

15<sup>th</sup> December 2022

Dear Parents and Carers,

**Re: PE – Spring Term**

As the Autumn Term draws to a close, I wanted to provide you with information regarding your child’s PE lessons from January, and other important information for next term.

I would firstly like to highlight the success of the Inter-house Competitions this term. This was the first time the children have competed in these, and they have shown excellent team spirit throughout, creating a real buzz around the school. The winners of this term’s competition will be announced on the first day back after Christmas, and they will be awarded a non-uniform day. Inter-house Competitions will continue throughout the year, incorporating a variety of skills; more information will be provided about this each term. As an early reminder, house colours are, purple for Attenborough, Green for Da Vinci, yellow for Dyson and red for Rowling; your child will be asked to wear a house-coloured t-shirt for sports day, and will also be able to wear these for future inter-house competitions if they wish.

To start the new term, all year groups will be completing Fitness Week from 3<sup>rd</sup> January – 6<sup>th</sup> January. This will be a chance for the children to work on their own personal fitness development, and encourage individual challenge. During this week, they will have one lesson focused on running, where they can choose to take part in long distance, by attempting to beat their Autumn Cross Country score, or short distance, where they will complete the Cooper Run. The second lesson during this week will focus on Circuit training and individual fitness challenges. Be warned that your child may want to get you involved in these at home too!

After Fitness Week, the curriculum will follow the below schedule. For Spring Term 1, no additional equipment will be needed. For Spring Term 2, Year 7 and Year 8 must have gum shields. In Spring Term 2, shin pads are optional for all year groups and gum shields are optional for Year 5 and Year 6.

	<b>Year 5</b>	<b>Year 6</b>	<b>Year 7</b>	<b>Year 8</b>
<b>Spring Term 1</b>	Netball	Netball	Basketball	Basketball
<b>Spring Term 2</b>	Tag Rugby	Tag Rugby	Rugby	Rugby

I would like to also include a reminder about expectations within PE for equipment and kit. As with all subjects, correct equipment is vital in order to get the most out of the lessons. If essential equipment is not brought to lessons, cards will be marked, and it may impact on the activities the children can undertake within the lesson.

I have included a PE kit reminder below for your reference, however I would like to particularly highlight earrings. Earrings can be dangerous when worn during sport, both for the person wearing them, and others. Please ensure that earrings are taken out on PE days, or that tape is provided if this is not possible.



PE Kit at BMS:

- Polo shirt or T-shirt in light blue, or reversible rugby shirts
- Black shorts or skort **must not be shorter than mid-thigh length**
- Black tracksuit bottoms or leggings
- White PE socks or black games socks
- Trainers or football boots (any colour)
- PE Hoodie – navy with the blue school logo (optional)

The weather has been particularly cold this year, therefore I suggest additional layers are also worn. As long as correct PE kit is worn, any additional layers in blue or black, or worn underneath, are acceptable; gloves, hats, scarves and coats are advised as it is much easier to remove layers to cool down!

Finally, if there is any reason that your child cannot take part in a PE lesson, please ensure a note is provided so that your child's PE teacher is aware of the situation and can give appropriate alternative tasks where possible. Unless an injury prevents your child being able to wear their usual PE kit, every effort should be made for them to attend the lesson wearing their kit.

We are looking forward to a new term of PE, where children can explore sports to find their passion and take advantage of exciting sporting opportunities!

Have a lovely, restful Christmas break.

Many thanks,

Miss S Matthews  
PE Lead

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