

HEATHER GARTH PRIMARY ACADEMY

Dear Parent/Carer

8 September 2023

RE: PE KIT

Due to the many issues encountered last year with regards to some children either bringing inappropriate PE kit or no PE kit whatsoever, we would like to remind you that PE is part of the school curriculum and our expectations for the new year are as follows:

The school PE kit is:

- Blue or white plain t shirt
- Black or navy sweatshirt or tracksuit top (no hoodies)
- Black or navy shorts or joggers
- Trainers

PE LESSONS CAN BE EITHER INDOORS OR OUTDOORS, AND THEREFORE, CHILDREN MUST BE PREPARED WITH THE CORRECT PE KIT FOR BOTH.

Please ensure that your child:

- Has removed their earrings
- Tied up long hair (both boys and girls)
- Does not wear football kit or cropped tops
- Has appropriate footwear (trainers)

We understand that last year it could be very confusing to know what days your child's PE days were on, and therefore, we have addressed this and list below the days each year group will have their PE lessons on this year:

YEAR GROUP	DAYS OF THE WEEK WHEN THIS YEAR GROUP HAVE PE (AUTUMN TERM)
Foundation Stage 2	Monday only
Year 1	Monday & Wednesday
Year 2	Monday & Thursday
Year 3	Tuesday & Thursday
Year 4	Tuesday & Thursday
Year 5	Wednesday & Friday
Year 6	Wednesday & Friday

The importance of PE kit:

- Raises the profile of PE and shows that we value PE at Heather Garth
- PE kit ensures that everyone wears kit that is safe, fit for purpose and equal
- Teaches children that when they exercise, they sweat and it is not healthy to wear sweaty clothes or PE kit all day. (Children can develop fungal and bacterial infections wearing sweaty clothes; there can also be problems with body odour, especially for older children, and staying in sweaty clothes can cause chills and make children susceptible to cold and body aches)
- Helps younger children to be more independent and develop an important life skill (they learn how to dress/undress themselves, do buttons up, tie laces, etc)

All children are allocated a coat peg in school, and therefore, if you wish to bring the PE kit in another bag it can stay in school for both days (providing it doesn't need washing), this of course will depend on your child's activity levels and stage of puberty.

Kind regards,

Mrs Winnard
Headteacher