



# Atlantic Academy Portland

an Aspirations Academy

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Dear Parent / Carer

## PE expectations

We would like to remind you that participating in PE is a core requirement from the Government. Participating in healthy exercise has a positive impact on a person's physical and mental wellbeing including improving mood, boosting energy, and reducing the risk of serious health conditions.

We have noticed a rise in medical notes for small issues, in which students could still, with reasonable adjustments, continue to be part of the PE class.

As of 6th February we will only be accepting medical notes electronically, though the "PE Medical note" contact form found on our website. This will ensure that all PE staff have access to information regarding injuries and students taking part in PE. If no medical note is received then the PE department will assume that there is no injury and the expectation will be to join in with the lesson, and the sanction for not having a kit will be applied.

To reiterate, the expectation is that **all** students must bring a PE Kit, even if they are carrying an injury. We like all students to be included in the lessons, there will be roles that students can be involved in even if they are injured. For example if there was a hurt leg, the student could change their upper half, and participate as an umpire. Furthermore, by bringing a PE kit you are ensuring that uniform stays dry during adverse weather.

Please remember that timetables can be found on the sims app or in the front of your son/ daughters practise book.

We would appreciate your support in ensuring your child is healthy and active while at school and making sure that a full PE kit is brought in on all PE days.

Yours faithfully

Tasha Board  
Head of Chesil School

