



8<sup>th</sup> March 2024

Dear Parent/Carer

**RE: Physical Education Kit**

Physical Education is a statutory requirement for all pupils to attend and to participate in. At Armthorpe Academy we offer a wide variety of physical activities and individual pursuits, that meet the needs of the National Curriculum and beyond. We believe the physical, social and emotional benefits that PE offers pupils, will help them develop into healthy, active, young adults by the time they leave school.

I write to update and remind you all regarding the expectations surrounding PE lessons for all students in years 7, 8, 9 and 10. At Armthorpe Academy we set high standards and expectations in all aspects of school and Physical Education is no different.

Whilst the vast majority of students bring their full and correct PE kit, over the past few weeks we have seen an increase in the number of students not bringing PE kit for a variety of reasons. We have also received numerous emails/notes from parents asking for their child to be excused from PE due to feeling poorly or having an injury. Whilst we will always support our students by never putting them in a position to worsen an existing injury or feel worse, we do expect every student to bring their PE kit if they are in school on a PE day. There are several reasons for this and I hope the following list answers any questions you may have.

1 – If a student has a minor injury; bring your PE kit, and you will be included in the lesson with a different role such as coach, official or teaching assistant.

2 – If a student is feeling poorly after returning to school; bring your PE kit, and you will be included in an indoor lesson with a different role such as coach, official or teaching assistant.

3 – If a student forgets part, or all of their PE kit; you will be offered spare kit and footwear so you can be included in the lesson as normal. Spare kit is washed and dried by staff, daily. If a student forgets their kit on more than one occasion, a detention will be issued on Classcharts.

4 – If a student is unable to bring their correct school PE kit; bring an alternative kit with a note to explain why. You will then be offered spare kit to complete your kit but you won't be given any negative behaviour points.

5 – If a student persistently forgets their PE kit, contact home will be made, with the possibility of being placed on a PE report for 4 lessons. If no improvements are made, parents will be invited in to discuss the support and next steps available.

There may be valid reasons for not bringing kit, such as being on crutches or having an injury that makes it impossible to change into kit, but for minor knocks and ailments, we expect every student to be in PE kit for their lesson. There are many roles to fulfil and ways to contribute other than just performing and playing sport. Ultimately, we would like the students to take responsibility for their own organisation, with the support of parents/carers.

On any given day at Armthorpe Academy, we have approximately 250 students participating in PE, and we simply do not have enough spare kit to offer the current number of students who forget to bring their PE kit. It also takes up valuable lesson time if we are supplying spare kit to numerous students at the beginning of the lesson.

I also want to extend our support to families who may be struggling to purchase PE kits for whatever reason. If you would like support with this, please email the main reception and they will forward the email to me. I will then get in contact with you to discuss what options are available. I will do all I can to ensure that every student has the correct kit to get involved in their PE lessons.

Here's a reminder of the PE kit list for all students at Armthorpe Academy:

- Armthorpe navy PE T-shirt
- Plain navy Shorts
- Plain black/navy leggings
- Optional Armthorpe PE midlayer

Items can be purchased via <https://tinyurl.com/47kwexdc> or from Cliffs.

Within the PE department, we are passionate about physical activity and healthy lifestyles and we want every student to enjoy their PE lessons and reap the rewards of regular exercise, teamwork and challenge.

If you have any questions, please do not hesitate to contact me via the main reception.

Yours sincerely

Mr J Dwyer  
Head of PE