



NORTHSIDE

Primary School

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Dear Parents and Carers,

From the start of next half term, we ask that children in Reception **bring their P.E. kit to school on their P.E. day (every Tuesday)**, rather than coming to school dressed in it. The children will have time to change into their kit before their P.E. lesson and back into their school uniform afterwards. This change supports one of the **Early Learning Goals** for all pupils at the end of Reception — helping children to develop **independence** and the ability to **manage their own self-care**.

By the end of the Reception year, pupils are expected to be able to **dress and undress themselves independently**. This is an important part of the “Managing Self” area of learning, which also includes meeting other basic personal needs such as using the toilet and maintaining good hygiene.

Encouraging children to change for P.E. themselves helps them to:

- build **independence** and confidence
- develop **fine motor skills**, such as managing buttons and zips
- take responsibility for their **own belongings**

Please ensure your child's P.E. kit is clearly named and kept in a labelled bag. Kits should be brought to school on their P.E. day and taken home afterwards for washing.

Thank you for your support in helping the children work towards this important developmental goal.

Yours, Sincerely,

Miss Millwood

Early Years and Key Stage 1 Lead
Reception Class Teacher

