## RETURN TO SPORT FREQUENTLY



## ASKED QUESTIONS

"Creating tomorrow's healthy active learners, sports leaders and performers"



A commitment that all students receiving the opportunities and experiences that lead to a life long healthy active lifestyle underpinned by our Physical Education & Sport values.

Practice with purpose. Perform with passion.



### WHEN ARE EXTRA-CURRICULAR SPORTS CLUBS ON?

	Mon	Tues	Weds	Thurs	Fri
3.30-4.30	KS1 Clubs	Explorers	Explorers	Sports Fixtures	Explorers
	KS2 Training night				Football Training on the Astro
Lunch	Astro Activities	Astro Activities	Astro Activities	Astro Activities	Astro Activities



#### WHEN ARE SCHOOL FIXTURES RETURNING?

#### Sept '21 onwards;

We plan to re-introduce clubs and fixtures on a regular basis from September onwards. A School Games plan will be published on the website in September.

Our students will have the opportunity to enter into County competitions as well as District in the 2021-22 season.



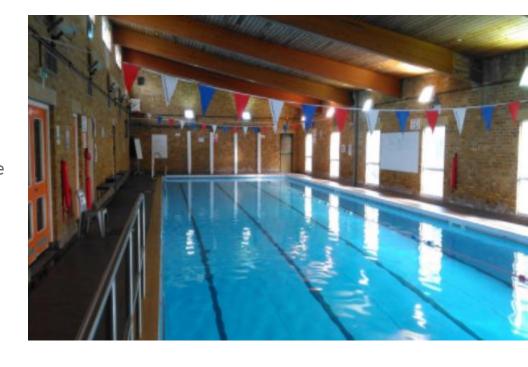
### WHAT WILL MY CHILD NEED FOR PE LESSONS?

- House colour PE T-shirt
- Black shadow stripe shorts
- Black joggers
- Logo bottle green fleece
- Logo PE bag
- Trainers (not plimsolls please)
- Year 5 children onwards-polo top instead of house colour PE T-shirt



# WILL MY CHILD HAVE AN OPPORTUNITY TO USE THE SWIMMING POOL

 In the Larch all children from Year 1 to Year 6 receive a block of swimming lessons within the school year. They will focus on water safety, strokes and progressing to life saving skills.





# WHAT ADDITIONAL EQUIPMENT WILL MY CHILD REQUIRE FOR PE 1 FSSONS?

We expect and highly recommend that students bring the following equipment when participating;

Football - Shin pads

Hockey - Shin pads & Gum Shields (Y4)

Dance & Gymnastics - Socks & Trainers are removed





### HOW CAN I SUPPORT MY CHILD IN PE AND SPORT?

#### **Physical Education**

- Encourage doing your best
- Encourage your child to share
- Model Physical Activity on a regular basis
- Emphasise fun and enjoyment
- Ask your child how they are enjoying and engaged in PE.
- To support review and consolidation of your child's learning.
- Encourage routines and structure

#### Sport

- Encourage your child to experience as many sports and activities as possible
- Promote fair play and reflection
- Promote the importance of a healthy nutritious diet
- Promote the importance of sleep & routined bed-times

Links to PE@Home and examples of additional resources

YST move crew

Tokyo Ten Activities



### Thank you

