

To: Year 7 Parent/Carers

3 September 2026

Dear Parent/Carer

PE Expectations - Year 7

Firstly, I would like to offer a quick introduction. My name is Mr Edmunds and I am Head of PE at Taverham High School. I wanted to share with you my vision for PE and Extra-curricular sport at School, as well as outlining our expectations and routines we ask of our students when they are participating in their PE lessons, attending clubs and representing the school during fixtures.

Vision

I am a big believer that PE is the best subject students can take part in during school. It is a fantastic opportunity for them to develop holistically into well rounded individuals ready to tackle life outside of a school setting. Through PE lessons and extra-curricular involvement in sport, students will have opportunities to develop compassion, resilience, leadership, communication and teamwork; skills which prepare them to succeed in any future career path. We as a department aim for every PE lesson to be Active, Challenging and Enjoyable (A.C.E) and each PE lesson will provide them with an opportunity to be physically active within an environment that is enjoyable for all and challenges them to make significant progress.

Expectations

Students are expected to get changed for every PE lesson into their correct Taverham High School PE kit, remove all jewellery and tie up any loose hair. These are guidelines set to all schools by the 'Association for PE' who look after the health and safety of students taking part in sport within a school setting.

The correct PE kit consists of the following:

- **Taverham High School Blue polo shirt**
- **Taverham High School Blue long sleeve ¾ zip top (optional)**
- **Plain blue/black jumper (optional)**
- **Plain blue or black shorts, tracksuit bottoms, sports leggings or skort.**

If students are unable to take an active role within their PE lesson, a note should be provided by home and emailed directly to your child/ward's PE teacher. Students will still be required to change into their PE kit to allow them to fully engage with the learning taking place in the lesson. Equally, this ensures when the PE lesson is taking place outside during wet conditions, students will still have a dry school uniform to change back into at the end of the lesson. Exceptions to this rule will be made for students who have injuries which do not allow them to change into the PE Kit, eg: arm in a sling etc.



If a student forgets their PE kit, they will be required to borrow a spare PE kit from School. We operate a single use policy on our spare kit, meaning once it has been worn, it will not return into the spare kit cupboard until it has been washed and dried by a member of the PE department.

As a department, we thank you for supporting us with these PE expectations.

Extra-Curricular Opportunities

Attached below is our extra-curricular timetable.

Taverham High School PE Extra Curricular Programme				
Day	Location	Lunch 12.55pm - 1.35pm	After School 3pm - 4pm	
Monday	Sports Hall	Yr 7&8 Netball - OGR	Staff meetings	All pupils are welcome to the appropriate sports clubs. Please turn up at the correct time and enjoy the activity.
	Gym	KS3 Dance - STH		
	Astro			
	Main Hall			
	Field			
Tuesday	Sports Hall	Yr 9,10&11 Netball - STH	Yr 9,10,11 Netball- STH	
	Gym	G&T dance club - ACK		
	Astro	All years mixed Hockey - CBR	All years mixed Hockey - CBR (week 1 only)	
	Main Hall			
	Field			
Wednesday	Sports Hall	Yr 7&8 Get Active - KED		Key: DTY = Mr Taylor STH = Mrs Church DBR = Miss Birkin SBL = Mr Blowers SDR = Mr Derrick CBR = Mrs Burgess OGR = Miss Greenway JDA = Mr Day KED = Mr Edmunds ACK = Miss Cook HRD = Miss Reading PLG = Mr Large CCM = Mr Cameron KCM = Mr Cromwell CMR = Mrs Murphy JGR = Mr Gerrard DRB = Mr Ruiz
	Gym	All years table tennis - DHY		
	Astro			
	Main Hall			
	Field		All years mixed rugby - JDA Yr 9,10,11 Girls football - DBR	
Thursday	Sports Hall	Sixth form Get Active - KED	Yr 7&8 Netball - OGR (week 2 only Sept to Oct $\frac{1}{2}$ term)	
	Gym			
	Astro			
	Main Hall			
	Field		Yr 7,8,9 boys + girls football - KED, SDR, DBR, DTY	
Friday	Sports Hall	Yr 9,10,11- Get Active - KED	Fitness Friday DTY, OGR, KED, DBR, CCM, KCM, PLG, ACK, HRD, CMR, JGR, DRB	
	Gym			
	Astro			
	Main Hall			

Lunchtime clubs are 'social clubs' where students are provided with an opportunity to play sport socially, meaning students are not required to change into their PE kit for these clubs, they will just require a change of shoes. We run these clubs as a 'come along and play' style club, with the aim of improving students' mental health, develop a lifelong love of being physically active, as well as provide an opportunity to play sports with their friends and meet new people.

After school clubs provide an additional opportunity for them to further their love of being physically active. Attendance at these clubs is where team selections take place for students wanting to represent the school, thus often have a competitive element to them. Students are therefore required to change into their PE kits for all after school clubs and wear appropriate equipment for the activity (i.e. shin pads for Football, gum shields for Rugby).

GCSE PE

Year 10 and Year 11 GCSE PE students are expected to attend after school clubs in their 3 chosen activities (if available onsite). This will provide teachers with the opportunity to assess students playing these sports in a competitive fixture against other schools.

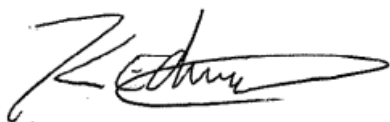
Instagram

We have set-up a Taverham High School PE Department Instagram account and will be using this as an additional method of communication with students, as well as parents/carers regarding upcoming fixtures and sharing the success of our students whilst taking part in sport, both inside and outside of school.

If your child/ward plays a sport outside of school, please feel free to send in photographs and a brief description so that we can share their success with the Taverham High School community.

It would be excellent if you could follow us: **@Taverham_High_School_PE** to keep up to date with everything happening within the school PE Department.

Yours faithfully

A handwritten signature in black ink, appearing to read 'K Edmunds', with a long horizontal flourish extending to the right.

Mr K Edmunds
Head of Physical Education