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**THE MILTON  
KEYNES ACADEMY**  
*Creative  
Education  
Trust*

21 September 2020

Dear Parent/Carer

### **Phased Return of Physical Education**

As of the Friday 25th September we will be reintroducing Core P.E. for our Year 8 students.

I am sure that you will appreciate the positive effect that sport and physical activity can have on both physical and mental well-being, and the importance of both at this time.

In reintroducing Core P.E., there will be some changes that students will not be used to. In writing to you, I hope to be able to clarify these changes so that not only does your child know the school procedures for these lessons, but so that you feel comfortable with the safety measures we are putting in place to minimise any risk to your child.

Below are some of the key changes you and your child need to be aware of.

#### **Changing**

Due to current government guidance relating to social distancing, we cannot use the changing rooms within the school for students to change into their P.E. kit. On the days your child has P.E. they will be required to arrive to school in their full academy P.E. kit and their blazer. Students will remain in their kit for the day.

All students have been allocated a classroom for Core P.E. This is where they will meet at the beginning of their lesson to be registered. This will also be the place where they can leave their belongings. Where possible, the door will be locked, but I would **strongly advise students to leave any valuables safely at home.**



### **P.E. Kit**

It is essential that all students arrive at the academy in their full academy P.E. kit. If your child does not currently own the Milton Keynes Academy branded T-shirt, they will be allowed to arrive in a completely plain black T-shirt for two weeks. Please use this time to ensure that they have the correct T-shirt moving forward.

### **What happens if a student arrives in non-PE kit?**

If your child does not arrive in their P.E. kit, their teacher will follow a three stepped approach:

1. You will receive communication from the academy to ask you to discuss the importance of arriving in correct P.E. kit with your child.
2. If your child arrives in non-P.E. kit for a second time, their class teacher will phone home and discuss with you as parent/carer. The student will also receive a 15-minute detention at the end of the school week from 3:15pm – 3:30pm with a member of the P.E. department. We will discuss this with you during our phone call to you.
3. If your child does not arrive in P.E. kit for a third time, you will be invited into school to meet with their class teacher. The student will receive a 30-minute detention at the end of the school week, from 3:15pm – 3:45pm with a member of the P.E. department.

During these uncertain times, if you have any financial concerns regarding any potential purchase of the academy branded P.E. kit, please get in touch with your child's form tutor to make us aware. I assure you that our aim to make P.E. accessible for everyone and inclusive for all. If you have any questions or concerns, please do not hesitate to get in touch with me.

If a student arrives to the academy dressed in clothing that is deemed entirely inappropriate for school, they may be sent home by a member of the Senior Leadership Team, or you may be asked to provide appropriate uniform on the day.

### **Weather**

In the event of inclement weather, the class teacher will decide whether or not the class takes part in a full P.E. lesson or will remain in the classroom.

Our aim is to get our students as active as possible to ensure they reap as many benefits as possible from physical activity, so where possible we will be going outside for our lessons.



Please ensure that your child brings their uniform to school in their bag. In the event of being caught in the rain during a lesson, their class teacher will give the opportunity to change into their uniform towards the end of the lesson by allowing them to enter the changing rooms in small groups in intervals of five minutes to change.

**How will lessons be compliant with government guidelines?**

We have made significant changes to the P.E. curriculum in order to allow planning and delivery of a safe and considered series of lessons.

Students will participate in fitness-based lessons until October half term, during which they will focus on developing an understanding of components of fitness, training methods and the impact that physical activity can have on physical and mental well-being.

All lesson planning has been carried out with safety measures at the forefront of the process and social distancing measures are, and will continue to be, well planned for. I have attached an excerpt of a lesson plan for you to view as an example of some of the methods in place to keep social distancing during their lesson.

Students will sanitise their hands before and after a lesson and in the first half term they will not be using any equipment due to the nature of the lessons planned. This is to gradually ease our students back into physical activity as safely as possible and to avoid the sharing of equipment.

P.E. lessons will be taught using the 'bubble' format already in place within the school. This means that your child will receive P.E. lessons in their tutor group to keep the consistency of the bubble intact.

May I take this opportunity to thank you in advance for your support in helping us to re-establish P.E. for the benefit of your child. If you require any further information relating to the information in this communication, please contact your child's P.E. teacher using their school email address.

Thank you for your support.

Yours Sincerely,

Mr James Logan  
Head of P.E.