



Ark Alexandra Academy Physical Education / Dance – KIT POLICY & EXPECTATIONS: April 2022.

Dear parent / carer

It remains a government requirement that all students take part in physical activity throughout KS3&4. At the start of every academic year students are made aware of the expectations surrounding participation in Physical Education. Students have already been informed of this but in response to a return to changing for lessons, we would like to take this opportunity to highlight our expectations to you.

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 other 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.

KIT:

From the start of Term 5, students will be expected to bring their PE kit on the days that they have PE or dance. They will get **changed in the allocated changing rooms at the start and end of their lesson**, as we did before Covid 19. It is imperative that students kit is correct, in line with our expectations and **clearly named** so that it can be returned if lost. **All students are expected to bring their kit regardless of illness or injury.**

Students must wear:

- **A navy Ark Alexandra embroidered polo shirt** – available from Superstitch 86. This item is compulsory. If there is an issue with obtaining one of these a plain navy polo shirt is acceptable for the interim period.
- **Plain navy jogging bottoms or shorts.** These may be purchased from anywhere but must be plain, with no stripes, writing or blocks of colour. A small logo by the pocket is permissible. Shorts must be **at least mid-thigh length.** Cycling shorts and skorts are not permitted.
- **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.
- **Optional:** A navy embroidered PE sweatshirt – Available from Superstitch 86.

If a student arrives without their kit or with part of their kit missing, they will be given laundered kit to wear. They will also be issued with a detention. Please be assured that our spare kit is washed regularly, and we will endeavour to provide an appropriate size. Persistent failure to follow academy expectation will result in further sanctions.

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,

The PE department