World Championships, and a range of gold, silver and bronze medals in the World Aquatics Championships. Some great things to inspire our children!

At Moredon, we are devoted to fostering positive attitudes towards sport and exercise - and we are slowly increasing our PE and physical activity offer. Here are a few updates regarding PE and sports this year...

### PE Lessons

I am very happy to let you know that all pupils in Years 1 to 6 will now receive **two** PE lessons per week. This is great news as PE is such a valuable lesson and the impact of exercise on children's physical and mental health is huge. (Pupils in Nursery and Reception will have one lesson per week, but lots of their curriculum is very active already!)

To accommodate the additional PE lessons, each year group has been allocated specific days for PE. This will remain the same for the whole year...

**Nursery:** Thursday

**Reception:** Friday

**Year 1:** Tuesday & Thursday

**Year 2:** Tuesday & Wednesday

**Year 3:** Monday & Tuesday

**Year 4:** Wednesday & Thursday

**Year 5:** Monday & Tuesday (no PE during swimming term)

**Year 6:** Wednesday & Thursday

### PE Kit

PE kit is a part of our school uniform. The requirements are as follows:

- Plain white t-shirt (small logo is acceptable)
- Plain black shorts, leggings or jogging bottoms (small logo is acceptable)
- Plain black sweatshirt - or a school cardigan or jumper can be worn
- Trainers

Your child's class teacher will inform you which units/sports they will be studying each term so that you can provide suitable kit for indoors/outdoors sessions.

It is vital that all jewellery is removed for PE lessons. If children cannot take out earrings, then medical tape will be used to cover them. Long hair must be tied back (hair bands should be provided from home). This is really important for the health and safety of all children, and will be taken seriously by class teachers.

Please note that there is now a stock of spare PE kit in school. Any child that does not have their own PE kit in school on their PE day will be given spare kit to wear. Children will not be excused from lessons due to missing PE kit.

## Swimming

Due to budgetary constraints and availability, only pupils in Year 5 will go swimming this year. It is very likely that this will continue for the foreseeable future, so please be ready for your child to attend a block of swimming lessons when they are in this year group.

## Sporting After School Clubs

Monday	<b>3.30pm - 4.30pm: HS Sports Multi Sports Club - Year 2 to Year 6</b> Starting on <u>Monday 11<sup>th</sup> September</u> (5 sessions - TD day on 9/10/23) <b>BOOKING &amp; PAYMENT THROUGH HS SPORTS DIRECTLY - SEE SEPARATE LETTER</b>
	<b>3.30pm - 4.15pm: Dance Club (Georgia) - Years 1, 2 &amp; 3</b> Starting on <u>Monday 11<sup>th</sup> September</u> (5 sessions - TD day on 9/10/23) <b>BOOKING &amp; PAYMENT THROUGH HS SPORTS DIRECTLY - SEE SEPARATE LETTER</b>
Tuesday	<b>3.30pm - 4.40pm: HS Sports Football Club - Years 1 &amp; 2</b> Starting on <u>Tuesday 12<sup>th</sup> September</u> (6 sessions) <b>BOOKING &amp; PAYMENT THROUGH HS SPORTS DIRECTLY - SEE SEPARATE LETTER</b>
	<b>3.30pm - 4.40pm: School Team Football Training (Boys &amp; Girls) - Years 5 &amp; 6</b> Starting on <u>Tuesday 12<sup>th</sup> September</u> (6 sessions) <b>BOOK BY RETURNING SLIP - NO FEE FOR PUPILS</b> (This is provided by our Sports Premium funding)
Friday	<b>1.30pm - 2.40pm: HS Sports Football Club - Years 3 &amp; 4</b> Starting on <u>Friday 15<sup>th</sup> September</u> (6 sessions) <b>BOOKING &amp; PAYMENT THROUGH HS SPORTS DIRECTLY - SEE SEPARATE LETTER</b>
	<b>1.30pm - 2.30pm: Dance Club (Georgia) - Years 4, 5 &amp; 6</b> Starting on <u>Friday 15<sup>th</sup> September</u> (6 sessions) <b>BOOKING &amp; PAYMENT THROUGH HS SPORTS DIRECTLY - SEE SEPARATE LETTER</b>

## National Day of Fitness

We will be celebrating *National Day of Fitness* on **Wednesday 20th September**. All pupils are invited to wear sports clothes to school on this date (it does not have to be the PE uniform). We will be taking part in an online dance class with Dame Darcey Bussell alongside other sporting activities throughout the day. There is no charge and we will not be fundraising - it is simply a day for children and adults to celebrate fitness!

## Sports Coaches

I am sure our pupils will be very happy to know that Kieran will be continuing to work at Moredon as a Sports Coach this year. We also have a new coach called JJ starting with us. Kieran and JJ will lead lunchtime activities and coach some KS2 PE lessons. They are also involved in HS Sports after school clubs, and Kieran will once again be coaching the Y5/6 football team with Lewis. Kieran, JJ and Lewis are wonderful sporting role models for our pupils and we are very lucky to have them with us this year.

I hope you are just as excited as me for the year of sport and activity ahead - we've got some fun things lined up... and double the PE! It's going to be great! If you have any questions about PE or sports at Moredon - or if you have any ideas or suggestions - please do not hesitate to contact me.

Kind Regards,

Miss Carter  
PE Lead

## Year 5/6 Football Club - Tuesdays, 3.30pm - 4.40pm

*Please complete and return this form to secure your child a place in the football club. Spaces are limited and will be given on a 'first come, first served' basis. There is no charge for the club but regular attendance is expected, or your child risks losing their place. A full football/sports kit is required for every session, along with shin pads and boots. (Pupils will be selected for matches by the coach and will be notified of this by letter - pupils are selected dependent on skill, commitment, behaviour and attitude.)*

Pupil Name \_\_\_\_\_

Class \_\_\_\_\_

- My child is allowed to walk home alone after training.
- My child will be collected after training (he/she is not allowed to walk home alone).

Signed \_\_\_\_\_

Date \_\_\_\_\_