

## PE Information, September 2025 – new students.

Hello everyone.

The PE Department are very much looking forward to a new year of PE and Sport at Farmor's. PE is often a subject that is eagerly anticipated or carries some level of uncertainty and concern. We are conscious of this and work very hard so that all students feel comfortable and enjoy PE as well as offer many opportunities for those wishing to fully immerse themselves in school sport.

At KS3, lessons are taught in gender groups that are also set by ability. We feel this offers the best chance for us to achieve the above and for all students to get the best out of their time with us. We run a variety of clubs that are open to all students and selection on our school teams is based on attendance and performance at these clubs.

We also wanted to offer a few reminders and responses to some FAQ's we have recently received.

**1: Kit** – Since COVID, we have retained the rule that students are able to wear their PE Kit to school on a day on which they either have a PE Lesson, PE club at lunchtime or fixture after school. This has led to far greater teaching time in lessons, fewer incidents in the changing room and enables smooth transitions to club and fixtures.

One downside is that if it rains during the lesson the kit can get wet/muddy. We minimise this if we know the weather is coming and also encourage students to pack a small hand towel and bring their tracksuits so that they can put these back on after the lesson so that they are warm and dry for the remainder of the day. Tracksuits are removed for the PE lesson itself and then become a uniform item for the rest of the day (or students can stay in shorts if it is warm enough).

We know this will take a bit of getting used to and will support the students with this in the early weeks of Y7. We do have some spare kit for those who forget but this can be embarrassing for them to need to change and may not always be a perfect fit so please support your child by ensuring they have the right kit on the right days.

We understand there have been some issues with the new kit orders – we will be flexible and supportive whilst this is sorted.

Nike Air Force Ones or similar are not permitted in PE – Students should wear trainers/running shoes that offer appropriate comfort and protection. **All** jewellery has to be removed for PE on grounds of Health& Safety.

Gum shields should be worn for Rugby by boys in Performance Group lessons and club/fixtures. The link below is an example of where you can get these quite easily. Boys in Activity groups for PE are not likely to do contact rugby but can wear them if they wish.

(Performance groups are 7X3 or 7Y3 on the timetable and Activity groups are 7x4 and 7y4. Anyone selected for matches **must** have a gum shield.

[https://www.sportsdirect.com/accessories/gum-shields-and-mouthguards#dcp=1&dppp=59&OrderBy=price\\_asc](https://www.sportsdirect.com/accessories/gum-shields-and-mouthguards#dcp=1&dppp=59&OrderBy=price_asc)

Shin pads should be worn for football and hockey lessons by all students and **absolutely** must be worn for fixtures. Gum shields are advisable for hockey lessons and compulsory for matches.

Girls play hockey on the tarmac so do not need boots for that. When the girls do football, this will be on grass so boots are needed then.

**2: Injuries** - The students are our responsibility when they are timetabled for PE and are expected to attend all lessons other than exceptional medical circumstances that would have been agreed with the Head of Year. If your child is injured, the expectation is that they still attend the lesson in their kit and that we will give them differentiated tasks to attempt or a role as a coach/official so that they are still engaged in the lesson and the learning process. There is no standing on the side in uniform or going to sit in the library.

If your child is injured, the old-fashioned note from the parent is still required since we cannot guarantee that we will see emails before lessons. The note needs to give some details about the injury so that we know what we can ask of the students without risking any discomfort or further injury. We will discuss this with the student.

**3: Clubs/Fixtures** – The clubs list has been published and will start from Friday 5<sup>th</sup> Sept. Our PE Clubs take place during lunchtimes and the vast majority of our matches are after school on Tuesdays/Wednesdays/Thursdays. All students are welcome to attend our clubs and regular, consistent attendance at these is required to be considered for selection in fixtures. On days when they attend a club at lunchtime we encourage students to bring a packed lunch or eat the majority of their lunch during breaktime.

We are working on the fixtures for this term and will publish these once complete. Reminders will go on Satchel One but students are encouraged to be responsible for checking team sheets that also show relevant information. Parents are allowed to spectate fixtures that take place at Farmor's and most opposition schools.

Where fixtures are competitive, we are selective, but we also try to arrange multiple friendlies to ensure those who commit to clubs but are not always selected will get an opportunity to represent us at some stage. We also run an array of House Matches that enables in school competition.

We hope this is useful information - If you have any additional queries pertaining to PE at Farmor's please contact either of us by email in the first instance.

Kind regards

Mr Paul Hockey (Head of PE)

[phockey@farmors.gloucs.sch.uk](mailto:phockey@farmors.gloucs.sch.uk)

Mrs Rachael Price (2<sup>nd</sup> in PE/Head of Girls PE)

[rprice@farmors.gloucs.sch.uk](mailto:rprice@farmors.gloucs.sch.uk)