



St John Fisher

Catholic Voluntary Academy

St John Fisher Catholic Voluntary Academy
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Christ at the centre and children at the heart

PL006/KMA/AGR.01/CBR

15 September 2026

Dear Parent/Carer,

RE: PE Kit Policy

As we start a new academic year after a long summer break, and welcome students back into our classes, I would like to remind everyone of our expectations in Physical Education at St John Fisher Catholic Voluntary Academy.

We are very fortunate to be able to deliver three 100-minute lessons per fortnight at Key Stage 3, and a single 100-minute lesson per week at Key Stage 4 of core PE. Alongside the obvious physical benefits of Physical Education, such as improved motor skill development and cardiovascular health, which can reduce the chances of future health issues such as heart disease and diabetes, PE also has many social and psychological benefits too. Regular physical activity can boost self-confidence, improve social skills such as co-operation and team-work and develop cognitive abilities such as memory and concentration.

The benefits highlighted above are the reason why Physical Education is a compulsory part of the National Curriculum from ages 5-16. At St John Fisher our PE curriculum is designed to be inclusive and challenging. PE isn't a vehicle for future sport stars but for all to access, engage and enjoy the subject.

For this to happen it is the school policy that students must bring their PE kit to every lesson. If they are injured or ill, parents are expected to record a note in their planner or via Class Charts explaining their ailment, but students must still bring their PE kit to the lesson.

There are many reasons why we would like every student dressed in their PE kit for lessons:

- They can take on another role such as coach, scorer or umpire in the lesson
- We want all students to feel part of the lesson, not an outsider looking in
- Depending on their injury, they might be able to participate in some elements of the lesson.
- If they are feeling unwell, they might begin to feel better during the lesson and wish to take part.
- In outdoor lessons, rather than their clean school uniform getting wet or muddy, it is better for the student if it's their PE kit.

Please can I ask that you support the academy with this by ensuring your child brings their PE kit to every lesson and you communicate with their PE teacher regarding any injury, illness or issue that your child may have which could affect their participation in the lesson.

By doing this we are giving the students the best possible chance of progressing in PE and developing the physical, social and psychological skills mentioned above.

Yours faithfully,

Mr A Graham
Head of PE

Faith	●	Service	●	Respect
Honesty	●	Courage	●	Forgiveness



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