

January 2025

Dear Parents/ Carers,

### Expectations for P.E lessons

I wanted to take this opportunity to clarify our expectations regarding clothing and kit for P.E lessons at SSSC.

Where possible we want to pupils to change into a suitable change of clothing for P.E lessons. We supply all pupils with a P.E kit which includes a polo shirt and shorts. On the days that your child has PE lessons they should either wear or have available footwear that is suitable for physical activity. See below for when your child has P.E during the week:

Primary 1 & 2	Tuesday
KS3 Nurture Yellow and Blue	Monday
Year 7 and 9 Blue	Tuesday
Year 8 and 9 Yellow	Thursday
Year 10,11 and Nurture 4	Friday

During P.E lessons we expect pupils to follow the SSSC uniform policy and will ask pupils to remove items of jewellery. Pupils will be asked to remove piercings and where items are more difficult to remove the P.E teacher will make a decision on the suitability/ safety of the item. Where this causes a safety concern, the pupil may be given a non-physical role within the lesson. Where appropriate, staff may assist pupils in the removal of jewellery/ piercings.

If a pupil wears earrings to school, we would expect these to be removed during P.E lessons. If however this causes high levels of stress and/ or difficulty for the pupil, these may be taped up. It is at the discretion of the P.E teacher as to the suitability of this taping, and where this causes a safety concern the pupil may be given a non-physical role within the lesson. During gymnastic lessons involving the trampoline or trampettes, all jewellery/ piercings must be removed.

Pupils who have longer hair will be asked to tie this back during P.E lessons. Where appropriate, staff may assist pupils to do this. Where this causes high levels of stress and/ or difficulty the P.E teacher may decide that participation is suitable for the activity being undertaken.

If you have any questions about the above, please contact me at school, and thank you for your cooperation on these matters.

Mrs R Frost  
Head of P.E and Enrichment

Headteachers: C Greenhough & D England





