

SME/JAI/GHA

22 August 2024


Dear Parents and Carers,





RE: PE Lessons from September 2024

I am writing to clarify a number of points in relation to your child's PE lessons to maintain high standards and safe practice in all aspects of their Physical Education experience when they return to the academy in September.



Please see below for the updated PE uniform policy and to reiterate the expectations for September, so all students can commence the new academic year in a positive and proactive position.

PE Kit

Indoor Years 7 - 11
<p>Plume sky blue/navy unisex or fitted sports polo shirt. All PE Kit must be purchased from Yours in Sport (or very similar old style navy polo short from Plume Uniform sales)</p> <p><u>For students in Year 8 and above, if they currently have the sky-blue polo shirt, this is still more than acceptable</u></p>


<p>Navy shorts mid-thigh length or navy leggings or navy mid-length skirt (No cycle shorts or logos) White socks Clean sports trainers (any colour)</p>			
Navy Short	Navy Skort	Optional Navy Leggings	Optional Navy Leggings
			

Outdoor Years 7 - 11			
Plume navy/sky blue long-sleeved			
Half Zip Sports Top	Sky-Blue Long-Sleeved Sports	Quarter Zip Warm Top	Plume Navy Rugby Top
			

<p>Navy shorts or Plain navy tracksuit bottoms (no logos) or Plume Navy leggings Navy/sky blue PE socks</p> <p>Sports Trainers (not Air Force 1's or converse) or football/rugby boots, depending on the sport activity. Shin pads may also be required for some activities.</p> <p>Optional: to be worn subject to weather conditions</p>	
Optional Plume Academy Navy leggings	Optional Plume Academy Base Layer
	
<p>Non-participants in Physical Education lessons Students who are injured should provide their teacher with a note from their parent/carer. All students will be expected to wear their PE kit for lessons and will participate.</p>	

Following several queries, please note the following:

- For students in Year 8 and above, if they currently have the sky-blue polo shirt, this is still more than acceptable. We would just ask that if they do outgrow the top, the new navy polo shirt is purchased at that time.
- Lycra tight fitting shorts are not permitted.
- There is **no option to wear the school v neck jumper** during PE lessons. There are several outdoor tops available, and students are welcome to wear any of these. The thicker, warmer quarter zip warm top was introduced this year, following student feedback.
- All male students in KS3 participate in contact Rugby. This should be considered when purchasing an outdoor top, with the rugby jersey likely to be more durable.

Other Key Information

- Students with long hair will need to bring a hair band and tie it up for every lesson.
- All jewellery (including watches etc) will need to be removed for every PE lesson.
- As highlighted in Mr Stoneman's letter earlier last term, false or long nails are not permitted as part of the wider uniform policy and therefore are not allowed in PE.
- We are encouraging all students to check their timetable every evening and pack their PE bag the night before as required. Students who forget all or part of their PE kit regularly can expect a consequence.

- Students will not receive a consequence if they bring a note from a parent or carer explaining why they have not got their full PE kit.

FOOTWEAR

During your child's first PE lesson, they will be told what footwear they will need for each lesson. For any lessons that take place on the field, or the 3G Astro at FRC, then football boots or astros are required.

Please can I remind you that students should not be wearing the same footwear for both their uniform and PE lessons, ie. Nike Air Force 1's are permitted as part of the academy uniform but **should not** be worn for PE lessons.

All the research demonstrates that appropriate sports trainers offer essential support and cushioning to prevent injuries and enhance performance during physical activities, unlike Nike Air Force and school shoes, which are intended more for casual wear. Using the right sports footwear can help minimise the risk of foot, ankle, and knee injuries by providing better stability and shock absorption.

HEALTH & SAFETY

Students should remove all earrings and facial piercings for PE lessons. If earrings have been newly pierced, a note from home stating the piercing date is required. During a short interim period, taping is allowed, but after six weeks, tape will not be permitted because it does not eliminate the risk of injury from impacts, which can cause piercings to pierce the skin or become embedded, as advised by national governing bodies for sport.

In the interest of safety, for sports such as football and rugby, your child will need boots and shinpads. A gumshield is recommended for Rugby.

Can I also take this opportunity to remind you that no aerosols are allowed at any time in any PE area. Should students wish to freshen up after the lesson, they should use roll-on deodorant.

NON-PARTICIPATION IN PE LESSONS

Our Physical Education kit policy requires all students to have a full kit for every PE lesson. We understand that there may be times when students are injured or unable to participate fully, but as per our policy, they must still change into their PE kit to engage with the lesson in some capacity, such as in a coaching or officiating role. Depending on the lesson content and the reason for not participating, students may be required to change into their full PE kit or just their PE top, following an individual conversation with their PE teacher.

START OF TERM SEPTEMBER & EXTRA-CURRICULAR SPORT

For your information, **Year 7 and 9 students** will not need to bring PE kit for their first PE lesson. The lesson will be an introductory talk, guide around the facilities and if we have time, some gentle exercise that should not require kit.

All other year groups will be required to bring PE kit on their first lesson. However, we do not expect any students to bring PE kit with them on Tuesday 3 September 2024.

All extra-curricular PE clubs will start the week commencing Monday 9 September 2024, with the exception of Year 7 Boys football, where there will be a one-off introductory session on Thursday 5 September 2024. This will take place at Mill Road Campus (on the grass pitches) and will finish at approximately 16:45. Students should bring PE kit, shin pads and football boots with them and meet in the changing rooms straight after school.

If any girls would prefer to play for the boy's football teams, and are confident players, they have the option of attending this session on Thursday 5 September 2024. However, a Girls Football Club will

start the week beginning Monday 9 September 2024, and the Academy is entered into a number of girls' only leagues and cup competitions.

Many thanks for your continued support. If you do have any questions, please do not hesitate to contact me at j.ainscough@plume.essex.sch.uk

Yours sincerely,



Mr J Ainscough
Head of PE

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