



Ark Alexandra Academy Physical Education / Dance – KIT POLICY & EXPECTATIONS.

Dear parent / carer

It remains a government requirement that all students take part in physical activity throughout KS3&4, especially in response to the inactivity caused by Covid19. At the start of every academic year students are made aware of the expectations surrounding participation in Physical Education. Students will be informed of this again in September, but we wanted to bring to your attention, our PE kit requirements for 2021-22.

In response to Covid 19, students were expected to arrive at school in their PE kit on the days that they had PE or dance. **This will continue in September 2021.** Students will remain in kit for the whole day and therefore it is imperative that their kit is correct and in line with our expectations. **All students are expected to be in their kit regardless of illness or injury.**

Students are expected to wear the following:

- **A navy Ark Alexandra embroidered polo shirt** – available from Superstitch 86. This item is compulsory.
- **Plain navy blue or plain black jogging bottoms.** These may be purchased from anywhere but must be plain, with no stripes, writing, patterns or blocks of colour. A small logo by the pocket is permissible.
- **Plain navy blue or plain black sports shorts.** Shorts must be at least mid-thigh length and completely plain. A small logo is permissible.
- **Trainers** – These must be suitable for sport. Converse and plimsols are not permitted as they are unsafe.
- **Socks:** Plain white, navy, grey or black trainer socks, white sports socks or navy football socks (available from Superstitch 86). No patterned or brightly coloured socks may be worn.
- **Academy blazer** – This must be worn over the PE kit
- **Optional:** A navy embroidered PE sweatshirt – Available from Superstitch 86. Students will be allowed to wear their V-neck Academy jumper to school but will be expected to remove it for their PE lessons, so a PE jumper is advisable especially as it get colder.

***Skorts, cycling shorts, skorts and leggings are not permitted.**

Students representing the Academy at sports fixtures will be expected to wear navy joggers or shorts (not black).

To ensure that every student, as well as their parents / carers is completely clear on what is acceptable or not acceptable in terms of PE kit, we have produced a guide which can be found via the following link.

<https://arkalexandra.org/our-policies>





Students arriving in incorrect kit will be stopped at the gate and sent home to correct this. Failure to do so will result in a sanction – as is the policy for normal academy uniform. If a student arrives to their PE or dance lesson without their kit a sanction will also be given.

BEHAVIOUR & EFFORT:

At Ark Alexandra we strive to give students a positive experience in Physical Education & Dance. We have some exceptionally talented students who we will encourage to excel but we also know that for some students this subject causes anxiety. We expect all students to retain a positive mindset: we don't mind if someone finds something challenging or struggles to get it right, if they are trying their best.

Injury:

We appreciate that there are times when a student may have a genuine reason why they cannot give 100% practically in a lesson or take part fully. In this instance it is expected that the student arrives with a signed and dated note written by you explaining the reason. Students will still be expected to be in their PE kit and will be appropriately included within the lesson. This may take the form of coaching, umpiring or supporting, or taking part in adapted tasks which will cater for their needs.

Periods are an inevitable part of life and are not a reason to be excused from PE. If a student suffers from heavy periods or severe pain, then please advise us in the form of a note and again we will adapt activities accordingly if necessary.

The only exception to students not arriving in PE kit is where they are in a plaster cast or there is a medical reason why they are unable to - supported by a doctor's note and academy issued risk assessment.

We hope this provides clarity for you and look forward to seeing your child in our lessons.

Kindest regards,

Miss E. Poole.

Head of PE.

