

Thank you for your support in ensuring that students have come into school appropriately dressed for PE over the last half term. We are now increasing practical PE on the students' timetables, given that wellbeing and mental health is very important and we know that being physically active plays a positive part in how we feel.

Students should wear full PE kit on the following days for their lessons. Please note that this may have changed depending on their new sets. Parents can also see their child's timetable on Parent Portal.

#### S Band Girls

Tuesday	Week A	Theory
Friday	Week A	<b>Practical</b>
Tuesday	Week B	<b>Practical</b>
Thursday	Week B	<b>Practical</b>

#### S Band Boys

Tuesday	Week A	<b>Practical</b>
Friday	Week A	Theory
Tuesday	Week B	<b>Practical</b>
Friday	Week B	<b>Practical</b>

#### A Band Girls

Wednesday	Week A	Theory
Thursday	Week A	<b>Practical</b>
Tuesday	Week B	<b>Practical</b>
Friday	Week B	<b>Practical</b>

#### A Band Boys

Tuesday	Week A	<b>Practical</b>
Thursday	Week A	Theory

Friday	Week A	<b>Practical</b>
Thursday	Week B	<b>Practical</b>

On the timetable, practical or theory lessons are indicated as follows:

SH or Gym - practical lesson.

3G, 3S, 3F - theory lesson.

<b>Week Beginning</b>	
Monday 2 <sup>nd</sup> November	Week A
Monday 9 <sup>th</sup> November	Week B
Monday 16 <sup>th</sup> November	Week A
Monday 23 <sup>rd</sup> November	Week B
Monday 30 <sup>th</sup> November	Week A
Tuesday 8 <sup>th</sup> November	Week B
Monday 14 <sup>th</sup> November	Week A