



Nanjing International School

PHYSICAL EDUCATION

Dear Parents and Students,

A warm welcome to both new and returning families. Please read the following information in regards to the Physical Education programme at NIS. If you have any further questions, please don't hesitate to contact me.

All activities within the Physical Education programme are compulsory, unless there is a significant medical or other reason that a student is unable to participate in a particular lesson or unit. This needs to be discussed with the PE teacher as soon as possible otherwise **ALL STUDENTS ARE EXPECTED TO PARTICIPATE EVERY LESSON**. *Grades and report comments are based on an expectation of full and active participation, and extended absence will therefore impact this.* Please provide a doctors certificate for non-participation due to illness/injury or a parent note/phone call for other reasons of non-participation **NOTE: These can be emailed to the PE Teacher**. Notes from the nurse are only accepted if an injury has occurred during the school day.

Requirements for Physical Education and Swimming lessons

Every PE lesson students will need:

- **House Shirt** (students that are listed to receive new shirts will be given them over the first week - if you need to purchase extra shirts or have questions about house shirts, please contact Vicki Hong: vickihong@staff.nanjing-school.com) **Grade 9 & 10 ONLY may wear ACAMIS T-shirts for PE classes if they have them.**
- **Shorts or Tracksuit pants** (no jeans or other restrictive clothing)
- **Closed Sports Shoes** (NO sandals, crocs, flip-flops, ugg boots etc) (It is recommended that PYP students keep a pair in their locker)
- **Water bottle**
- A towel (mainly for MYP)
- Deodorant (for grade 5 and up)
- It is recommended that students wear sunscreen and have a hat for outdoor activities.
- Long hair needs to be tied back for class.
- **NO JEWELLERY/WATCHES** to be worn during class due to risk of injury to self or others.

MYP Swimming Dates (except Grade 10) - Week 1 - Week 7

PYP Swimming Dates - Week 8 (First week back after holidays) - Week 38 (end of the year)

During swimming lessons students are required to bring:

- Swimwear
- Towel (must be brought to poolside for each lesson - not left in the change rooms)
- Goggles
- Swim cap

NIS Students and Parents:

To access specific assignments and class details, please log in to your [Veracross portal](#).

To access curriculum plans, please log in to [Rubicon Atlas](#).

You can stay updated with what is going on in PE by accessing the PE edublogs sites below:

MYP: <http://share.nanjing-school.com/myype/>

PYP: <http://share.nanjing-school.com/pyype/>

Thank you for your support. Let's have a fun and active year!

Jacqui Weatherly
Subject Area Coordinator Physical Education
jacquiweatherly@staff.nanjing-school.com