



PE UNIFORM

As we welcome students to a new academic year, we would like to remind you of what is expected regarding PE kit.

One important part of being at school is to become increasingly independent and this includes being able to get undressed and dressed for PE lessons. What a child wears in PE reflects their attitude to learning. It portrays the school's ethos, shared values and promotes a positive image of the school during off- site visits. It also introduces children to personal hygiene.

It is important to us that children have the correct PE kit and change for PE lessons.

Students should therefore have the following items of clothing named and available in school every week in a named bag:

- Shorts/ tracksuit bottoms (navy/ black)
- pale blue t- shirt (available at www.yourschooluniform.com) or plain white t- shirt
- Spare socks (especially if wearing tights to school)
- a suitable pair of trainers (velcro if they are not able to tie their laces)
- Tape to cover earrings if they cannot be removed
- Bobble to tie long hair back

On cold days we encourage the children to wear their school jumpers over their PE kit or bring a zip up top (navy/ black) not skins. They may also wear a sensible woolly hat and gloves if required. No scarves can be worn due to risk of choking.

During hot and sunny weather - a baseball cap may be worn to shield children's heads from the sun. Parents/carers are encouraged to apply sun cream to their child before school to provide some protection from the sun. Children may reapply cream by themselves during the day.

Children may wear football strips and football boots for Mr. Hughes' football club but not for PE lessons.

Please remember:

- Clearly label every item of your child's PE kit so that we may give it back if found.
- Please give some consideration as to how you dress your child on the days they have PE lessons, especially children in Reception and Key Stage 1. If you dress your child in tights and they cannot take them off or put them on by themselves, please teach them how to put them on by themselves, or place them in trousers. Similarly with footwear, if you want to buy your child trainers with laces, please ensure they know how to tie and untie their laces, including doing a double knot for PE, before they wear them in school. Otherwise, make changing for PE easier for your child by buying them Velcro trainers.
- Please regularly check clothes and footwear fit your child before sending them into school.
- Long hair (boys or girls) should always be tied back to prevent entanglement in apparatus and to prevent obscuring vision. This includes any child (boy or girl) who chooses to wear a long fringe that covers their eyes. A man-band, hair tie or hair clips will all enable the hair to be kept away from children's eyes.
- All sports Governing Bodies insist that no jewellery may be worn during PE lessons, swimming lessons or extra-curricular sports clubs. This includes watches, necklaces, bracelets (metal) and earrings. Medical bracelets or necklaces are however, allowed, but may need to be taped by parents/carers, depending on the activity. If earrings cannot be removed, they may be covered with tape by your child during PE lessons. We recommend that if you do choose to have your child's ears pierced that maybe this could be done at the end of the Summer term to allow 6 weeks healing time.

If your son/daughter is unable to do PE through injury or illness or you have any concerns regarding PE kit can you please contact your child's teacher.

These guidelines adhere to our PE Policy which is approved by our Governing Body and Shropshire County Council.