



# CARDINAL NEWMAN CATHOLIC SCHOOL

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Dear Parents

## Year 7 to 10 Physical Education Update – Return to use of Changing Rooms

After ensuring the safe return to practical PE lessons for our students it is now an appropriate time to continue the transition back to standard PE arrangements.

As of Tuesday 4<sup>th</sup> May, we will be returning to the use of changing rooms for practical PE lessons. This will mean that all students will come into school in their full school uniform and will bring their PE kit in a bag to change into for their practical lesson. We have carried out a risk assessment (informed by government guidance) to facilitate this development. Please be assured that your child's safety has been central to the planning process.

### Some practical issues:

**Kit** – Boys will wear their school PE top/outdoor top, shorts, school socks and trainers or school tracksuit. Girls will wear their school PE top, shorts/skort or leggings, school socks and trainers or school tracksuit.

**Who will be in my PE class?** PE groups will remain in mixed gender tutor groups for practical lessons up until half-term when this will be reviewed. Students will continue with the planned activity for their year groups (see below). **Please be aware that there are separate changing rooms for boys and girls.**

**How will students get to their PE lesson?** When students have a PE lesson they will need to go to the PE area with their kit bag and line-up outside the entrance to the changing rooms. Once they have changed into their kit they will go outside and meet the rest of their tutor group and teacher so that they can begin their lesson.

### Activities for each year group:

Year Group	Activity
Year 7	Badminton & Orienteering
Year 8	Trampolining & Orienteering
Year 9	Softball & Orienteering
Year 10	Athletics, Fitness Suite & Orienteering
Year 11	Rounders & Orienteering

If you would like to discuss any part of our return to PE, please do not hesitate to contact me on 024 7633 2382 or by email [neil.minshull@cncs.school](mailto:neil.minshull@cncs.school)

Yours faithfully

**Mr N Minshull**  
Head of PE

**Ms E O'Connor**  
Headteacher

