



29<sup>th</sup> November 2021

Dear Parents,

I am writing to let you know about a change to the way we organise PE at Park Grove. Going forward, we would like children to come dressed, ready for PE, on their PE days.

We have spoken to our own academy, different schools across York and also our PE providers 'Total Sports'. They have confirmed that the majority of schools already ask children to come to school dressed to do PE on their PE days.

We are finding that about 20% of physical activity time is actually lost each PE lesson due to children having to get changed and then changed back. The majority of negative behaviour incidents happen during changing times rather than actual PE lessons.

Please find below a list of the reasons why we would like children to come dressed in PE kit, ready to do PE.

1. This worked really well during Covid and the children's behaviour was much improved.
2. We will see an increase in children's physical exercise time once we remove changing times.
3. The National Curriculum does not require children to get changed for PE.
4. Staff all feel that this would benefit their classes significantly and cut out incidents of negative behaviour.
5. Not all children feel comfortable getting changed in front of other children.

The only argument we can see for getting changed is the hygiene aspect. However, we know that primary children already spend a long time running around at play and lunch time and are just as likely to get hot and sweaty during these times. As our PE lessons take place in the afternoon, the children can go home and have their kit washed straight away.

Our PE kit won't change. Children still need to wear black shorts (or jogging bottoms) and a white t-shirt. They should also wear a jumper or hoodie when it is cold. Please also make sure your child is wearing trainers or plimsolls on their PE days.

We really hope that this change will have a positive outcome for children's health and fitness. This new change can start straight away.

Best wishes,

Jo Sawyer.  
Headteacher  
[j.sawyer@ebor.academy](mailto:j.sawyer@ebor.academy)

