



7th January 2025

Dear Parent/Carer,

I hope this letter finds you well.

This week, pupils in years 7-10 will begin their third community competition of the academic year, following on from the indoor athletics and circuits events which were completed in December.

This competition will last for two weeks and is cross country based. It will involve pupils completing a number of activities based around long distance running. Aside from the traditional cross country which many of you will remember from school, pupils will be given the opportunity to complete their lessons in a number of different ways, including choosing their routes, team races, community races and strategic running activities. We have already seen some fantastic performances from the children.

We have noticed a number of children bringing only shorts, polo's and socks to lessons. The weather looks fairly chilly over the next two weeks and pupils need to ensure that they are equipped as best as possible to run in cold temperatures. I would be grateful if you could read through the following information and share with your child:

- In addition to Iceni shorts, socks and polo's, pupils are permitted to wear Iceni hoodies and/or rugby shirts. We have a limited number of hoodies to borrow should anyone need one during their lesson.
- Pupils are permitted to wear blue/black skins/leggings under their PE kit if desired.
- Pupils are permitted to wear gloves and/or a woolly hat whilst running.
- Pupils should ensure that they have enough water and the required medication, e.g. asthma inhalers available on PE days.
- Pupils may find a carrier bag helpful to keep their muddy trainers in, before putting them into their usual school bag.
- Ill or injured pupils will still be required to come out with classes due to supervisory limitations. These pupils still require a note in their planner as usual and will be given a choice between walking the courses/activities, organising teams, scoring or marshalling, depending on the nature of their illness/injury. They should be equipped with a coat in addition to their PE kit.

Thank you for your support in helping your child complete this mandatory part of the PE curriculum.

Yours sincerely,

Rebecca Bradley
Specialist Leader for PE