

6th September 2023

## Physical Education- Reception

Dear Parents/Carers,

PE in Reception is integrated into our curriculum through a variety of physical fine and gross motor activities, both indoors and outdoors. During our PE sessions, we will be learning how to get dressed and undressed, negotiating space, basic balancing skills, ball skills, jumping and landing safely, moving in different ways, travelling rhythmically and how to play mini games.

I am happy to inform you that Reception PE days will be **Mondays (AM)** for both **RC and RSJ**. We will be commencing our PE sessions, with the support of one of the external PE coaches, on **Monday 18th September 2023** for both **RC and RSJ**. **These sessions will be outdoors.**

In order for your child to participate, they must have their full PE kit which includes:

- Plain black shorts or leggings/joggers
- Purple or white t-shirt
- Hair tied back
- Black pumps/trainers
- Plain black tracksuit top or sweatshirt

On our PE days (**Mondays**), please can your child arrive in school wearing the correct PE kit with their school uniform in a bag. The children will then be supported to get changed after PE into their school uniforms for the remainder of the school day.

If you have any questions, please do not hesitate to speak to a member of the Reception team.

Yours faithfully,

Miss Cowling  
EYFS Lead