

06 March 2024

Dear Parent / Carer



Re: Physical Education Expectations at The Spires College

PE lessons are compulsory under the National Curriculum for all students in all year groups and are an important mechanism for students to develop physical habits and interests that we hope will last them a lifetime.

Whilst participation in PE lessons is mandatory, we do recognise that there will be very rare occasions when students are unable to take part. In those circumstances, we ask that students:

- ▲ bring a signed and dated note from home, explaining the reason for exemption from PE
- ▲ bring their PE kit into school as usual

Whilst the second point may seem arbitrary if students are not participating in the PE lesson, there are several reasons why it is important for students to have their kit with them regardless. For example, it may be that students are fit and well enough to participate in some aspects of the lesson or adopt a coaching or officiating role instead. In addition, as students need to be supervised by the class teacher whether they are taking part or not, they must stay with the class. If classes are out in cold or drizzly conditions, it is important that they have a dry uniform to put back on at the end of the lesson.

Members of PE staff will use their discretion to determine if students are unable to change into their PE kit due to the severity of injury or illness and, where appropriate, will do their best to accommodate students indoors in circumstances where being outdoors may be detrimental.

As stated above, we ask that students come to the lesson with a note explaining the circumstances that exempt them from PE. Therefore, it is not necessary to contact Reception to request an exemption. However, if you would like to discuss your child's injury with their PE teacher, please contact them via Reception.

If you have any questions about our policy regarding participation in PE, please let me know.

Yours sincerely

Miss N May
Head of PE