



Physical Education

Developing physically literate, socially confident, free thinking individuals who understand the importance of living an active and healthy lifestyle, and who value the physical, mental and social benefits of lifelong participation in physical activity.

This document is intended to provide advice and guidance for parents to help understand what is required for students participating in PE at PCS.

At key stage 3 all students are required by the National Curriculum to participate in a minimum of two hours of Physical Education each week.

All Students will participate in a number of different activities throughout the year and the guidance below will help them to enjoy and participate in lessons to the best of their ability.

All students participate in KS4 core PE and are given the choice of routes to participate in where they also plan and design their own curriculum.

Students are also able to opt for the NCFE VCERT PE Technical Award.

Kit

Students are expected to be wearing the correct kit for PE throughout the year. All kit can be purchased from the school suppliers - **Premier Sports**.

The kit includes:

- Black PCS shorts (Compulsory)
- Red PCS t-shirt (Compulsory)
- Base layers under compulsory kit (Lycra leggings must be black with no logo, top can be black or red no logo.) Tights or cotton leggings are not allowed.
- Black PCS tracksuit bottoms
- PCS mid layer
- PCS rain jacket

[Click here for more details on the PCS PE Kit](#)

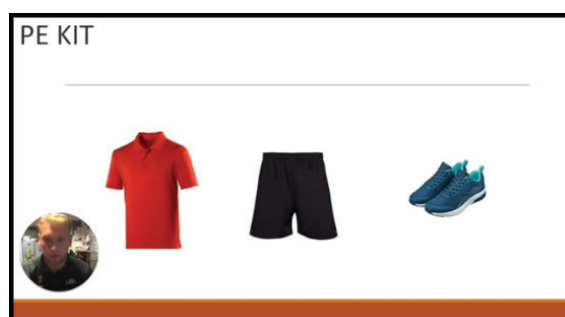
Core Kit (Essential)

| | |
|---|-------------------------------|
| Tech Polo (Red, lightweight poly with logo) OR bespoke rugby polo (see below) | Available from Premier Sports |
| PCS Black shorts with logo | Available from Premier Sports |

Optional Kit

| | |
|--|-------------------------------|
| Mid-layer (black 3 quarter zip top with logo) | Available from Premier Sports |
| Rugby Shirt (black and red) | Available from Premier Sports |
| Bespoke Rugby polo (short sleeved with logo) | Available from Premier Sports |
| Tech Pant (replaces track pant, black with logo) | Available from Premier Sports |
| Sports Sock | Available from Premier Sports |
| Rain Jacket (with logo) | * Pre-order via order form |
| Bespoke reversible long sleeve rugby shirt (with logo) | * Pre-order via order form |
| Lycra base layers | Supplier of your choice |

PCS Kit Expectations Video



Winter

If the outside teaching space is a safe environment then PE teachers will expect students to go out in any weather.

Guide on Keeping Warm During Winter PE Lessons

Students should bring an extra pair of socks, underwear and a towel for the wet weather.

During the winter period, in addition to their normal kit, we allow students to wear:

- A plain woolly hat with no attachments
- Additional trousers (They must be under the PCS tracksuit bottoms and not to be seen)
- Additional tops (Must not have hood and cannot be seen)
- Gloves (Can only be used in certain activities)

Summer

Students should bring sun cream and water to all lessons especially in the summer. Students are able to wear a cap during summer lessons.

Trainers

We advise that running trainers are the best for students during PE lessons, due to the different surfaces that are used, as they will increase stability and improve performance.

Some lessons will be on the school field during the winter. We advise that students bring boots with them to each lesson, this will once again improve their stability and performance. Their teacher will give them notice as to when they will need to have these.

Illness & Injury

If your child is feeling poorly or is injured, but is still able to attend school, please ensure you write a note for them or call the main reception.

They will be asked to change into their PE kit and participate in lessons by adopting a different role which is not physically active, for example a coach or scorekeeper, to ensure they continue to learn in lessons.



Jewellery

No Jewellery can be worn in lessons at any time due to health and safety concerns. Taping is not allowed.

If your child wishes to have their ears pierced, this needs to be done during the longer holidays to ensure on their return they are able to remove them to be able to participate in lessons.

Clubs

All after school are free and information can be found on the [school website](#).

After school clubs are open to all students at PCS. There are occasions when specialist coaches are brought in and these clubs can sometimes incur a cost. In this instance students are normally given a letter with all the information regarding the specialist coaching.

Teams

PCS runs a number of school teams which compete in our local partnership and across the county.

All pupils are welcome and actively encouraged to be part of any squad in any sport and attend clubs and training after school. We are competitive as a school and unfortunately not all pupils who have attended clubs will get the opportunity to compete against other schools.

Top Tips

- Do not buy football boots unless you already need them as they may not be used during the year.
- We will give notice to each class if they need them 3-4 weeks prior.
- Buy bigger as your child will grow
- Watch the video presentation on the [website](#) for a more in depth look at PE