



**LACON CHILDE
SCHOOL**

PART OF FOUR STONES GATEWAY

Physical Education Handbook 2026-2027

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. Boys and girls can wear black unbranded shorts or tracksuit bottoms. **Lycra or cycling shorts are not allowed.**

It is advisable that students also have plain black knee-high socks for 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 football and rugby. Shin pads for football will be provided for those who need them. Please note that **gumshields are compulsory** for rugby and hockey lessons, clubs and fixtures. The PE staff do their best to 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 further sanctions.

Non-doers:

Students must bring a signed 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, hair and nails:

All jewellery (earrings, nose studs, necklaces, belly button piercings etc.) **must be removed** for all lessons/activities. We strongly suggest that students do not get their ears pierced until the summer holidays. Nails need to be sufficiently short, and fake nails are not allowed and will need to be cut short if deemed a risk to others. Long hair must be tied up and out of students' face for all activities, even when not taking part in lesson practically. 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.

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 students grow into respectful and well-presented members of our community, who are proud to represent the PE department in the best way possible.

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, tennis, rounders, football, and volleyball; to experienced performers in 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.



Follow us on Instagram: [@laconpe](https://www.instagram.com/laconpe)

MEET THE PE TEAM



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