

PE Kit at Woodhouse West

Determination

Honesty

Respect

Passion

Teamwork

Self Belief

These are the School Games Values which Woodhouse West embraces when delivering PE and Sport. We could be nurturing future Olympians and it is our job to provide these potential sports personalities with a varied and challenging curriculum and as parents we need you to provide them with a Full PE kit to ensure all children take part in PE and Sports.

There is increasing evidence in how PE and Sport in school contributes to a child's overall general health and well-being.

Physical Education develops children's motor skills and hand-eye co-ordination, promotes better concentration and absorption in learning, builds self-esteem, develops cooperation, teamwork and sportsmanship skills and encourages children to lead a lifestyle that is good for both body and mind.

At Woodhouse West we want our children to choose an active and healthy lifestyle and encourage all children to participate in PE and Sport lessons.

Therefore we ask that **ALL** children have a change of clothes from their usual uniform for PE lessons. A PE kit should consist of;

- School logo white PE t-shirt (or plain white)
- Black/Burgundy shorts
- Plimsolls or trainers for outdoors
- Tracksuit or jogging bottoms/hoodie for outdoors



Hall space is limited and lessons will take place outdoors (where weather permits) so it is important that children are dressed warmly for the colder weather.