



St Timothy's

Primary School, Nursery Class and LCSC

At St Timothy's we Belong Together in a Loving, Respectful and Happy Family

Love Nurture Learn Respect Belong Safe Achieve

PE days and kit September 2022

Please see an updated list of the days classes have PE in the hall at the moment. Some classes have one slot outdoors at the moment but they are fine in what they wear to school this term. We will update the timetable and days next term. This will change slightly, as we need to have some classes have one session outdoors each term and it's obviously only fair to rotate this.

In terms of uniform around PE, here is what we would broadly expect in terms on uniform. The uniform at St Timothy's is white shirt or blouse and school tie, or yellow polo shirt; grey skirt trousers or pinafore – although some parents do like the tartan one – and blue jumper or cardigan. Some parents also like the school blazer, which does look very smart.

On non-PE days, children should wear a blouse or shirt to school with their school tie. However, if a child is confident changing out of these and doing their tie they are welcome to come like this on PE days too. Some children choose to wear the yellow polo shirt most days and this is absolutely fine.

On PE days, children should wear their yellow polo shirt to school and bring their PE kit with them. They can then get changed into their PE kit. The polo shirt is obviously easier to change into and out of than a shirt or blouse. However, they are also welcome to just do PE in the yellow polo shirt too – although by the time they get to P6 and P7 it does become more hygienic to change – as I'm sure you've noticed if you have older children!

The children are also welcome to come to school in dark joggers or with their shorts on underneath their skirt, or if they really squeeze, their trousers!

PE kit is white top and dark shorts or joggers, but as I said above, the children are welcome to do PE in the yellow polo shirt. Children should not wear football colours to school, and should wear kit they feel comfortable and not self-conscious wearing.

As long as the children are engaging with the uniform policy we are happy – please do get stressed about the ins and outs of it though as I certainly don't.

Earrings should ideally not be worn on PE days. If this is unavoidable, earrings should be taped up at home on PE days. This is a health and safety issue and the injuries teachers talk about from earrings are unfortunately not an urban myth.

I know some of the children are finding getting changed for PE in the changing rooms again a bit odd, post Covid, and we are obviously happy to come and go regarding this on a case by case basis. However, I really feel that being comfortable using the changing rooms is an important life skill for the children as they grow up, for example in terms of going swimming, going to the gym or participating in sports, and I would therefore ask that your first port of call in this matter is to encourage and reassure your child about using the changing rooms rather than seeking an alternative straight away. We are fortunate to have bespoke changing room in this school – many primary schools do not – so it is nice to use them.

PE days

Monday – rooms, 15, 16, 13, 14, 11 and 12

Tuesday – rooms 9, 3, 13, 10

Wednesday – rooms 7, 9, 8, 2 and 16

Thursday – rooms 6, 12, 1, 14, 5, 7

Friday – rooms 8, 9, 10, 4, 15, 11