



Moor House School & College

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PE Lesson Information 2023 - 2024

Dear parents and guardians,

A warm welcome to all new arrivals with children who commenced this Autumn term 2023. I'd also like to extend greetings to those who have young people returning after the summer vacation.

Students in Key Stage 3 and 4 will continue to wear school uniform on PE days and then change into their kits at the beginning of PE lessons.

Key Stage 2 students have successfully trialled wearing their PE kits to school and this will continue. Having said this, for Key Stage 2 students who are scheduled for Forest School on a Tuesday, these pupils will come prepared in their Forest School wear and then change towards the end of their session into PE kits and remain in these for the rest of the day. We will be mindful of this when students participate in PE with the intention that they will not get overly wet or muddy.

We expect students to take their PE kits home at the end of their final PE session of the week in order for it to be laundered and returned for the start of the following week. Please provide your young person with several empty carrier bags for dirty shoes. In addition, every student should have a spare kit consisting of a long-sleeved T-shirt, plain sports jumper, plain jogging bottoms, sports socks, trainers and a spare change of underwear. Items of PE clothing can be black or navy blue. T-shirts and sports socks should be plain white.

A named locker has been assigned to each day student to bring in spare and additional PE kit items. Residential students will take their kits across to the cloakroom from the Village at the beginning of the day.

If you happen to find any items of clothing that are labelled "P.E." at home, please do return them to the school reception, for the attention of the PE Department. We thank you in advance.

Students must also come prepared to shower after each practical session and remember to bring shower gel and a towel. Students with long hair will not be required to wash their hair as winter draws in.

We also request that you supply your child with sun lotion, so that they can apply it for PE lessons, break times and lunchtimes when the weather is clement. A plain sports cap (black or blue) can also be worn for further protection. It is important to raise student awareness of the health benefits of sun lotion and it is an important aspect of daily living. These items can also be kept in their lockers, so that they are easily accessible when needed.

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PE Timetable

PE will take place as follows:

Year / Key Stage	PE Lesson	Teacher
KS2	Tuesday & Thursday	Mr Crowhurst
Year 7	Monday & Tuesday	Mr Crowhurst
Year 8	Tuesday & Wednesday	Mr Mitchell
Year 9	Monday & Wednesday	Mr Crowhurst
Year 10	Thursday	Mr Crowhurst
Year 11	Friday	Mr Mitchell

Each of the activities will rotate on a half-term basis.

General information

All students will participate in the following sports:

Autumn Term 1 – Hockey & Floorball

Autumn Term 2 – Netball

Spring Term 1 – Tennis Polo (Toccer).

Please see below our PE kit list. Your support in ensuring that the students have the clothing that they need would be most gratefully received.

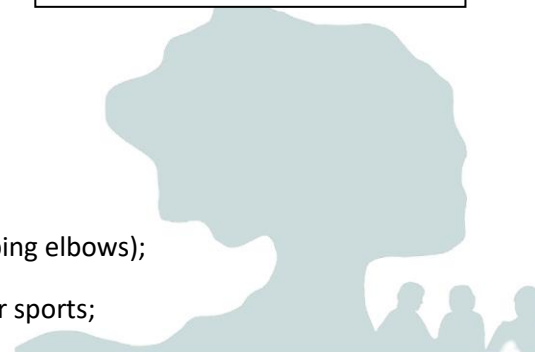
PE Kit Check

Please make sure your child has the following items of kit, clearly labelled with sewn-in or clip-on labels and any borrowed kit is returned once washed.

All students*:

- PE kit bag and a couple of **spare carrier bags** (wet or muddy kit);
- 2 x **plain white t-shirts**;
- 2 x **white sports socks**;
- 2 x black sports socks (for outdoor winter sports);
- 2 pairs of plain **black shorts**;
- 2 pairs of plain **tracksuit/jogging bottoms - black or navy blue**;
- 1 x plain white **long-sleeved top** for trampolining (to avoid scraping elbows);
- **MHS fleece** or plain blue / black sport jumper for outdoor winter sports;

*KS2 will not require the same list of safety essentials mentioned, as they will come dressed in PE kits or Forest School wear.



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Shoes: Each student requires two pairs of trainers, one for indoor use and one for outdoors:

- 1 x pair of indoor trainers (preferable to plimsolls);
- 1 x pair of outdoor trainers;
- Optional: Football boots (no metal studs) for outdoor tag-rugby, hockey, football, cross-country and so on;
- Non-PE time: A pair of shoes for evening wear, for residential students only.

Swimming kit:

- 1 x swimming kit (swimming trunks / costume, a swim towel and goggles) + shower gel.
- Swim hats are recommended for any students with long hair and those who struggle to dry their hair independently.
- Student with long hair must wear a head band or hair band to avoid hair blocking their vision.

Jewellery

Jewellery is discouraged in school for health and safety reasons and must be removed for PE lessons. Studded ear rings must be removed or taped over for PE lessons. Watches are stored for the period.

Sports Bras

Sports bras are recommended for girls who require additional support. A well-fitting sports bra would be beneficial for activities involving running or jumping. All Key Stage 3 students participate in trampolining during the academic year.

Labelling Clothes

It is vital that all clothes are labelled with *sewn* labels or clipped name tags. You can obtain clipped name tags from www.nametag-it.co.uk - go to Products, then Easyfix Clip-on Labels or Box of 50 Easyfix clips for affordable, no skin-irritation labels.



Unfortunately, iron-on labels often fall off in the wash and permanent markers do fade and quickly become illegible.

Thank you for your support and cooperation in helping to achieve this.

Best regards,

Mr M Crowhurst
Head of ICT and PE



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