

PE Kit and Participation Information – Letter from the PE Department

Our aim at St. Matthias is to give your child the best experience of Physical Education, Physical activity, and Sport. We do this by offering a range of activities that will provide excellent opportunities for your child to develop their physical, social, emotional, and psychological learning.

To do this, we feel it is important to reinforce our PE policies that should be adhered to in PE from September.

Compulsory St. Matthias PE kit:

- St Matthias PE polo shirt - £12
- St Matthias PE shorts - £10
- Plain navy-blue/black joggers
- St Matthias PE blue socks (£5) or White trainer socks
- Trainers
- Boys will also need football boots and a mouth guard (can be purchased from PE department - £1)

Optional Extras:

- St Matthias PE hoodie (£18)
- St Matthias PE tracksuit trousers (£18)
- St Matthias PE tracksuit jacket (£24)
- St Matthias black sports leggings - £16 (no cycling shorts are allowed)

All PE kit can be purchased from student services.

In addition, to remain safe during lessons:

Long hair - securely tied with a hair band

Jewellery – None of any kind can be worn in PE. Please take this into account when considering piercings and the healing period. Where the participant has newly pierced earrings, earrings should be taped over

Procedures for not participating

An email is now required from you to excuse your child from PE or to explain any issues with kit. Please email your PE teacher directly prior to your child's lesson.

Please note:

- If your child is physically exempt from PE due to sufficient medical conditions, your child is still expected to bring full PE kit (unless they are physically unable to get changed). There are many other roles in PE that allow your child to still access the learning of the lesson.

- if your child has an ongoing medical condition or injury, we will require a doctor's note/letter to the school where possible so we can offer appropriate support in Physical Education.
- If your child has problems with kit, there are two options. Your child can bring an appropriate alternative kit, or they can borrow spare kit items from school. Spare kit is washed each day. In this instance an email is still required.

If the above procedures are not followed, we will continue to follow the school behaviour policy and your child will be issued an RI.

Staff Emails:

Mr J Turner (Head of PE) – jturner@st-matthias.com

Miss F Adams – fadams@st-matthias.com

Miss S Lambeth – slambeth@st-matthias.com

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If you have any queries, please don't hesitate to contact us.

Thanks for your continued support

Best wishes

Mr J Turner

Head of Physical Education