**Physical Education**

Dear Parents,

Physical education is an extremely important part of your child’s education, not only physically but vital for supporting their mental well-being also. This year, at Rowley Park we will continue to provide the following:

**PE lessons**

Children will continue to have 2 physical education lessons a week. On these days, during the times of COVID 19, we ask that your child comes dressed in their PE kit (black shorts/white t-shirt/pumps or trainers – when cooler weather arrives an unbranded tracksuit will be necessary to keep your children warm). PE lessons will be held outside where weather allows.

**Forest School**

On Thursdays, we will continue to run forest school lessons as part of our enrichment sessions for the children. These will run in 6 month blocks – Sept – Feb half term/Feb half term – July. Children will need to come dressed in their forest school kit– old, warm clothes/waterproof jacket/wellies.

**Swimming**

Swimming is a compulsory part of the PE curriculum. This school year, Year 3 will continue to attend swimming lessons at Stafford Leisure Centre. These lessons will take place on a Tuesday afternoon starting on Tuesday 15th September. Children will travel on a coach to the leisure centre – a separate letter will be sent covering the safety measures in place by the coach company and the Leisure Centre.

Please see the table below to see when your child has Physical education sessions and will need to come dressed in kit.

|  |  |  |
| --- | --- | --- |
| **Year group** | **Session 1** | **Session 2** |
| **Year 1** | Monday PE | Forest school |
| **Year 2** | Wednesday | Friday |
| **Year 3** | Swimming Tuesday (Starting 15th September. | Wednesday |
| **Year 4** | Tuesday | Friday |
| **Year 5** | Tuesday | Forest School |
| **Year 6**  | Monday | Forest School |

Thank you

Mrs Beaumont,

Headteacher