



Physical Education

During P.E. at Melland High School it is essential that all students wear the correct P.E. kit for the sessions that they are involved in. We have chosen a P.E. kit that is practical, comfortable and appropriate to the activity, this promotes good relations between all pupils and positive behaviour. Wearing a P.E. kit is part of the health/safety and risk assessment considerations carried out prior to activities being undertaken.

We would also ask that you ensure all your son/daughter's P.E. kit is clearly labelled along with their uniform.

To maintain personal hygiene standards pupils will be required to shower after exercising. Please ensure your son/daughter is equipped with shower gel and deodorant as this is not provided by the school.

Please provide the following:

School based P.E.

- Plain white t-shirt
- Black shorts or track suit/jogging bottoms
- Sports trainers (not fashion trainers)
- Towel

Outdoor pursuits

When an outdoor pursuits session is planned pupils will receive a letter outlining what clothing is necessary for the activity prior to the day. In order for us to continue to provide an exciting range of opportunities for pupils you may occasionally be asked for a voluntary contribution to help towards the running costs of particular activities.

Swimming/Hydro

Swimming lessons take place off site with tuition taking place in small mixed groups of both boys and girls. We feel strongly that your child would benefit from learning to swim through school, however if you have specific concerns that may prevent your child participating please contact our P.E. co-ordinator directly to discuss possible alternatives.

- Girls - full swimming costume (not bikinis)
- Boys - trunks or shorts
- Swimming hat (recommended for long hair)
- Towel

Hydrotherapy

For those students for whom it is appropriate we offer regular hydrotherapy in our purpose built pool on site. We also extend the use of the hydro pool to all students in the form of bookable fun sessions which usually take place at the end of term. If you wish your son/daughter to access the hydrotherapy pool please complete the attached form.



Print Name:

I **CONSENT** to my child receiving physiotherapy treatment in the hydrotherapy pool.

 YES NO

please tick

I **CONSENT** to my child accessing occasional fun sessions in the hydrotherapy pool.

 YES NO

please tick

If at any time I do not wish my child to take part in their regular hydrotherapy session I will contact school.

Signature:

Date:

Print Name:

Relationship to pupil: