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Physical Education

Dear Parents/Carers,

Being prepared with the correct PE kit not only prevents unnecessary injuries but also brings many physical, psychological, and social benefits. Therefore, to deliver enjoyable experiences while improving the children's abilities across a range of different sports, certain items are expected for every lesson. Please see the list below:

- **House coloured t-shirt** preferably with the **school logo**. These are available from **Stevensons**, 11 Market Pl, Reading RG1 2EG, 0118 959 6462 or www.stevensons.co.uk. Alternatively, children can wear a plain white round neck t-shirt. If unavailable, a white t-shirt.
- **Black/dark blue** jumper
- **Black/dark blue** shorts or the same-coloured jogging bottoms
- **Trainers** (Football boots are useful for outdoor lessons on the field. They provide better protection and prevent feet from becoming wet).
- **Year 2-6** will need **shin pads** and **long, thick sports socks** for certain activities such as football and hockey.
- **Soft bands** to ensure **long hair** is tied and remains clear of the face.
- **Water bottle**

Health and safety,

- Tights and any form of jewellery must not be worn, for example earrings, bracelets, thick plastic type head bands, necklaces, rings, hair clips and watches as these may cause harm to themselves or others.

Other important points

- Wearing socks is an essential part of hygiene.
- No or a lack of kit will limit your child's opportunity to participate. Alternative work-related tasks have been devised to ensure learning continues.

Thank you for your continued support.

Yours sincerely

Mr Charman
PE HLTA