



PE Update for new students

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Dear Parents & Carers,

we are very much looking forward to a new year of PE and Sport at Farmor's. We just wanted to offer a few reminders and responses to some FAQ's we have recently received.

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.

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. Students know these rules but they are regular battles we face so your support is appreciated.



Farmor's School

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Gum shields should be worn for Rugby by boys in Performance Group lessons and club/fixtures. An example of where you can get these can be found [here](#).

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

Injuries: The students are our responsibility when they are timetabled for PE and are expected to attend all PE lessons, other than when exceptional medical circumstances dictate this is not viable - 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 and we can usually find appropriate tasks to engage them in the lesson.

If your child is injured, the old-fashioned note from the parent is still required as 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.

Clubs/Fixtures: The clubs list has been published and they should all be up and running next week if not already. We will publish fixture lists on the bulletin and on the website once we have finalised the details.

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.

Yours sincerely,

Mr Hockey

Paul Hockey
Head of PE (boys)

Rachel Price
Head of PE (girls)