Dear Parents and Carers,

Rugby PE Lessons – Autumn Term 2

I am writing to inform you that after the half-term break, our male pupils will be starting their rugby module during PE lessons.

As part of the curriculum progression, this term will include the introduction of tackling. Because of the physical nature of contact rugby, lessons will take place outdoors on the field, **regardless of the colder weather.**

To ensure the pupils stay warm and comfortable, they will be permitted to wear appropriate warm clothing (such as old sweatshirts, tracksuits, or base layers) for their rugby sessions. Please note that these items are highly likely to get muddy, dirty and potentially damaged during tackling practice, so we **strongly** advise against sending pupils in with expensive or new sportswear.

To maintain our school standards and comfort for the rest of the school day, please note the following requirements:

- Full PE Kit: Pupils must arrive at school wearing their full Fulwood Academy PE kit on the days they have PE. Following their rugby lesson, pupils must change back into their full school PE kit for the remainder of the school day.
- Gum Shield: For player safety and welfare, it is strongly recommended that every pupil brings a gum shield (mouthguard) for these contact lessons.
- We also highly recommend sending a towel with your child so they can dry off and clean up before changing back into their clean kit.

Thank you for your continued support in helping us deliver a safe, engaging and enjoyable sports curriculum for our pupils. If you have any questions regarding the upcoming module or kit requirements, please do not hesitate to contact the school office.

Yours sincerely,

Mrs K Bytiqi
Director of Learning – PE