

# Uplands Junior School

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Head Teacher: Mrs S Webster-Smith



Uplands Junior School

## Uplands PE/Sport Kit 2018-2019

At Uplands, we are proud of our continual sporting success around the City and Black Country area. We pride ourselves on the opportunities that are offered to children within school and for extra-curricular activities.

Given this, we want our children to look presentable while taking part in their statutory curriculum PE lessons and when representing the school at different sporting events/matches.

I would like to remind you that **ALL** children should have a **FULL** PE kit in school at **ALL** times during the academic year. Their PE kit should consist of:

- Navy/black PE shorts with no logos
- House colour PE top with no logos
- Trainers (children should be able to tie own laces, if not then should bring trainers with Velcro)
- Pumps for indoor only (not compulsory)
- NEW: Uplands Hoodie and Jogging bottoms will be available to purchase from Lads and Lasses, Warstones Road. These will be for PE and sporting events use only. These items will be very useful for outdoor PE in the winter months (not compulsory).

We will be incorporating 'the daily mile' into school life, therefore it is vital for children to have their trainers in school every day. The Daily Mile is a fun and free physical activity which helps to make makes children fitter, healthier and happier, and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active every day.

The policy of the governing body states that no jewellery is to be worn for any physical activity and long hair should be tied back. If earrings cannot be taken out, they are taped over (please provide tape for your child). If religious bangles cannot be removed, then children must wear a protective sweat band to cover them. We are following the guidelines set out in the "Safe Practice in Physical Education and School Sport".

Within school, it is noted when children do not come to school with correct or full PE kit and text messages will be sent to parents when and if this happens. When taking PE kit home, please do so on weekends or over school holidays, making sure they are returned on the Monday.

REMINDER: please label/name all kit so if misplaced, can be returned to the owner quickly.

Thank you for your continual support.

Miss Richards

Personal Development and PE Lead.

