

Dear Parents,

Welcome back, we hope you and your child had a fantastic summer and are ready and raring to go for the new academic year! We are excited about the new facilities and are delighted that your children will soon have some of the best sporting facilities in the area!

In PE, we have a **Head, Heart and Hands** philosophy which looks at a child's full capabilities through sport. We focus on **Values**, mindset, knowledge and understanding as well as physical skills and attributes. Physical Education is a great subject to allow pupils to explore what their bodies and brains are capable of in a practical environment.

**Competitions** will continue this year; we had great success last year in a range of sports. We hope all children will get the chance to compete this year with the introduction of **Competition Wednesdays**. We would love for you to join us throughout the year to support your children (more information will follow.)

Please register your **SCHOOL PING** account to receive up to date information. We will be using 'PING' to communicate with you regarding fixtures and other sporting opportunities available to you and your child.

Please look out for our '**Community Clubs**' (coming soon.) We would like sport to make a even bigger impact in West Heath this year, not only for the West Heath pupils but for the whole school community. This year you will be invited to family fitness sessions giving you even greater insight to what happens in sport at West Heath Primary. There will also be '**Sports and Activity Camps**' to keep children active in the holidays.

Your children will continue to receive '**Outstanding**' active lessons both in PE and across the curriculum at West Heath Primary. We strongly believe that physical activity keeps the body healthy and the mind alert. We are dedicated to improving the mental and physical health and well-being of your children!

We are really looking forward to another active year and we always welcome your support. Please speak to us should you have any concerns.

*Yours in Sports*

Coach Adam / Mr Hooper (Head of PE/sport) and  
The coaches from GetSports-Active

## Meet the PE Team from GetSports Active

Mr Hooper (Head of PE)	Coach Tom (Lead Coach)
Coach John (Lead Coach)	Coach Ryan R (Support Coach)
Coach Ryan J (Support Coach)	Coach Ryan C (Support Coach)
Coach Reiss (Lead Coach)	Coach Adam M (Support Coach)

## West Heath PE Kit

(without the correct equipment your child will receive a strike in their passport)

### Indoor PE Kit



White  
T-Shirt



Black  
Shorts



Pumps /  
Trainers

### Outdoor PE Kit

Pupils will be doing PE outdoors even in adverse weather. Children must wear the following on their PE days over the top of their indoor kit; (they can always take layers off if they need to but can't put layers on if they do not have them)



Hoodie



Black  
Bottoms



Waterproofs

### Swimming Kit

Year 4, 5 and 6 will be swimming this year on a Tuesday or Friday (more information to follow.)



Towel



Trunks /  
Swimsuit



Goggles

Swimming shorts must not be longer than knee length and swimsuit must not be bikini.

### Spare Kit

Our initiative for children to wear their PE kit to school has been a great success. We are however conscious that the weather is changing so we would like you to send a spare set of clothes into school just in case your child gets wet! We recommend spare kit is made up of clothing that you do not mind getting dirty but is warm enough for them to change into if their PE Kit gets wet. These spare clothes may also be used for Forest School.

## Outstanding Physical Education at West Heath Primary

Every child at West Heath Primary school receives 2 hours of high quality physical activity each week. Our commitment to keeping your children active has received national recognition. PE is a strength of our school and we want to keep it that way!



## Swimming

All pupils in year 5 and 6 will take part in a extended block of swimming this year, the aim of swimming is to improve strokes and lifesaving skills.

Class 14	Class 13	Class 12	Class 11
Every <b>Tuesday</b> Until week beginning 16 <sup>th</sup> December	Every <b>Friday</b> Until week beginning 16 <sup>th</sup> December	Start week beginning 13 <sup>th</sup> January – 30 <sup>th</sup> March	Start week beginning 13 <sup>th</sup> January – 30 <sup>th</sup> March

We really need your support with swimming. Swimming is a life saving skill and its crucial that pupils are exposed to the water safety as early as possible. We hope all pupils leave West Heath Primary with confidence in the water and the ability to save their own life.

**SCHOOL PING** We will be using school ping to communicate with you regarding extra curricular activities, community clubs and competitions. To give you the most up to date information regarding school sporting events, please register your ping account.

West Heath PE Kit contionued...

## Competition Kit and Equipment

If your child is selected for a competition it is important that they have suitable equipment to compete safely against other schools. For some sports West Heath team kits will be provided, but not for all. Pupils must have their PE kit in school on the days they compete. However, equipment will not be provided. Equipment includes the extra things pupils need to compete such as football boots, shin pads, goggles etc. It is the child's responsibility to have the equipment they need to compete safely.



Kit



Equipment

**In addition:-** your child will need trainers in order to play on the astro turf at lunchtimes and during extra curricular activities. For lunchtime gymnastics, children will need to wear shorts (as socks and tights are not permitted) when doing gymnastics. We recommend pupil have spare shorts and spare trainers kept in their drawers if they wish to access these activities.

## PE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM:</b> Year 6 <b>PM:</b> Year 1 Class 3	<b>AM:</b> Year 5 <b>PM:</b> Reception Class 2	<b>AM:</b> Year 4 <b>PM:</b> Competition Wednesday	<b>AM:</b> Year 3 <b>PM:</b> Reception Class 1	<b>AM:</b> Year 2 <b>PM:</b> Year 1 Class 4

## EXTRA CURRICULAR TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball Yr 3,4,5,6 Gymnastics Yr 4,5,6	Girls Football Yr 3,4,5,6 Multi Skills Yr 1,2,3 Table Tennis Yr 3,4,5,6 Tag Rugby Yr 3,4,5,6	Football Yr 5, 6 Dodgeball Yr 3,4,5,6	Football REC, 1 & 2 Dance & Cheer 2,3,4,5,6	Football Yr 3, 4 Gymnastics 1, 2, 3

\*Afterschool clubs at West Heath Primary are completely free of charge, please utilise this opportunity to get your child active