



13 October 2020

Dear Parents/Carers

## KS3 PE Lessons - Rugby

KS3 students will be learning rugby in PE lessons next term. Plans are in place to ensure that as always, rugby is delivered in a safe and enjoyable way, and the most up to date National Governing Body guidelines will be used in the planning and delivery of all sessions. We will keep a close eye on the RFU guidance for rugby in schools over the coming weeks (as well as the Association for Physical Education) and adapt our plans to suit the guidance.

In order for us to successfully and safely deliver a broad and balanced curriculum, please could we ask that all students arrive at their PE lessons next term with the following:

- School rugby top (available at Simmons online or in store in Tunbridge Wells)
- PE shorts or jogging bottoms
- Studded boots (rugby or football boots are fine)
- Long socks (rugby or football socks are fine)
- **A mouthguard is essential.**

Top tips:

- It is advisable to wear a thermal long sleeve top under the rugby top (under armour style)
- It is also a good idea to bring a small hand towel, so students can wipe down in the changing rooms before putting school uniform back on.
- Spare underwear is also a good idea to maintain good hygiene and comfort for students for the rest of their day.

Yours sincerely

A Gore  
Curriculum Leader of PE