



# St. Peter's Catholic Academy

Waterloo Road, Cobridge Stoke-on-Trent, Staffs, ST6 3HL  
Tel: 01782 235040 Email: [stpeter@stpetersnewman.co.uk](mailto:stpeter@stpetersnewman.co.uk)  
[www.stpetersnewman.co.uk](http://www.stpetersnewman.co.uk)  
Principal: Mr A Hodgson



Wednesday 23<sup>rd</sup> October 2024

Dear Nursery parents/carers,

This letter is to inform you that after the October half term, the children in Nursery will start their Physical Education (P.E) lessons.

These are dedicated whole class lessons that will take place in the school hall and will be taught by Miss Bridges. The focus for P.E lessons next term will be developing Fundamental Movement Skills (learning to move in different ways), through 'Music and Movement' sessions.

Nursery will start their P.E lessons on the first week back after half term. Once our P.E lesson day has been confirmed, it will be included on the Nursery class page and curriculum letter. Please check this every half term as it may change.

On this day, children will need to bring in a bag, **that has their name written on**, containing their P.E kit.

School P.E kit includes:

- A P.E top in your child's house team colour (please ask a staff member if you are not sure of this) with the school logo on. This can be purchased from the school wear shop in Hanley.





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- Black joggers or shorts.



- Black trainers or pumps.



P.E Hoodies are **optional** and are available from Supersports, High Street, Tunstall.  
You may also order online at <https://www.supersport.co.uk/schoolwear.html>

**All items within your child's P.E kit should have their name written inside.**





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**For Health and Safety reasons, no jewellery should be worn in school, including earrings.**

Your child will also practise their dressing and undressing skills whilst getting changed for P.E.

We are kindly asking parents to support their children to develop these skills at home too, by encouraging your child to take an active role in dressing/ undressing themselves. You could do this by helping them to learn the skills to achieve smaller goals such as putting on their own shoes. Once they have mastered this skill, they can work towards more.

P.E lessons are just one aspect of how we support children's physical development in Nursery.

Children will also begin to take part in weekly 'Wiggle into Squiggle' and then 'Squiggle whilst you wiggle' lessons. This is a movement based programme that develops important gross motor movements needed to prepare children for writing.

Children take part in regular outdoor activities where they use a range of physical equipment and we get out the large parachute for group games every week!

Children also develop their fine motor skills through 'Dough Disco' and 'Funky Finger' challenges, such as threading and using tweezers to pick up small items.

Please ask a staff member if you have any questions about P.E lessons.

Kind regards,

Miss Bridges (Nursery class teacher).

