



Monday 17th July 2023

PE Curriculum and PE Uniform Update

Dear Parent/Carer,

I am writing to update you on some exciting changes in PE for next academic year, as well as an update regarding our PE uniform policy.

We have been working extremely hard to ensure your child has access to a broad and balanced PE curriculum. As of September, all students will have PE after lunch from 1:15-3:15pm and where possible, will be dismissed from the venue to maximum curriculum time. The location of your child's PE lesson will vary based on the sport that is being delivered during that half term. The PE department will send you a half termly letter in advance to ensure you are aware of the sport your child will learn and the venue at which they will be dismissed from. You will receive a letter at the start of the autumn term in September once your child's PE group has been finalised.

Please see below the sports that that will be delivered to each key stage across the course of the academic year.

KS3 (Year 7-9)

- Swimming (Year 7 and 8 only)
- Dance
- Football
- Netball
- Tennis
- Table Tennis
- Handball
- Softball/Rounders

KS4 (Year 10-11)

- Basketball
- Football
- Table Tennis
- Tennis
- Netball
- Handball
- Softball/Rounders

We expect all students to participate in every PE lesson in the correct kit. PE Kit is very important in creating a sense of team spirit and professionalism within lessons. To maximise curriculum time students will be required to attend the Academy in full PE kit and blazer on

the day they have their PE lesson. Students are still required to wear a PE kit if they are ill or injured, as they will be expected to take on a leadership role within the lesson and parents/carers are expected to email the Academy prior to the lesson, outlining all relevant details.

The below information outlines the PE uniform requirements for next academic year:

Item	Description
HSAEL branded Polo Shirt	Sports top with Academy logo https://khalsaschoolwear.co.uk/product/polo-shirt-8/?colour=black-red
Black Shorts	Plain black shorts – no logo https://khalsaschoolwear.co.uk/product/mesh-p-e-shorts-black/?colour=black
Black Socks	Plain black – football/rugby socks https://khalsaschoolwear.co.uk/product/games-socks-black/?colour=black
Black tracksuit top and bottoms	(optional) No logos https://khalsaschoolwear.co.uk/product/p-e-training-pants-black-2/?colour=black-silver https://khalsaschoolwear.co.uk/product/1-4-zip-training-top/?colour=navy-white
Plain black thermal underneath.	This can be worn on the top and bottom half of the body in winter (No logos)
Astro Turf Trainers	No other trainers are allowed. This is to ensure only one pair of trainers are needed for PE and to ensure students can participate safely in all weather conditions.
Sporting Hijabs	These should be worn by students who are required to wear a head covering – These can be red or black.
Specific Technical Kit <ul style="list-style-type: none"> Swimming –Black swimming costume or black swimming shorts. Leggings may be worn for religious reasons. For swimming (Year 7 and 8 only) students are required to wear a black swimming cap and a suitable swimming costume, trunks. Leggings can be worn for religious reasons. Goggles are optional. 	

If you have any queries regarding the changes in PE at the Academy, then please contact me via email: t.christopher@harrisscienceeastlondon.org.uk

Yours sincerely,

T. Christopher

Mr T. Christopher
Senior Assistant Principal