



28th September 2020

Dear Parent/Carer,

I am writing to provide an update relating to Physical Education and Sport at Lealands High School, and in particular, information regarding PE kit.

It has been fantastic to see students engage so well in physical activity within PE lessons since our return to school. The PE department have designed a curriculum for all year groups that not only takes into account the current Government and National Governing Body guidelines relating to sport and physical activity, but allows all of our students to develop an appreciation for leading a healthy and active lifestyle, which is so important to the well-being of all young people.

The current guidelines state that where possible, physical activity and sport should be undertaken outdoors and in open spaces to ensure students remain safe whilst still being able to be physically active. With this in mind, the current schemes of work being taught within Physical Education are designed to be delivered outside, using the school field and astro turf pitch. In order to ensure students continue to take part in Physical Education lessons, remain active and progress within the subject, we will continue to teach every practical PE lesson outside throughout this term.

During their first lesson of the term, students were given clear guidelines relating to acceptable PE kit, this information is also available on our website. Students have been outstanding in terms of following these expectations.

As we move into autumn and the winter months, inevitably the weather will become changeable with wet weather and colder temperatures. In order for students to be prepared for taking part in PE lessons during these conditions, I wanted to inform you of our kit policy at this time of year. In addition to their full and correct PE kit, on wetter and colder days students can also wear:

- A sports waterproof jacket – please ensure the jacket is either blue or black, only has a small logo and does not have a hood.
- On particularly cold days, and at the discretion of their teacher, students will be allowed to wear gloves.
- Students can wear thermal layers or sports specific skins underneath their full and correct PE kit in order to stay warm.
- At this time of year, we encourage students to wear tracksuit bottoms. Lealands colours tracksuit bottoms can be purchased from our uniform supplier (further information can be found under the ‘information for parents’ section on the school website).

Unfortunately, due to health and safety in a physical activity environment, students will not be able to wear any other form of outdoor coats or warm weather clothing during practical lessons.

I would also suggest that on wet days, students bring with them a change of socks to wear for PE lessons and a towel to dry themselves after lessons.

If you have any further questions relating to the PE kit students can wear, or PE and sport in general at Lealands High School, please do not hesitate to contact me.

Yours sincerely,

Mr Welch
Director of Sport



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