

PE Department News.

Welcome back to a new and exciting term with the prospect of some thrilling sporting fixtures and events!

For those who are used to our routines, this is a gentle reminder. To those who have not yet experienced school sport at Bowbrook, this may help inform you of routines and what to expect in terms of school sports fixtures and events.

The PE staff are always happy and willing to help but your first point of call for information should be your child. In PE we will clearly outline our expectations and routines so that they are fully aware and prepared. We will be discussing with groups (and will do so with further groups) the importance of keeping their kit tidy and organised, the need to have all items of sports clothing named and initialled and the types of activities they will be experiencing.

Fixtures occur on a weekly basis and we try to spread the age groups playing, as well as balance the impact on other subject areas as fairly as possible but are also dictated somewhat by our opposition.

Fixture lists will be posted a week in advance on the PE notice board outside of the school hall for students and parents to view, sent to your parent portal message board via engage, and uploaded to a games area on Microsoft Teams. The E-News will contain information regarding results, next weeks' fixtures, and any other relevant information.

If a pickup time differs from the end of the school day, or a fixture is off school premises, we ask that parents give written permission prior to the day of the match so that a) we are confident parents are aware of the timings, and b) that we are informed in good time if an individual is unable to play so that alternative arrangements can be made.

We are acutely aware of the desire of some students to participate in school fixtures and it is at times difficult to make decisions in terms of team selections when considering the balance between inclusion and performance. Rest assured, we will make selections based solely on merit and will consider the needs of all. A huge majority of students from year 3 onwards represent the school over the course of a year, so if they are not selected for one match, there will be future opportunities. The first event of the term will commence on Tuesday 16th September with our annual house swimming gala, which in turn is used to select the Bowbrook ISA Swimming team.

We are very excited about the coming year as there is clearly a good deal of talent out there! If parents or students have any questions regarding PE or school sport, then please approach either Mr Swain, Miss Edwards, Mr Draper, or Miss Lewis and they will be more than happy to have a discussion.

There is a kit list attached with a pictorial guide to understand what students should have for PE and Games lessons. Football boots are required for girls up to year 9 as we continue to improve the provision of girls' football in our growing games programme.

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 - 11

PE Kit – all students MUST have the following:

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



Games Kit – all students MUST have the following:

- ✓ White polo T-shirt (Girls)
- ✓ Rugby top (Boys)
- ✓ Blue shorts or skirt
- ✓ Long Maroon hockey/football Socks
- ✓ Trainers
- ✓ Football Boots
- ✓ 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:



Sporting Congratulations

As we go through the academic year we will always want to congratulate our students on performances and recognise their achievements in sport within and outside of school. Please do let us know of all of your child's sporting endeavours so we can praise and encourage everyone on their sporting journey.

With the above paragraph in mind, congratulations to all students who represented Bowbrook at the equestrian championships over the summer holidays!