

Arrangements for Physical Education at Woodgate School

Each class gets two 1-hour lessons a week; 1 lesson is taught by our sports coach and covers a sports/games element of P.E. The second is taught by the class teacher and covers the gymnastics, dance and yoga elements of P.E.

Lessons are taken from a professional P.E. Scheme of Work and covers the P.E. National Curriculum.

On the day of your child's P.E. lessons, they are encouraged to come to school wearing their P.E. kit. The children should wear their school jumper over the top of their P.E kit. Below are the expectations for P.E. kit at Woodgate School:

Indoors gymnastics, yoga and dance lessons

Plain red T-shirt

Plain black shorts

Bare feet

Indoor games lessons

Plain red T-shirt

Plain black shorts

Trainers

Outdoor lessons

Plain red T-shirt

Plain black jogging bottoms/shorts

School Uniform sweatshirt

Trainers

For Health and Safety reasons, NO tights or pumps to be worn in any PE lessons

Each child has a statutory entitlement under the National Curriculum to take part in P.E. lessons. Appropriate P.E. kit must be worn. Any child without an appropriate kit may be given a 'spare' PE to wear to ensure they are taking part in P.E. lessons.

If a child is unfit to participate in a P.E. lesson, they will need a note from their parent/guardian. Children unfit for P.E. will participate in an appropriate role, be it filling in an observation sheet, coach or scorer.

NO jewellery or watches are to be worn during P.E. lessons. If a child cannot remove their stud earrings due to recently having their ears pierced, then they must provide plasters from home to cover up the studs. Long hair must be tied back.

NB – We advise that if your child is considering having their ears pierced, then this is done at the beginning of the summer holiday, to allow their ears to heal.

Year 5 children take part in 12 weeks of swimming lessons at the University of Birmingham swimming pool in Selly Oak during the Autumn term. These lessons are taught by qualified swimming instructors. A separate letter is sent to Year 5 parents explaining these arrangements along with a short survey so we can baseline our children's swimming skills to help us complete our yearly P.E. and Sports Premium document. Swimming is not optional – it is part of the KS2 national Curriculum Requirement and as such parents cannot withdraw their children from lessons.

We thank you in advance for your co-operation, as we work together to ensure your child has their statutory entitlement to P.E. and is safe and well prepared for lessons.