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Headteacher: Gary L. Longman, BSc, F Coll P

*The King's
(The Cathedral)
School*



3 September, 2013

Dear Parents & Pupils,

Please find below some information regarding Physical Education and Sport at The King's School

Games Lessons – these are the weekly lessons that take place every Monday periods 5&6 that are usually based at the games field on Garton End Road. This begins with Rugby for the boys and Hockey for the girls; students should therefore bring appropriate kit for these activities. Rugby – rugby shirt, shorts and socks, football boots and gum shields (if they have one). Hockey - Polo shirt, skirt/skort, socks, shin pads and gum shields (if you have one).

Gum shields – the PE department strongly advises that students wear gum shields for Hockey and Rugby lessons. These are available online at www.opro.com or from your dentist. The O-Pro dentist team will be visiting The King's School on Monday 16 September to take impressions.

Walking to the field – the students are required to walk to the field for their games lessons. For their first lesson they will be walked to the field to be shown the correct route. After this students are expected to make their own way to and from the field, using only this correct route. Students must not visit the shop on their way to the field. Students should walk in small groups of between 4 and 8. Any problems during their walk to and from the field should be reported immediately to a member of the PE staff. (route attached)

PE lessons – these are the fortnightly lessons, mainly based in the sports hall, where students work within their form groups. For these indoor PE lessons, students should wear white polo-shirts with the school badge, black shorts, white socks and clean trainers.

Hair and jewellery – All jewellery must be removed and long hair must be tied back during all PE/Games lessons.

Extra-Curricular – there is a full and regular programme of extra-curricular sporting activities, including training sessions and matches. The majority of these are free, but a few are run by external professional coaches and therefore there is a small cost involved – please check with the PE staff if you are unsure. For all non-payment clubs, just turn up and join in – make sure you have the correct kit. It is the responsibility of the students to inform parents/guardians of when and where these sessions are and if they are involved. A weekly plan of activities is sent out every week via pupil post. We also ask that students are collected promptly at the end of these extra-curricular sessions.

Valuables – we strongly recommend that all valuable items are not brought to school on PE days. Any valuables that students do have with them should be passed to the PE staff where they will be locked away in the valuables box. These should be collected immediately after the lesson. Staff will not be responsible for lost items including kit or uniform.

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PE/Games Kit – the policy regarding students' appearance in PE and Games lesson is very similar to the whole school policy – what they look like matters. The students' planners have a full list PE kit that can be worn in lessons, but check with PE staff if unsure. Please ensure all kit, including footwear are labelled. All lost property will be returned to pupil reception.

Absences from Games/PE lessons – it is expected that on the majority of occasions if a student is well enough to be in school then they are well enough to participate in PE/games lessons. If they have a genuine injury which prevents them from participating in a lesson, then they must have a signed and dated note in their planners from a parent/guardian. This note should be presented to their class teacher at the beginning of the school day, as that student may need to be supervised elsewhere.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Mr Jamie P Pinguenet', written in a cursive style.

Mr Jamie P Pinguenet
Curriculum Area Manager
Physical Education