



Maximising our Potential

Thursday 9th October 2025

Dear Parent/ Carer,

As part of the PE curriculum, the next topic that your child will be studying is gymnastics.

Previously, as per the afPE (Association for Physical Education) guidelines, students could only participate in gymnastics barefoot. However, this year, the afPE guidance has changed, and students are now able to participate barefoot or wearing plimsolls, depending on comfort and preference. To support you in purchasing the correct plimsolls, should you wish, I have provided examples of plimsolls that are accepted by the afPE. Their guidance states that “*outdoor shoes or training shoes are unsuitable and should not be worn*”. Therefore, as a PE Department, we must follow this to ensure the safety of our students.

Appropriate footwear



Appropriate footwear



Inappropriate footwear



There is no expectation to buy these for your child, as they will still be able to participate barefoot.

Thank you for your continued support.

Yours faithfully,

E. Nicholson

Miss Nicholson

Deputy Head of PE