



## Ark Helenswood Physical Education / Dance – KIT POLICY & EXPECTATIONS.

Dear parent / carer

It is a government requirement that all students take part in physical activity throughout KS3 & 4. At the start of every academic year students are made aware of the expectations surrounding participation in Physical Education. Students will still be informed of this but to avoid any misunderstanding or discrepancy, and to ensure you can support their learning, we would like to take this opportunity to highlight our expectations to you.

### **BEHAVIOUR & EFFORT:**

At Helenswood we strive to give students a positive experience in Physical Education & Dance. We have some exceptionally talented students who we will encourage to excel but we also know that for some students this subject causes anxiety. We expect all students to retain a positive mindset: we don't mind if someone finds something challenging or struggles to get it right, if they are trying their best.

### **KIT:**

All students are expected to bring their correct kit to **every** PE & Dance lesson regardless of illness or injury.

If a student arrives without their kit or with part of their kit missing, they will be given laundered kit to wear. In the first instance a sanction will not be given but this will be recorded by the class teacher. Please be assured that our spare kit is washed regularly, and we will endeavour to provide an appropriate size. If a student arrives without kit on a second occasion they will be given a B2 which will trigger a detention and you will be notified by text message. Every subsequent time a student arrives without their kit a detention will be given. If this continues we will phone home to discuss the issue.

We appreciate that there are times when a student may have a genuine reason why they cannot give 100% practically in a lesson or take part fully. In this instance it is expected that the student arrives with a signed and dated note written by you explaining the reason. Students will still be expected to get changed and will be appropriately included within the lesson. This may take the form of coaching, umpiring or supporting, or taking part in adapted tasks which will cater for their needs. We are also aware that sometimes there are issues with parts of kit being lost or not washed in time. In such a case, students should bring a note explaining the problem and kit will be provided with no sanction.

Executive Principal: Yvonne Powell, OBE



Periods are an inevitable part of life and are not a reason to be excused from PE. If a student suffers from heavy periods or severe pain, then please advise us in the form of a note and again we will adapt activities accordingly if necessary.

The only exception to students getting changed is where they are in a plaster cast or there is a medical reason why they are unable to - supported by a **doctor's note**.

We hope this provides clarity for you and look forward to seeing your child in our lessons.

Kindest regards,

Miss E. Poole

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