



Skelton Newby Hall Church of England School
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Headteacher: Mrs L Taylor

Physical Education

Dear parent/carer,

From September 2017, the government recommends all children to do at least sixty minutes of moderate to rigorous activity a day - thirty minutes within school time (as well as their two hours of PE a week) and thirty minutes at home. With rising obesity levels in the UK, we need to ensure all our pupils have a love of physical activity and an awareness of a balanced healthy diet.

As a result of reviewing the level of physical activity our children take part in during an average week at Skelton Newby Hall, we will be delivering a second PE session to all pupils from next week. In addition to this, we will also be working with the children to improve their stamina, agility, co-ordination and balance through a variety of activities linked to other curriculum subjects.

Therefore, from next week, the children will need to bring their PE kit in a named PE bag to school each week on Mondays and leave it in their locker in school until Friday when it can be taken home to be washed. PE kit in the winter should consist of trainers, dark blue shorts, white T-shirt, dark blue tracksuit bottoms and a dark blue top (hoodie or sweater). Can you please ensure all PE items are named

Many thanks,

Mrs Briggs, Mrs Wheatley and Mrs Hornby

