

PE Department News.

After a full week back, it has been very pleasing to see all students putting a great amount of effort into games and PE lessons. At this time we would like to remind all parents and students that the correct kit does need to be in school for both PE and Games days, including gumshields, shinpads and football boots. For sports such as hockey, there is no requirement to purchase your own hockey stick, this equipment can be supplied in school, but you are welcome to bring your own in to use should you wish to. There is a kit list attached with a pictorial guide to understand what students should have for PE and Games lessons. Football boots is desirable for girls but there is no need to panic if girls don't own their own pair.

Clubs and activities are now fully up and running with many members of staff offering activities for all students across the school from sporting clubs to art and debate activities. We want to encourage all students to take part in at least 1 club a week and take the opportunities that their teachers have put on offer for them. With after school clubs, the member of staff running these will communicate with students regarding timings. Senior rugby club will begin next Friday (20th September) for all students in years 10 and 11 to attend, ending at 5:15pm.

This year we are looking into purchasing a new senior school football kit to wear to our sporting fixtures. These fixtures have seen us travel to many different places not only locally in the midlands, but on occasion further away in the UK. Should anyone like to sponsor the schools football team (or know of someone who would be willing to sponsor) and have their business logo displayed on our kit this year, and on display in these places that we attend, please get in touch with Mr Swain to discuss further.

Touch Rugby Success

As we like to celebrate our success in school and report on our fixtures, it is very pleasing to hear of our students excelling in sport outside of school. Congratulations to Josh in year 8 who, over the summer, was selected to represent the West Region at the England Touch Rugby Youth Nationals in Nottingham. Josh played in their U12's team in their first national event in their age group. The tournament standards were very high, with lots of teams coached by ex-professional players. Throughout the tournament, Josh's team worked incredibly hard to finish in 3rd place with Josh finding his name amongst the try scorers for his team.

Well done on your success Josh!



Next Week's Fixtures: **Students should check the PE notice board to see if they are involved in fixtures.**

Wednesday 18th September

ISA Midlands U16's Football @ Highclare

PE and Games: A Guide to Clothing and Kit Requirements

All clothing and kit is available from school togs. Some Kit is a requirement for all students. There are some optional extras which all students can have and are listed at the very bottom of the document.

There are some variations within the age groups. Please look closely at the age group relevant to you below.

What is the difference between PE and Games?

- From Year 3, all pupils have PE lessons AND games lessons.
- PE follows the national curriculum for the most part and includes fitness, cross-country, basketball, general development in movement and skills, outdoor and adventurous activities and dance to name but a few.
- Games is for the practise, development and match preparation in team sports; football, rugby, hockey and netball.
- All summer sports use PE kit.

Nursery to Year 2

PE Kit only:

- ✓ Plain white polo T Shirt
- ✓ Plain white Shorts
- ✓ Plain white Socks
- ✓ Trainers
- ✓ Bowbrook Fleece Tracksuit
- ✓ Sun Hat
- ✓ Small Kit/Swim bag
- ✓ Plain Swimwear for lessons



Years 3 & 4

These are transitional years. Years 3 and 4 have two lessons a week and will experience both Games and PE activities at different points through the year.

If they have clothing and equipment from Year 2 that still fits then these are fine.

As they grow out of these then you will need to begin to purchase the items required as per year 5 below. We are not worried enormously about mixing and matching PE and Games kit at this age but:

- ✓ Boys will need football boots and shin pads.
- ✓ Girls will need shin pads and gumshield.
- ✓ Plain swimwear for lessons
- ✓ Long maroon hockey/football socks

Years 5 to 11

PE Kit – all students MUST have the following:

- ✓ White polo T-shirt
- ✓ Blue shorts or skort
- ✓ White socks
- ✓ Trainers



Games Kit – all students MUST have the following:

- ✓ White polo T-shirt (Girls)
- ✓ Rugby top (Boys)
- ✓ Blue shorts or skort
- ✓ Long Maroon hockey/football Socks
- ✓ Trainers (Girls)
- ✓ Football Boots (Boys)
- ✓ Shin pads
- ✓ Gum shield

GIRLS



Boys



Additional requirements – **all** year 5-11 students must have:

- ✓ A games bag
- ✓ A tracksuit



Optional Extras available from School Togs:

