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LACON CHILDE SCHOOL PE 2025-2026

WELCOME

The P.E. department at Lacon Childe School are **hard-working** and extremely **enthusiastic** about sport, health and participation, while setting **high standards** for themselves and pupils. We are **committed** to delivering a curriculum that provides pupils with key knowledge and understanding as well as developing skills and allowing students to **challenge** themselves.

The teaching and learning environment are very **positive** and the curriculum we offer has a wide **variety** of activities giving pupils the opportunity to find something that they enjoy and can succeed in. Our aim is for pupils to be **competent** in a broad range of activities and enjoy their PE journey in lessons, through extracurricular activities and competitions.

PE kit:

All students are required to wear a Lacon logo PE top. An optional, black PE jumper with a ¼ zip is also available to purchase and will replace the black PE hoodie. Initials are not required. Girls can wear black leggings or shorts. Lycra or cycling shorts are not allowed. Boys and girls can wear black unbranded shorts.

It is advisable that new students also have plain black knee-high socks for hockey and football. Students should bring white socks for all other activities. It is advisable that girls wear a sports bra for comfort and injury prevention during all PE lessons.

All students should have suitable trainers and moulded boots for outdoor activities. Shin pads for football and hockey will be provided for those who need them and although gumshields for hockey and rugby are recommended, it is up to students to wear them. The PE staff do ensure the risk of injury to mouth is minimal in lessons.

PE kit rules and sanctions:

‘Sick or fit, bring your kit’

Pupils are expected to bring PE kit into every lesson. We strongly believe that PE develops the whole person, not just the performer, and wearing PE kit will allow the non-doers to adopt different roles in lessons more effectively and feel part of the group, if unable to take part in lessons as a performer.

Any student who forgets/fails to wear the correct uniform, will be sanctioned for lack of equipment in line with the behaviour policy. If PE kit is forgotten, the PE department will be able to provide students with clean sports clothing where needed. However, persistent/deliberate wrong or missing kit will result in break and lunch time detentions and further action from subject lead/year lead where needed.

Non-doers:

Students must bring a note if they can't participate in PE, and if the illness/injury is two weeks or longer, a note from a doctor is also required. Pupils will be expected to get changed even if they have a note excusing them from taking part in physical activities (**‘Sick or fit, bring your kit’**) and

they will take on the role of a coach/leader/referee. If pupils' injury makes it hard/painful to get changed (e.g. broken wrist), they will stay in their uniform.

Jewellery and nails:

All jewellery (earrings, nose studs, necklaces, belly button piercings etc.) **must** be removed for all lessons and taping is not allowed. We strongly suggest that pupils do not get their ears pierced until the summer holidays. Nails need to be sufficiently short and fake nails are not allowed. Due to health and safety, any student who fails to follow these rules will not be able to take part in lessons as a performer. Further sanctions for incorrect equipment may be given.

As a department, we pride ourselves on the wide range of opportunities we provide for our students and strongly believe that respect for the rules and expectations helps pupils grow into respectful and well-presented members of our community, who are proud to represent the PE department in the best way possible. We want to lead by example and will also aim to show the highest standards of presentation, attitude, and sportsmanship into all that we do.

EXTRACURRICULAR AND FIXTURES PROGRAMME

At Lacon Childe, we are committed to offering a wide range of extracurricular opportunities and fixtures to give students possibilities to develop in their chosen sport or activity competitively or as part of leading healthy and active lifestyles. Sport fixtures are organised regularly against local schools and see our students take part in competitions in and around Shropshire. A great number of sports at Lacon are also delivered by specialist staff and coaches. From national level players and coaches in hockey, rounders, football, and volleyball; to experienced performers in boxing, tennis, netball, and badminton. We are passionate about providing our students with the highest levels of knowledge and experience.

Our extracurricular opportunities aim to develop experiences, teamwork, and social skills in a safe environment, which is why students are not allowed to use their phones until they leave the school premises or are collected by parents. Use of social media, text messaging and photo/video can make pupils vulnerable and at risk. We encourage all students to bring their phones with them for emergency contact purposes.

MEET THE PE TEAM



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