

Our Ref: OFA/DBN/YSR

November 2017

Dear Parent/Guardian

As part of Forge Academy's drive to ensure our students lead healthy lifestyles, we believe it is essential that children take every opportunity to participate in their PE and Dance lessons in the Academy. Our participation rates for PE and Dance are extremely high and it is our wish to maintain this record.

Research has shown that there are several physical and mental benefits associated with **living a healthy lifestyle**. Simply put, the human body is a machine that requires **physical activity on a regular basis, appropriate nutrition and mental rest and relaxation** in order to exist at its optimum level.

If your child is unable to participate because they have an illness or injury please ensure they bring a note to give to their PE/Dance teacher, describing their limitations. **The teacher will then adapt or change that pupil's activity accordingly. All manner of injuries can be accommodated.**

Teachers will treat all injuries/illnesses as temporary limitations, adapting lessons to make them more suitable. Students will be expected to take on the role of a coach, choreographer, recorder, umpire or analyst but **must** be in PE/Dance kit so they can work alongside their usual teaching group.

Students are expected to bring their kit, with their note

All students who do not bring their kit or a note are expected to borrow kit from the PE/Dance department. We have our own laundry so spare kit is washed and cleaned regularly. Detentions are set by PE/Dance staff for students who do not follow these Academy guidelines.

Long-term illnesses should be listed on the school's medical list or outlined in a doctor's note, as these will affect the child's education in all areas of the curriculum.

The Academy welcomes your support in maintaining the physical and mental health of our students.

Yours sincerely



Mrs D Benson
Head of Performance Faculty

