

23rd October 2020

Dear Parents/ Carers,

Thank you for supporting your child throughout their first half-term of PE this academic year. Our pupils have made excellent progress and their organisation in preparation for lessons has ensured PE lessons have continued to be an outstanding success.

As we move into the second half of the autumn term, please find below a reminder of the structure of PE lessons previously shared in September.

Please note, there is one update I wish to draw your attention to:

- **We highly recommend** that pupils who are in an outdoor location (please see 'Outdoor Location Timetable' attached) for their PE lesson next half-term **bring their uniform and school shoes in their school bag**. As the weather begins to change, conditions may become wet and muddy. In these circumstances, to ensure pupils are comfortable for the remainder of the day, changing will be permitted at the end of the lesson.

PE Lesson Structure – Reminder from September Letter:

Practical PE Days

In The Government's guidance on the reopening of schools there is subject-specific information for physical education which has informed our new core PE curriculum.

- Important: To ensure that our pupils can be physically active in a safe environment **pupils must arrive to school in their PE kit on the days that they have PE on their timetable**.
- Kit Expectations: Please find attached our DEC PE kit policy which remains unchanged. As pupils will be in PE kit all day and will not have the opportunity to change (please see box above for exceptions) please be aware this will also be the case in cold or wet weather. We therefore encourage **black** tracksuit bottoms/ long sleeve top to be worn in line with our PE kit policy.

Theoretical Content Days (Years 8-11 only)

Additionally, to support the well-being of our pupils they will also experience some hours of theoretical content which continues to explore the impact of physical activity on social, emotional and physical health. There will also be a supplementary opportunity for some pupils to receive literacy intervention. This will take place on a rotational weekly basis with each PE group having the opportunity to cover this content.

On the following page, please find a calendar which details when each group will have their theoretical content week. Please use your child's timetable to locate the appropriate group code.

- Important: Please note, when pupils are on their theoretical content week they will not require PE kit and must attend in **full school uniform**. You will receive a text reminder the day before your theoretical knowledge lesson day.

FAQs

1. Why are we asking pupils to arrive in PE kit on practical PE days?

In line with government guidance, we will not be using the changing rooms for pupils to get changed. To limit the use of the changing rooms they will only be used to store pupil bags and belongings during PE lessons.

2. What if my child forgets to arrive in PE kit?

Our normal PE kit policy will apply (please see attached).

3. Will my child be instructed to wear DEC kit if they do not have their own?

Yes. In line with our normal PE kit policy pupils will be issued a replacement PE kit for the lesson. The replacement PE kit will only be worn once, machine-washed and sanitised after use and stored in a protective bag.

4. Why will my child experience a theoretical content lesson on rotation?

To minimise the group sizes in a practical area at one time we will be restricting pupil numbers in practical PE. This provides an opportunity to explore areas of the physical education and literacy curriculum that will aim to counteract any negative impact on well-being that pupils may have experienced during the pandemic. Theoretical knowledge is a key component of our normal physical education curriculum therefore this provides an opportunity to explore several exciting topics.

5. As a parent, how can I support my child to be physically active?

A great way to encourage physical activity is to join in. Please find below a link to the Oak National Academy – click on the year group and select physical education. Here you will find many ‘at-home’ exercise lessons that can be performed as a family:

<https://classroom.thenational.academy/year-groups>

As with all current guidance, please be aware that we may alter our protocols in response to government advice. If this is the case please be assured that we will communicate this with you in a timely manner.

Once again, I look forward to continuing our positive start to the academic year. If you have any questions, queries or would like to discuss any element of the above, then please do not hesitate to email j.smith@decschool.co.uk.

Yours sincerely,



Mr J. Smith
Assistant Headteacher
Faculty Leader of PE & Creative Arts



Mr M. Dunn
Head Teacher



PE Lessons in an Outdoor Location: Autumn 2

Day	Lesson	Group/s	Teacher
MONDAY	1	8PE-6 8PE-7	Miss Faulkner Mr Joss
	2		
WEDNESDAY	4	9PE-5 9PE-8	Mr Walton Mr Smith
	5		
TUESDAY	1	7PE-6	Mr Smith
	2		
THURSDAY	1	9PE-2 9PE-4	Mr James Mr Scarth
	2		
	3	7PE-2	Miss Clamp
	4		
	5	10PE-5	Mr Smith
FRIDAY	3	8PE-1 8PE-3	Miss Faulkner Mr Hanson
	4		
	5	10PE-1 10PE-4	Mr Smith Miss Clamp

How to use:

1. Locate the day and period that you have your PE lesson.
2. If your group code or teacher is shown you will be in an outdoor location for this activity block and will need to ensure you also bring your uniform and school shoes in your school bag.
3. There will be an opportunity to change into these clothes at the end of the lesson if conditions are wet or muddy in your PE lesson.

PE Theory Group Rotations (Yrs 8-11):		WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	Wk 7
Day	Lesson	02/11/2020	09/11/2020	16/11/2020	23/11/2020	30/11/2020	07/12/2020	14/12/2020
MONDAY	1							
	2	8PE-8	8PE-5	8PE-6	8PE-7	8PE-8	8PE-5	8PE-6
TUESDAY	3	11PE-3 11PE-5	11PE-3 11PE-5	11PE-3 11PE-5	11PE-4 11PE-1	11PE-4 11PE-1	11PE-4 11PE-1	11PE-4 11PE-1
WEDNESDAY	4							
	5	9PE-8	9PE-5	9PE-6	9PE-7	9PE-8	9PE-5	9PE-6
THURSDAY	1							
	2	9PE-4	9PE-1	9PE-2	9PE-3	9PE-4	9PE-1	9PE-2
	5	10PE-5	10PE-6	10PE-7	10PE-8	10PE-5	10PE-6	10PE-7
FRIDAY	3							
	4	8PE-1	8PE-2	8PE-3	8PE-4	8PE-1	8PE-2	8PE-3
	5	10PE-1	10PE-2	10PE-3	10PE-4	10PE-1	10PE-2	10PE-3

How to use:

1. Locate the day and period that you have your PE lesson.
2. If your group code is shown you will be on PE theory for that lesson and will need to arrive to school in full school uniform.
3. Your group code can be found on your timetable. A text reminder will also be sent the day before your PE lesson if you are on theory

Dame Elizabeth Cadbury PE Kit Expectations

Please be reminded that we expect high standards of appearance in both PE lessons AND extra-curricular clubs. If you wish to order new or replacement PE kit then this is available from **Kids Essentials** or the online **Macron Store**:

COMPULSORY CORE PE KIT:

Black Polo Shirt [DEC Logo]:



Black Shorts:

[Macron or plain black]



Black Socks:

[Macron or Plain Black]



[+ **Suitable trainers**]



PE Expectations:

Our 100% Participation Policy

Pupils must wear the **compulsory items** of PE kit for **ALL** PE lessons.

Illness/Medical Reasons:

A signed note must be provided for any illness/injury that may prevent a pupil being physically active during a lesson. Pupils will **still be expected to wear PE kit** and participate during the lesson in a **non-active role*** as directed by staff to ensure learning is not affected.

Non-Compliance Consequences:

Pupils will be provided with replacement PE kit for that lesson. A 20 minute detention will be issued for lack of PE kit/ lack of note. Refusal to wear replacement kit will result in a STEP consequence.

*Staff will acknowledge individual circumstances on a case-by-case basis.

OPTIONAL EXTRAS:



Black Tracksuit [Macron or small logo]



: Black Ladies Fit Jacket

[Macron or small logo]



: Black Tracksuit Bottoms

[Macron or any plain black
with one small logo permitted]

[+ **Plain Black Fleece** permitted in cold weather]