

## PE KIT AT WOODHOUSE

Respect   Excellence   Friendship   Determination   Inspiration   Courage

These were the Olympic and Paralympic Values of the 2012 London games, where, Team GB 'Wowed' the Nation! Woodhouse West could be nurturing future Olympians and it is our job to provide these potential sports personalities with a varied and challenging curriculum and it is your job to provide them with a Full PE kit to ensure **All** children take part in PE and Sports.

There is also increasing evidence in how PE and Sport in school contributes to a child's overall general health and well being, here is how....

Physical Education develops children's motor skills and hand-eye co-ordination, promotes better concentration and absorption in learning, builds self-esteem, develops cooperation, teamwork and sportsmanship skills and encourages children to lead a lifestyle that is good for both body and mind.

At Woodhouse West we want our children to choose an active and healthy lifestyle and encourage all children to participate in PE and Sport lessons.

Therefore we ask that **ALL** children have a change of clothes from their usual uniform for PE lessons. A PE kit should consist of....

Plain white t-shirt

Black shorts

Plimsolls or trainers for outdoors

Tracksuit or jogging bottoms/hoodie for outdoors

Hall space is limited and lessons will take place outdoors (where weather permits) so it is important that children are dressed warmly for the colder weather.

To ensure children's safety in PE **NO** jewellery is to be worn on PE days (or can be removed by the child not the teacher) and long hair tied back. A reminder for PE days is displayed in your child's classroom.

Thank you for your continued support.