

SACRED HEART CATHOLIC HIGH SCHOOL



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Headteacher: Mrs S Howell

Spring 2022

Dear Parent/Guardian,

When your daughter comes to Sacred Heart in September, she will be taking part in PE lessons both inside and outside. Over the course of the year she will experience a variety of sports including: Netball, Fitness, Gymnastics, Football, Badminton, Athletics, Cricket, Tennis and Rounders. Please be aware that as some PE lessons will be outdoor, she needs to have tracksuit bottoms or leggings and a hoody to wear for these lessons. We suggest her kit is labelled with her initials. All items of PE kit will include the school logo and must be purchased from the School Outfit Company.

PE Kit

- Polo shirt
- Shorts or leggings
- Tracksuit bottoms
- Hoody
- Trainers *
- Skort (optional) **

**To ensure your daughter's feet are appropriately supported when taking part in PE she must wear sports trainers. These should not be plimsolls, leather or canvas 'fashion' trainers such as Converse, Vans, Nike Air Force or similar. Correct footwear offers support to the foot and ankle, helping to prevent twisting and injury. They also prevent unnecessary stress being placed on the joints. These are to be purchased independently from the rest of the PE kit.*

***any student representing the school at Netball will need to purchase a skort. All students have the option to wear a skort for some activities during lessons (Netball, Badminton, Tennis and Rounders).*

For Gymnastics and Dance your daughter must wear her PE shorts or leggings and perform in bare feet. This is for safety and allows technique to be observed easily. For most other activities she will be given the option to wear shorts, leggings or tracksuit bottoms: shorts are advised for indoor activities such as Fitness and Badminton; for outdoor activities such as Netball and Football, tracksuit bottoms are recommended. If your daughter chooses to attend an extra-curricular activity, she should wear her PE kit. Information of clubs can be found on the school website.

There will be times when your daughters' practical work will be video recorded for assessment. If you do not wish this to happen, please inform me in writing.

We hope that your daughter enjoys her PE programme throughout her school career. If she is unable to take part in a lesson for any reason we ask you to write a note in your daughter's planner, which she will receive on her arrival in September. She will still be required to bring her PE kit and get changed for the lesson. She will then be given tasks such as score keeping, coaching and officiating.

As a department we rely on your support and we look forward to working with you in the development of your daughter's participation in, and awareness of, health and fitness. If you have any problems at all regarding your daughter's participation or progress please do not hesitate to contact us.

Yours faithfully,

Miss E Peach
Head of Physical Education



Bishop
Bewick
Catholic
Education
Trust