

PE and Sport at Phillimore

Push Yourself

PE

You will have two PE lessons every week each lasting one hour. Your safety is very important so make sure you come to school on your PE days wearing the following kit, ready to learn. This will also help you prepare for life at secondary school.

You will need:

- a plain white t-shirt with a round neck (not a school uniform polo shirt)
- black leggings or black shorts or black tracksuit trousers
- trainers or black plimsolls



You will also need to:

Improve

- tie long hair back
- remove all jewellery and watches

Hijabs worn on a daily basis are not suitable for PE lessons due to health and safety reasons. Suitable alternatives can be purchased and are already worn by some of our girls at Phillimore. Please speak to Ms Searle for further information.



Swimming

This year, if you are a Y4, Y5 or Y6 you will have a swimming lesson as one of your PE lessons at some point during 2021/22. You will need:

- a swimming costume (boys' shorts or trunks must not come below the knee, girls must have an all in one costume – not a bikini or tankini)
- a towel
- a bag to keep all clothes safe
- please name your school uniform so it doesn't get muddled up with someone else's

Work Hard

