



## **Reminder for Autumn Term Expectations in PE**

Dear Parents/Carers,

As a school, we continue to take great pride in the broad curricular and extra-curricular sporting opportunities we offer our students – with a very busy and exciting 2024/25 academic year ahead – **please take note of the items below:**

- All jewellery & watches must be removed for PE lessons and sport. Taping over ear piercings will be permitted, however, as a last resort.
- PE kit includes black West Moors Middle School top, plain black shorts/skort/black tracksuit bottoms/plain black sport leggings (**not** fast fashion cotton leggings), trainers (**not** plimsols/vans/converse/hi-top style) - please see below for information regarding suitable and unsuitable shorts.
- Football/rugby boots/astro trainers **must** be worn for football and tag rugby sessions.
- Shin pads **must** be worn for all football sessions.
- Students are reminded to bring a full **water** bottle to PE lessons.
- Students are reminded to bring a waterproof jacket to school in the event of wet weather.

### **Physical Education Jewellery Update:**

Our whole-school policy on jewellery, is that **students are only permitted to wear one pair of plain sleepers or studs with their school uniform; no other visible piercings are permitted (e.g. rings/bracelets/nose studs) neither are plastic retainers. False or acrylic nails are also not permitted in school.**

The policy is based on national guidance issued to us by the Association for Physical Education (AfPE) and has the best interests of our students at heart. “The Association for Physical Education (AfPE) strongly recommends the practice of removing all personal effects at the commencement of every lesson to establish a safe working



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environment. This applies to all ear and body piercings, including retainer and expander earrings". It has therefore been stated in our policy for several years that students will not participate in any form of physical activity whilst wearing earrings or jewellery (including activity trackers) or with long or false nails. This helps ensure all students and teachers are safe and leaves no ambiguity.

We appreciate that students will get their ears pierced and accept that there will be a subsequent healing period. We therefore advise pupils to have their ears pierced at the beginning of the summer holidays in order to avoid conflicting with term time. Any piercing that cannot be removed will ultimately be detrimental to your child's learning, as they will not be able to take a full and active role in PE lessons throughout this period.

- If a student arrives to a PE lesson wearing earrings, a watch or any other piece of jewellery, they will be asked to remove piercing/jewellery and place safely in their locker.
- If a student refuses to remove a piercing or piece of jewellery without good reason, this will be considered as defiance and students will be sanctioned accordingly, in line with the school's behaviour policy.
- For consistency, this policy applies to all practical PE lessons, fixtures, and extra-curricular sports activities.

### Plain black PE Shorts/Skorts/Leggings

As you can appreciate, as a school we must make decisions to determine what *is* and what *is not* appropriate clothing for PE.

Our aim is to preserve the dignity and to safeguard our students; please see below images of suitable garments; All, both boys and girls, must be black in colour – the material must be suitable for sport.



To avoid any doubt, I think it is also easier for us to clarify what we do not want to see in school, and to allow everything else. So, to be clear, it is shorts like the 'Nike Pro 8cm shorts' that we do not want to see during PE lessons: <https://www.nike.com/gb/t/pro-8cm-shorts-XT8hgG/CZ9857-010> and/or running shorts like these:

<https://www.nike.com/gb/t/aeroswift-dri-fit-adv-mid-rise-brief->

[lined-8cm-running-shorts-1K9vvt/FN2328-010](#) (and any other brands of similar styles – not limited to Nike).

In effect, all shorts must measure no further than 12cm above the knee and all shorts/tracksuit bottoms must be clear of any glaring designer logos and/or patterns.

Lastly, I would like to remind everyone that **PE kits are to be worn on curricular PE days only**. Students will have the opportunity and are expected to change into their PE shortly before their extra-curricular club/fixture/event is due to start.

Please find a list of PE days below, as well as this year's curriculum map:

**Monday:** 8EF, 7AT, 8SA, 5JH

**Tuesday:** 8SA, 5KM, 6CW

**Wednesday:** 7AR, 6CW, 7AT

**Thursday:** 6CC

**Friday:** 5KM, 8EF, 5JH, 6CC, 7AR

<b><u>Autumn 1</u></b>	Football	Tag-Rugby
<b><u>Autumn 2</u></b>	Netball	Gymnastics/Dance
<b><u>Spring 1</u></b>	Basketball	Circuits
<b><u>Spring 2</u></b>	Handball	Quidditch
<b><u>Summer 1</u></b>	Cricket	Tennis
<b><u>Summer 2</u></b>	Athletics	Rounders

Thank you for your ongoing support as we continue to strive to provide all students at West Moors Middle School the best experience possible in PE.

Kind regards,

**Mr Perry**

PE Coordinator



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