



Tuesday 16<sup>th</sup> December 2025

Dear Parent or Carer,

After Christmas, all year groups will be taking part in 6 weeks of gymnastics for one of their PE lessons. The Association for Physical Education in their guidance document, 'Safety in Primary Gymnastics' state the following with regards to footwear:

"Where the floor is suitable, students should work in bare feet. Bare feet allows for quality work. Where the floor condition is not conducive to barefoot work, plimsolls are recommended. Outdoor shoes or training shoes are unsuitable and should not be worn and tights removed for hygienic reasons."

The hall floor is a safe and suitable surface for gymnastics and therefore children will be expected to take their shoes and socks off for gymnastics lessons.

If your child is extremely reluctant to do this, they can bring indoor plimsolls to change into. This is detailed in the school yearbook. They should be similar in style to the below photo with a thin sole, which can be purchased from supermarkets or clothing stores. Bare feet or plimsolls are the only footwear options; grip socks are not allowed.



Thank you in advance for your support with this.

Many thanks,

Ashford CE Primary School