

PHYSICAL EDUCATION 2026

GRADE 7

Dear Parents,

As we begin your Son's year of Physical Education, here is some information to help you navigate it all.

We will start with **Phys Ed** in week 2: 23 January 2026

LESSON DAYS & ACTIVITY: TERM 1 & 4 (SWIMMING & PHYS ED)

LESSON DAYS & ACTIVITY: TERM 2 & 3 (PHYS ED/PHYS LIT)

MONDAY	THURSDAY	FRIDAY
7B – SWIMMING/PHYS ED		
	7P - SWIMMING/PHYS ED	
		7S – SWIMMING/PHYS ED

DRESS CODE:

PHYS ED/LIT	Bishops white Sport Shirt, Blue sport shorts, white socks & predominantly white takkies, water bottle, hat, sunscreen (for Summer)
SWIMMING	Swimming Cap, Bishops Speedo, Towel, sunscreen

NOTES:

Boys are to wear full Phys Ed kit or uniform upon entering & exiting the pool
Should the weather forecast predict rain, Phys Ed will continue indoors, so please pack appropriately.
Repetition of incorrect kit will result in discipline procedures (de-merits, pink papers etc.)

Looking forward to a year full of fun activity!

Kind regards,

Jamie Southgate

Prep Sports Coordinator

HOD Physical Education

TIC Swimming

TIC Soccer

Sport Performance & Wellness