

PE Practical Information – Year 11

Year 11 students will now be permitted to take part in practical Core PE lessons **once every two weeks**. This lesson falls on a Week 1 Thursday:

11P- Period 4

11Q- Period 5

Students must wear their full PE kit into school on this day as changing facilities will not be available. Please see expectations below.

PE KIT EXPECTATIONS

Girls	Boys
<ol style="list-style-type: none">1. Green PE T-shirt2. Hoodie with Neston logo or school blazer*3. Black skort/shorts or plain black sports leggings	<ol style="list-style-type: none">1. White PE T-Shirt2. Hoodie/rugby top with Neston logo or school blazer*3. Black shorts or black tracksuit bottoms
*a plain black hoody or plain balck half zip may be brought in to wear during the PE lesson only but cannot be worn throughout the rest of the school day	

3G FOOTBALL PITCH 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:

NOT SUITABLE	SUITABLE
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. If students are using the 3G astro in PE lessons they will be told in advance by their PE teacher. Should you have any questions, please email your child's PE teacher directly.