



Dear **Primary School Parents** and **Carers**,

*'Being **Safe**, being **Ready** and being **Respectful** in our Physical Education lessons'*

We would like to kindly remind you of some guidelines and information regarding our **PE lessons**.

All pupils are expected to wear our school **PE kit**. Blue shorts / black or navy-blue leggings / tracksuit bottoms; a green T-shirt. These can be bought at the school reception. Y6 pupils are allowed to wear our blue T-shirt that can be bought at Valdstejska campus.

All pupils should have their colour **House T-shirt** for every House Event that will be announced in advance. These can also be bought at the school reception. The first House event is our annual **Parklane Mile** and you are all very welcome to join the race or watch it.

Pupils are reminded to have **appropriate clothing** on **hot or colder days**. They should bring a **HAT**; sun glasses; sun cream or a hat/ gloves / light jackets. We will be outside as much as possible at the Tatra sports facilities.

Pupils have been reminded that they **must have outdoor and indoor shoes** or sneakers and socks during their physical education class outside or in the gym/ hall. This rule is for his/her own safety as well as the safety of the other students. No crocs, clogs, boots or sandals will be permitted. Sneakers must fit well and be worn during the PE lessons.

Tatra has strict rules for all their halls and the pupils must change their shoes when being inside. We use the gym studio where we do **gymnastics** mostly and pupils must be **barefoot**. Therefore, pupils will be asked to remove their socks when having gymnastics practice. This is also an important safety rule. The gymnastics hall is warm and cleaned very well every day as it is used for 2 years old children too.

Pupils will be asked to remove any **jewellery** they might be wearing that day they may be asked to take their **watch** off when doing an activity if wearing the watch is not safe and **tie their hair back** if they have a long hair style.

Our PE curriculum is an inclusive part of the school day and all children **must attend all the different strands of the PE curriculum unless a written reason is given**. If a child cannot attend PE, he/she should have a medical letter from her/his paediatrician or doctor. If an illness or injury persists, please have your child bring a doctor's or parental note explaining the restrictions your child has, as well as the duration of the injury or illness.

Finally, we are a school where we promote **Sport for all, inclusion and pupils leading a healthy and active lifestyle in all we do**. Your encouragement and involvement will make all the difference.

We would like to **thank you** in advance for all of your cooperation in making your child's Physical Education experience an enjoyable one.

If you have any questions or concerns, please do not hesitate to contact us.

Mrs Lucie M. and the **Primary PE Specialist Teaching Team**.

