



**RED HOUSE
SCHOOL**

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Dear Parents

Games and Physical Education in the Spring Term

We have been delighted with the enthusiasm our pupils have displayed this term and we wish you all an enjoyable Christmas break. In preparation for the Spring term, I thought it may be useful to give you the following information. Once again, I am closely monitoring DfE guidelines as well as advice from all relevant sports governing bodies, and whilst there may be more changes over the holidays, we intend to offer the following PE / Games programme.

Games lessons will be single-sex as normal. Pupils will be taught PE & Games in their respective year groups to limit social interaction across teaching bubbles. The main focus for the boys will be rugby and hockey and the girls will concentrate on hockey and netball. The only exception to this will be the Y3/4 games session on a Thursday. During this lesson, pupils will be taught hockey in their respective year groups. Year 4 will have their lesson outside on the astro-turf and Year 3 will be in the sports hall.

During PE lessons, pupils in Years 7 & 8 will complete a unit of work in gymnastics and Year 9 pupils will have the opportunity to refine their skills in basketball and badminton.

In Year 11, we still plan to deliver our "Education for Leisure" programme and we envisage participating in some off-site activities where possible.

With regards to Years 4-6 swimming lessons, we are currently awaiting advice on whether this will be possible and I will notify you when a decision has been made. In the meantime, pupils in Years 4-6 will follow a unit of work in gymnastics and this will take place in the sports hall.

Similar to last term, we intend to offer after school sports clubs to Senior School pupils and once again, we would like to stress that these are not compulsory for our team players. Until the return of fixtures, we are encouraging all our pupils who are members at local sports clubs, to attend their usual training sessions in accordance with the "return to play" guidelines set up by each Sports Governing Body. This will ensure they are continuing to develop their skills under the supervision of specialist coaches in their chosen sport(s).

School sports clubs are open to all pupils and will take place from 4-5pm on Monday (Year 9), Tuesday (Year 7), Wednesday (Year 6) and Thursday (Year 8). These clubs will begin on Monday 11 January and pupils will need to sign up through their tutor during Monday morning registration (each week).

To avoid sanitising changing rooms between each lesson, pupils will continue to wear their PE kit to school on days when they have their sports club or PE/Games lessons. Pupils should also bring the following items to school to ensure they are equipped for their PE/Games lessons (large games bags will be unnecessary):

Girls:	Boys:
Skort / Games socks Hockey stick* (Y5-10) – no stick bags please. Gum shield Shin pads Indoor & Outdoor trainers**	Shorts / Games socks Gum shield Shin pads Football boots (rugby) & outdoor trainers (hockey) Indoor trainers**
<p>* If you are unsure about choosing the size of hockey stick, please use this website as a guide (basic stick is fine!); https://hockeyperformanceacademy.com/how-to-choose-a-field-hockey-stick/</p> <p>** Indoor trainers will be worn when pupils are in the school building, during the days they wear their PE kit. To help avoid bringing mud into the building, it is imperative that pupils wear a separate pair of trainers / football boots when they are outside during lessons / break time.</p> <p>As always, all items of equipment / clothing must be clearly named.</p>	

I hope you have found this information useful in preparation of the new term and please do not hesitate to contact me if you have any queries.

Yours sincerely



Mrs Marie Sweeney
Head of Physical Education