

MILVERTON PRIMARY SCHOOL

PE KIT GUIDANCE FOR PARENTS



At Milverton we have two types of PE lessons during the week, indoor PE lessons and Outdoor PE lessons. We also have two other types of lessons that require active clothing, Forest Schools and Power Hour. We ask that parents support children in their learning by helping them to have the correct kit for these lessons when in school.

This guidance will explain when your child has their indoor PE lessons, their outdoor PE lessons and what they should be wearing or have in school on these days.

We ask that the children's indoor PE kit stays in school, with all items named, in a named bag. Most families will take this kit home each half term to wash the kit and then return ready for use after the break. Some may feel it is necessary to wash the kit more frequently. This is also a good time to check their indoor PE shoes for size as children often forget to report to parents if their shoes are too small.

On the day they have Outdoor PE lesson we ask that they come to school in weather appropriate active wear, this may be T-shirt and shorts on a warm day, a tracksuit on a colder day but always in trainers and with a light rain coat. Children will be going out to do their PE lessons in the rain and cold so please make sure their clothing is ready for these conditions.

	Indoor PE	Outdoor PE	Forest Schools	Power Hour
Willow	No Kit or changing required, PE built into lesson time		Friday every other week	N/A
Hazel				N/A
Cherry	Thursday	Tuesday	Tuesday for a half term twice a year, parents are informed	N/A
Apple	Wednesday	Tuesday		N/A
Pear	Wednesday	Tuesday		N/A
Elm	Wednesday	Thursday	N/A	Friday
Pine	Monday	Thursday	N/A	Friday
Maple	Monday	Thursday	N/A	Friday
Chestnut	Tuesday	Wednesday	N/A	Friday
Oak	Thursday	Wednesday	N/A	Friday
Ash	Tuesday	Wednesday	N/A	Friday

Indoor PE Kit	For indoor sessions
To keep in school in a named bag	Black shorts White T-shirt Plimsole shoes

Outdoor PE Kit	Sunny weather	Light rain	Cold and wet
To wear on the day of outdoor PE session	Shorts T shirt Trainers	Shorts / Joggers T-shirt Light rain coat Trainers	Joggers T shirt Hoody Light rain coat Trainers

Forest Schools	Sunny weather	Light rain	Cold and wet
Wear active clothes that are ok to get dirty and bring extra items in a bag to change into	Long sleeve T shirt Joggers Wellies	Long sleeve T shirt Joggers Rain coat or rain suit Wellies	Long Sleeve T Shirt Hoody Joggers Rain coat or rain suit Wellies

Power Hour	Sunny weather	Light rain	Cold and wet
To wear on the day of power hour	Shorts T shirt Trainers	Shorts / Joggers T-shirt Light Rain Coat Trainers	Joggers T shirt Hoody Light rain coat Trainers

Swimming

Children in year 3, 4, and 5 will go to swimming lessons for a ten week block during the year. This will always be on a Thursday morning. We will inform parents when it is their child's turn to go swimming.

Currently the Year 4 group go swimming. After this it will be Year 5 then Year 3 and we end the year taking those children from Year 6 and some other year groups who need some extra swimming practice.

Children will need: Swimming Hat, Swimming goggles, Swimming costume and a towel.