

Dear Parents and Carers

Year 1 and 2 Swimming and P.E. Day Reminder

P.E. Kit - It has been brought to my attention that kit being worn for P.E. days has started to lapse from our request for children to wear our preferred P.E. kit. Please can footwear for P.E. be of soft sole sports trainer style and not more of a fashion trainer style. Fashion trainers are not suitable and do not provide the cushioning that proper sports footwear does. This is important as the children's feet are still developing and growing and they need proper protection. Sports trainers do not need to be branded or expensive to be suitable, there are many reasonably priced trainers that can be purchased. Joggers and tops should be plain and follow our uniform guidance.

P.E. Kit

Please can children come into school in their P.E. kit on their P.E. day:

Gold P.E. T-shirt with logo / school sweatshirt or hoodie

Maroon P.E. Shorts / dark joggers

Trainers: plain colour, Velcro fastening only (no laces), no plimsolls please

Earrings must not be worn for physical activity for reasons of health and safety

Swimming Kit – Year 1 children have started swimming this term and are requested to wear their swimming costumes / trunks under their P.E. kit to school to enable them to change quickly and have a longer time to swim. P.E. kits worn on these days should follow our preferred P.E. kit as listed above. Year 2 children bring their swimming kit to school and again should wear the preferred P.E. kit on their swimming day as is easier to change in and out from.

Swimming for Years 1 and 2 is funded by the school as it is one of the two physical activities required by the Department for Education that children should participate in each week. As we only have one hall with 14 classes which also doubles as our assembly hall, lunch hall and the only indoor space for P.E. we can only timetable one session for each class on a weekly basis. Swimming provides a really good all round body exercise as our second physical activity and is considered part of our curriculum offer. Therefore if your child is fit enough to attend school on their swimming day they are considered fit enough to swim. There are exceptional circumstances that may prevent your child from taking part in swimming but this would need a letter written from a child's parent/carer and agreed by school to exempt a child from this planned curriculum activity, as would be expected from any other curriculum activity.

Swimming is a life skill and it is really important as we live by the sea for the children to learn to swim. It takes a lot of planning and support to provide this specialist activity for all our children and we are blessed to have an indoor pool on site.

Thank you for your support. If you have any queries please contact the school office at office@his.porticoacademytrust.co.uk and your enquiry can be followed up with you.

Many thanks,

Lisa Clark

Headteacher