

## PE Practical Information

All Year 7, 8 & 9 students will take part in **one practical PE lesson each week** and should come into school wearing their full PE kit on the following days (see further information below regarding kit expectations):

Year 7: Monday

Year 9: Tuesday

Year 8: Wednesday

The additional PE lesson on their timetable will take place in a classroom where students will learn about the body in action; they will not be required to come into school in PE kit on these days. As time goes on this may change but we will communicate this with students, and home, so that you are aware in good time.

### PE KIT EXPECTATIONS

Girls	Boys
<ol style="list-style-type: none"><li>1. Green PE T-shirt</li><li>2. Hoodie with Neston logo or school blazer*</li><li>3. Black skort/shorts or <b><u>plain black</u></b> sports leggings</li></ol>	<ol style="list-style-type: none"><li>1. White PE T-Shirt</li><li>2. Hoodie/rugby top with Neston logo or school blazer*</li><li>3. Black shorts or black tracksuit bottoms</li></ol>
*a <b><u>plain black</u></b> hoody or plain black half zip may be brought in to wear <b><u>during the PE lesson only</u></b> but cannot be worn throughout the rest of the school day	

### ASTRO FOOTWEAR

In addition, we are delighted to announce that our fantastic new 3G astro is now complete and students will begin to use this excellent facility in a few weeks' time. Following regulations stipulated by the FA, we have agreed a range of footwear to be deemed suitable. Below is a summary of this:

<b>NOT SUITABLE</b>	<b>SUITABLE</b>
Metal Studs Blades Trainers	Plastic or molded studs Astros (but only recommended when dry)

If students are planning on attending extra-curricular football club or matches throughout the year, they will be required to have the correct footwear. Students who will be using the 3G astro in PE lessons will be told in advance by their PE teacher. Should you have any questions, please email your child's PE teacher directly.