

January 2024

Dear Parent/Carer

PE KIT

Due to the many issues encountered last term 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 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)

Please find below their PE days:

YEAR GROUP	DAYS OF THE WEEK WHEN THIS YEAR GROUP HAVE PE (SPRING TERM)
Foundation Stage 1	Monday AM & Friday PM (PE Kit not required)
Foundation Stage 2	Monday only
Year 1	Monday & Wednesday
Year 2	Monday & Thursday
Year 3	Tuesday & Thursday
Year 4	Autumn & Summer Tuesday All year - Thursday Spring - Friday Swimming
Year 5	Tuesday & Wednesday
Year 6	Wednesday & Friday

Having the correct PE kit is import because:

- 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

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