

## **Reminder of Expectations in Core PE lessons**

You must bring full PE kit for all Core PE lessons.

- This includes polo top, shorts, leggings, skort, jogging bottoms, appropriate trainers.
- In the winter months please think about including hat, gloves, base layer/ skins.
- Yr 11 ONLY if you do not have a college PE top – then please bring a change of clothes/ your own dark/ black top.
- Coats will be allowed for outdoor lesson ONLY!!
- Reminder for health and safety purposes:  
ALL Jewellery must be removed  
Long hair must be tied back  
Please bring your own hair bobble and/ or jewellery tape if piercings cannot be removed

1. You will get a detention for not bringing PE kit and each time it will escalate and be recorded on Class Charts.
  - First warning
  - 15 minute break or lunch
  - 30 minute break or lunch
  - 30 minute after school
  - 1 hour after school

This will re-set at the end of each full term (e.g. Sept – Dec), therefore 3 times per year.

2. If you turn up to PE lesson more than 5 minutes late, you will not get changed you will take part in the PE lesson, in your college uniform and receive a sanction from above.
3. Once your PE teacher has locked the changing rooms, you will NOT be allowed back into them until the end of the lesson.
  - They will not unlock them for you to get changed if you are late.
  - They will not unlock them for you to go to the toilet. You go to the toilet when getting changed for the lesson.
  - They will not unlock them for you to get a drink. You take a drink out to the lesson with you.
4. We will no longer accept excused notes for minor ailments and non-participation in PE lessons such as headaches, periods, stomach cramps, sore/ achy muscles.

- The PE lesson will be differentiated and adjusted accordingly but the expectation is that you will still get changed and take part within the limitations of your illness.
  - Any long term illness/ injury will require a doctor's note, such as pulled muscles, torn ligaments, broken or dislocated bones.
5. Students will be expected to wait for and meet their PE teacher by the grass area before the bottom gate and not wait by the English block and not walk down to the changing rooms unsupervised.