

# ABBOTSWOOD SCHOOL

'Helping everyone achieve their best'

Ringwood Road  
Totton  
Southampton  
SO40 8EB

Telephone: (023) 8086 3159  
E-mail: [admin.office@abbsch.co.uk](mailto:admin.office@abbsch.co.uk)  
[www.abbotswood.hants.sch.uk](http://www.abbotswood.hants.sch.uk)

Headteacher: Mr Glenn Moore

4th September 2025



## PE & OSA

Dear Parents and Carers,

Your child will have two opportunities each week to enjoy PE. Their year group will have a designated afternoon where they will enjoy Outdoor Sport Activities (OSA) and each class will also have an additional PE lesson on a separate day.

Please refer to the table below to see your child's OSA and PE sessions. PE & OSA will begin next week on **8th September**.

	<b>PE (am)</b>	<b>OSA (pm)</b>
<b>Monday</b>	3SW, 3RH, 3LP & 4ME	All Year 6 classes
<b>Tuesday</b>	4LD, 3ZR, 3EH & 4SB	All Year 5 classes
<b>Wednesday</b>	5MD, 5ML, 5MM & 5CP	All Year 4 classes
<b>Thursday</b>	4PC, 4BA, 5GM & 4LP	All Year 3 classes
<b>Friday</b>	All Year 6 classes	N/A

Your child should be wearing their PE kit in school on their designated PE & OSA days. PE kit should consist of:

- a red or white T-shirt (or polo shirt)
- black shorts
- appropriate trainers
- a warm tracksuit for outdoor games when the weather becomes colder.

Please name every item of your child's clothing. In such a large school, it is very easy for items to become misplaced.

OSA will go ahead outdoors unless the weather is too severe to allow it. On days where there is light rain, we advise parents to send their child in with a waterproof coat and a change of shoes.

If your child is unable to take part in PE, please email the school office, explaining the reason why, so that this information can be passed onto the sports coaches. If children wear earrings, they must be covered over by the use of medical tape (available from chemists and supermarkets) or removed before the lesson.

Yours sincerely,

Luke McCoy  
Assistant Headteacher