

Dear Parents

Year 4 Physical Education

Once again this year, Key Stage 2 PE groups will be organised by House. This term, the Houses working together are:

RED GROUP - Grandin with Le Sueur

BLACK GROUP - Gilbert with Du Pre

We have done this to help develop relationships across the year group, and to allow the pupils the opportunity to get to know others that they may not have previously worked with.

Please see information below regarding PE lessons this term.

			Autumn 1	Autumn 2
RED	Grandin and Le Sueur	Tuesday	Tag Rugby	FMS Games
		Wednesday	Swimming - TBC	Netball - not in houses
BLACK	Gilbert and Du Pre	Tuesday	FMS Games	Tag Rugby
		Wednesday	Netball - not in houses	Swimming - TBC

Tag Rugby: No equipment needed

FMS Games: No equipment needed

Netball: No equipment needed

Swimming: Plain coloured swimming costume, towel, swimming goggles, House coloured swimming hat.

Swimming dates:

All pupils will be Swimming this term. Usually, we use the Langford pool for swimming, however we have been informed that the pool is undergoing some unforeseen and essential works which means that we will not be able to use the pool until after October half term. We have managed to secure the use of the pool at Haute Vallee school. This will impact how we are able to run our lessons on a Wednesday this term, however we are still going to be able to offer some swimming, which is the most important thing. More detailed information will be sent out by the end of this week.

In these lessons, pupils will be working on developing their water confidence, as well as improving their technique in front crawl, breaststroke and back stroke.

All students will take part in the Year 4 Swimming Gala on Wednesday 9th December. More details about the event will be sent nearer the time.

Illness and Injury for PE lessons

In the case of illness and/or injury where pupils are in school:

- Pupils will be asked to take part in the lesson to the best of their ability unless an email has been received from a parent, doctor or physio requesting that they abstain from physical activity.
- In the case of long-term injury, a letter from the doctor or physio is preferred to make it clear for all involved.
- Every pupil will take part in PE in some capacity to continue their learning, if injured they will be asked to coach, officiate and/or set up.
- Curriculum PE takes priority, so if a pupil doesn't take part in a PE lesson, then they can't take an active part in a club or match that day.

We will be consistent with this policy across the PE department to make it clear for all pupils and parents. However, there are times when individual pupils will have different needs and we are happy to discuss those with parents as necessary.

Safety

Following Association for PE Guidelines on health and safety in PE lessons, pupils must adhere to the following:

- Remove jewellery and watches, this includes earrings and sports tracker style watches.
- If they cannot remove earrings, pupils must bring tape to cover these BEFORE the lesson. If they don't have tape and can't remove their earrings, pupils will not be able to take part in the lesson.
- Pupils with long hair must tie it back for every lesson.
- Pupils will not be able to take part in the lesson if they don't have the correct protective equipment (shin pads and gum shield) when needed.

If you have any questions about kit or anything else regarding PE lessons, please do not hesitate to contact us directly.

Kind regards

Mrs Vibert
m.vibert@jcp.sch.ie

Ms Hickey
g.hickey@jcp.sch.ie