



Larks Hill J & I School  
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22<sup>nd</sup> February 2024

Dear Parents/Carers,

I am writing to you to remind you of the expectations for our PE lessons in school. Recently, pupils have been arriving at school without their PE kit on their assigned PE days and therefore cannot fully take part in the lessons. This is having a negative impact on their progress and attainment. Correct PE kit is very important for the health and safety of our pupils during lessons. Our PE kit policy is as follows:

\*White round neck cotton t-shirt \*Black shorts \*Trainers (school shoes are not permitted in PE lessons) \*Optional plain black tracksuit (to be worn during winter if needed)

This information is available on the website as well. It is also extremely important that any children with long hair, have it tied back during PE lessons so please send a hair bobble to school with them or ensure their hair is tied back in the morning.

It is incredibly important for our pupils to have a strong understanding of the importance of PE, why they are learning it and how it benefits them – not only from a sporting perspective. PE helps with improved concentration, memory, and classroom behaviour. This leads to better academic performance, including higher grades and standardised test scores. Also, children who are physically active miss fewer days of school and have better long-term academic success. There are not only academic benefits; PE builds confidence, promotes better sleep and can give children a more positive outlook on life and help them to feel good about themselves.

I have also attached the most up to date PE timetable this will begin from Monday 26<sup>th</sup> February, this can also be found on the website.

If you have any questions please contact your Childs class teacher or the school office.

Thank you for your support with this.

Kind regards,

Mrs E Penty

Curriculum Leader of PE

Pontefract Larks Hill Junior and Infant School