

## Key Information for Physical Education 2025

Dear Parents and Carers,

Welcome back! We are looking forward to another fantastic year of PE and sport at Henlow. Here is some important information to ensure we all have a great year. This letter contains important information regarding:

- **Extra-Curricular Clubs and Fixtures**
- **PE Kit Expectations**
- **PE Kit and Participation**
- **Sport Outside of School**

### Extra-Curricular Clubs and Fixtures

Our extra-curricular clubs are open to all students, with no sign-up required. We expect students to inform you when they plan to attend a lunchtime or after-school club. The only exception is the Friday after-school Trampolining club, which is for the selected squad; however, a club for all students will be offered later in the year. Students will be invited to fixtures via **ParentMail**.

If a club or fixture is canceled, we will do our best to send a ParentMail notification as soon as possible. If a student is unable to get home safely, they will have the option to attend another sports club or homework club until they can be collected.

### PE Kit Expectations

Please review the required PE kit for Henlow students. The following items are compulsory for both boys and girls and can be found on the school website:

- Henlow unisex polo shirt or Henlow Academy fitted polo shirt
- Henlow Academy navy blue sports shorts or Henlow Academy navy blue skort
- Royal blue long socks or white sports socks
- Trainers
- Gum shield
- Shin pads

A number of optional PE kit items can also be purchased from the school website.

**Plain navy tracksuit bottoms, shorts, sweatshirt and leggings** are acceptable, provided they are free of stripes, colour blocks, and logos.

Please note that **hooded tops are not allowed** for PE, including Henlow Leavers hoodies. Additionally, trainers must be appropriate for sport; **fashion trainers**, such as platform shoes or Converse-style shoes, are not safe for these activities. All students will experience football and rugby in PE lessons. Football boots are recommended for both activities.

### **PE Kit and Participation**

If a student forgets their PE kit or does not have an appropriate one, they will be provided with a **spare kit** to wear for the lesson.

If a student is unable to physically participate in PE, they are still required to change into their PE kit if they are able. We will include these students in lessons by giving them alternative roles, such as coaching or officiating. Please send a note or email before the start of the lesson if your child cannot participate.

### **Sport Outside of School**

As a department we are conscious that many students do sport outside of school that we do not always have the opportunity to recognise in school. We want to know about this and celebrate this. Please complete the form for each sport your child participates in. We would love to know what sport and physical activity our students are involved in.

[https://docs.google.com/forms/d/e/1FAIpQLSeE6eUHyM8pSSmBk1mg\\_PYykoPbuefmsdyDyVeGAsOYbADoGg/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSeE6eUHyM8pSSmBk1mg_PYykoPbuefmsdyDyVeGAsOYbADoGg/viewform?usp=header)

Should you have any questions, please do not hesitate to contact me at the school.

Kind regards,

Mrs. R. Lewis

#LetsGoHenlow