

PE & Games Lessons

Physical Education and Games lessons are compulsory for all pupils.

The only exception to taking part in the physical aspect of the lesson is where a pupil is injured or suffering from a long term illness. In these cases, parents are requested to send a brief note to the PE staff explaining the circumstances, along with a Doctor's certificate, where appropriate.

However, these pupils are still required to bring their kit to wear in the lesson to officiate, coach and assist as far as possible.

N/P Pupils must remove all items of jewellery before taking part in PE/Games lessons, for Health and Safety reasons.

Your Physical Education Uniform

The following sports kit is required for all pupils and should be worn during every PE or Games lesson.

GYMNASTICS/DANCE/ATHLETICS/FITNESS:

Girls/Boys - White school polo shirt, school PE T-shirt or school rugby shirt and navy/black shorts or black school tracksuit.

SWIMMING:

Costume and towel

GAMES:

School PE T-Shirt, school rugby shirt, school black tracksuit and track shoes or trainers/rugby/football boots should be worn when required.

SHOWERS: etc...

A plastic bag is required to protect other items from wet kit after lessons.