



# THE WELLS ACADEMY

INTEGRITY • RESILIENCE • AMBITION

Dear Families

## Ramadan expectations for students in Physical Education (PE)

As we enter the month of Ramadan, we would like to outline our expectations for students during this time, particularly regarding Physical Education.

We understand that Ramadan is a significant time of fasting and spiritual reflection for many students and their families. Therefore, while we encourage students to continue participating in physical activities, we are mindful of the effects of fasting and want to ensure their wellbeing and comfort during this time.

During Ramadan, students will still be required to bring their full PE kit and participate in less demanding activities or assist with officiating activities, as part of our curriculum. However, they will not be asked to engage in strenuous physical activities that may put undue strain on them, while fasting.

Our aim is to create a supportive and inclusive environment where students can maintain their physical health while respecting the traditions and observances of Ramadan.

If you have any concerns or questions regarding your child's participation in PE during Ramadan, don't hesitate to reach out to me directly.

Thank you for your cooperation and understanding.

Yours sincerely

**Mr K Slack**

Subject Leader of Physical Education



The Wells Academy | Nottingham | NG3 5LR



0115 7483390



Principal Mr G Coles



[info@thewellsacademy.org](mailto:info@thewellsacademy.org)



[thewellsacademy.org](http://thewellsacademy.org)



[@TheWellsAcademy](https://twitter.com/TheWellsAcademy)



[TheWellsAcademy](https://www.thewellsacademy.org)