



St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039 Fax: 01903 722521

Website: www.st-catherines.w-sussex.sch.uk

Email: office@st-catherines.w-sussex.sch.uk

18 February 2022

Dear Parents/Carers,

When we return after half term, all classes will have **two PE lessons per week** going forward. With increasing levels of **childhood obesity** and many children struggling to develop age appropriate **motor skills** across the country, I feel that it is vital that we give pupils the opportunity to not only take part in a range of PE and Sport activities at St Catherine's, but also give them the opportunity to **develop a love for being active which will hopefully last a life time**. Extra PE time each week will allow pupils to experience a wider range of sports and develop their skills further.

It has been a strange time for our pupils over the last few years as a result of the pandemic. The mental health of our children has become a growing concern and one of the most successful ways to tackle this problem is to get children active. Exercise is key to maintaining good mental health and at St Catherine's we want to do all that we can to ensure our children are **fit, healthy and happy**.

Pupils will be allowed to come to school in their PE kit on both of their PE days. Please ensure all children are wearing the correct PE kit to school. This should include black shorts, joggers or leggings, with a white t-shirt and their school cardigan or jumper. It would be recommended that children do not wear jewellery on days when they have PE. If jewellery is worn they will be asked to remove it or cover with tape. Please note football kits and logo sportswear are not permitted as PE kit.

PE will take place on the following days for the following classes next half term.

Monday	Reception, Year 2, Year 3
Tuesday	Year 1, Year 4, Year 6
Wednesday	Year 3, Year 5
Thursday	Year 1, Year 2, Year 5
Friday	Reception, Year 4, Year 6

Yours sincerely,

Mr Croghan
Headteacher

Worthing Deanery Schools



Journeying Together in Christ

