

QUEEN MARY'S HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT



NAME: _____

DATE: _____

HOUSE: _____

PHYSICAL EDUCATION **UNIFORM AND EQUIPMENT**

All items should be clearly marked with your name!

Compulsory Uniform

Black games skort with the Tudor Rose motif

White and green games shirt with the Tudor Rose motif

Football boots (***Do not buy until the summer term***)

White sports socks (***plain/ankle length***)

White football socks (***plain, to be worn with football boots***)

Sports training shoes with non-marking soles and a raised heel (**NOT boots, basketball trainers, leisure shoes or plimsolls**)

Black leotard and tights or catsuit

Black fleece with Tudor Rose motif

Black lycra shorts

Optional Items

Black jogging bottoms with Tudor Rose motif- recommended for cold weather.

A white plain base layer may be worn underneath PE games shirts in cold conditions.

Physical Education at Queen Mary's High School includes many different activities.

In Year 7 you will take part in:-

PE Procedures

During your first lesson at QM you will be assessed in PE.

We do not expect everyone to be a brilliant athlete, dancer or games player, all we ask is that you do your best in each activity and work hard to improve.

Outwitting Opponents (games such as netball, stoolball and rounders) and Performing at Maximum Levels (athletics) take place at the school fields beside Mayfield School in Sutton Road. For these lessons you line up inside the 'waiting area' next to the Wootton Building and wait for the coach to arrive. If your lesson is in the morning (periods 2 and 3) a coach will take you to the games field and then bring you back to school after the lesson. If you have a lesson in the afternoon (periods 4 & 5) you will be taken to the games field by coach but you will be dismissed from the fields at 3.25 pm and you will make your way home from there.

Some PE lessons will also take place at Manor Farm CA, King George Crescent, Walsall. For these lessons you line up inside the 'waiting area' next to the Wootton Building and wait for the coach to arrive. If your lesson is in the morning (periods 2 and 3) or in the afternoon (period 4 & 5) a coach will take you to Manor Farm and then bring you back to school after the lesson.

You will need the following items for the following activities:-

What you need to wear for....	Where you will be.....	Kit
Netball	School Fields	Black games skort Games shirt Trainers and white socks Black fleece Black tracksuit bottoms
Badminton	Manor Farm	Black games skort Games shirt Trainers and white socks Black fleece
Dance	Manor Farm	Black Leotard/ catsuit and tights Trainers and white socks Games shirt Dance shoes (optional item) Black tracksuit bottoms Black fleece (For dance you will go to Manor Farm and you must wear your fleece or games shirt over your dance kit)
HRE	QMHS	Games shirt Trainers and white socks Black cycling shorts
Rounders/ stoolball	School fields	Black games skort Games shirt White trainers and white socks Football boots (any colour) Black fleece Black tracksuit bottoms
Athletics	School fields	Black games skort Games shirt White trainers and white socks Black cycling shorts Black fleece Black tracksuit bottoms

You may also wear black jogging bottoms and/or a white base layer in cold weather conditions.

Valuables & Safe Practice

If your lesson is at the school field and is period 2 and 3, all jewellery and valuables must be put into your locker and not brought to the lesson. Locker keys can be handed in for safe keeping, in a small bag with your name on. For periods 4 and 5, all jewellery must be removed and placed with any other valuables into a small cosmetic style bag with your name on. This is then put into a box and locked away. The PE department will only accept and look after valuables in a named bag and will not take responsibility for valuables left by you in the changing rooms.

Dance takes place at Manor Farm, Rushall, Walsall. You will dance in a black catsuit or black leotard and tights, with training shoes. If you wish to wear your PE shirt over the top of your leotard then you may. You must wear your school fleece and/or your PE shirt over your leotard when travelling to Manor Farm.

If your lesson takes place at Manor Farm or at school in the multi-gym or Big School Hall, all jewellery and valuables must be put into your locker and not brought to the lesson.

For safety reasons long hair must be tied back for all lessons, with loose hair gripped back from the face.

If your hair is too short to tie back then loose strands of hair should also be gripped back from the face or a soft material hair band/alice band should be worn during lessons.

We expect trainers to be securely fastened with laces tied at the front. As we participate in many activities that take place on hard court surfaces, you are required to wear suitable sports trainers. Running trainers are a good example of the type of trainer to purchase as they will cushion the shock caused to the knees when jumping/running on hard surfaces.

Illness & Injuries

If you are injured or recovering from illness and wish to be excused from your PE lesson, always bring a signed note from home explaining the situation. This should be handed in at the PE office, located next to Big School Hall, at break or lunchtime. The teacher will then be able to decide whether you should or should not take part in the lesson, depending on the nature of the injury or illness and the activity. You must always bring your PE kit so that you can still be involved in the lesson, taking on a different role. If it is a long-term injury or illness, a sports project will be set to do during the lessons.

If you suffer from asthma or any other medical condition always bring your medication with you to your PE lessons. If you have allergies which require you to have an EpiPen, please ensure that you provide the department with a spare pen. This will be kept in our first aid bags and taken to the areas that we will use for PE lessons.

Many of our students are diabetic and find that blood sugars can drop low as a result of exercise. We will require a diabetic pack for your PE lessons which has a supply of sugary drinks and any other items needed if you do experience a hypoglycaemia.

Lack of PE Kit

If you fail to bring the correct kit to your lesson then you will be awarded a kit mark. This will be recorded on the class register.

If you fail to bring the correct kit to your lesson on two occasions in one half term you will be issued with a de-merit. This will be recorded on the school register system, SIMs.

If you fail to bring your whole kit to a lesson you will be issued with one de-merit.

If you have an issue with items of kit or you are waiting for an item of kit to arrive from the supplier, then you must inform your PE teacher before your lesson and provide a written note from parents explaining the situation. This will ensure that you do not get issued with a kit mark or demerit.

Music Lessons

If you have extra Music lessons, these should not take place during your PE lessons because you will be at the school fields.

Accidents

If at any time during your PE lesson you have an accident and sustain an injury you must inform the teacher in charge. You must also make sure that you report the accident in the QMHS accident book which is located in Mrs Odys' office.

Extra-curricular Clubs & School Teams

There will be many opportunities to take part in extra-curricular activities during lunch times and after school. Information about these will always be on the PE noticeboard in the Sixth Form Centre. If you are going to take part in a lunchtime activity it is better to bring a packed lunch on that day.

If you are going to take part in an activity after school, you must ask your parents permission. If the activity is at the school field you can either walk up or catch the bus. You will then go home directly from the field at approximately 5.00 pm.

We hope that many of you will take part in these extra activities and that some of you will play for school teams and House activities in the future.