

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 LESSONS?

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

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