



October 2018

Information Letter for Year 7 PE

Dear Parent

Your son/daughter has made a brilliant start to Physical Education lessons at the Carlton Academy. I would like to ensure that all students maintain their effort and high standards by giving them a few reminders of what they need to be doing in year 7.

Swimming:

This will be one lesson per week on Monday or Wednesday P5 as part of their PE timetabled lessons. Some groups have started their swimming already and are now organised in terms of bringing the correct swimming kit. Subsequent groups will be told by letter and text before their lessons start but all will require the kit outlined below:

- Girls: full swimming costume (this excludes bikinis for girls)
- Boys: swimming shorts/trunks (not Bermuda swim shorts that are baggy)
- A towel and a bag for wet swimming kit
- Goggles (if required)

Notts CC Swimming instructors do not allow baggy shorts or earrings to be worn in the pool

PE lessons:

PE lessons are in full swing and the vast majority of students are bringing the correct kit to lessons. There are still some students however who are not bringing in black football socks to change into. This is a compulsory uniform requirement in PE.

Labelling PE kit:

We often pick up kit that has been left in the changing rooms. We advise that all PE kit is labelled with student's initials so we can return any items that are left behind.

Injuries/Illness:

Our policy is that students still require kit if they are injured or ill so they can be a part of the lesson in some capacity such as scoring or coaching a small group. If students forget kit we ask them to borrow clean washed PE kit and take part.

After school sports clubs

An after school clubs timetable is on the website and students have been given a copy. We advise that all students attend at least 1 extra-curricular club per week. All clubs are free to attend.

Thank you for your continued support.

Yours sincerely

P Lockwood

Mr P Lockwood
Head of PE

