



PARK HIGH SCHOOL

Physical Education Kit Policy

UPDATED	Autumn Term 2019
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VERSION No	2
NEXT REVIEW	Autumn Term 2020
REVIEWED BY	WSC

Mandatory items (all students must wear these for every PE lesson):

White polo-shirt (either plain or with the Park High emblem)

Dark Blue shorts* (plain; no logo)

*We encourage all students to wear shorts to allow a full range of movement, however students may request permission to wear dark blue tracksuit bottoms (plain; no logo) with a note in their contact book.

Red football socks (plain; no logo)

Trainers

Shin pads (when participating in a football based unit of work or activity)

Optional items:

Dark Blue fleece (with the Park High emblem)

Dark Blue rain jacket (plain from Teeny Wear)

White long-sleeved base layer to be worn underneath a polo-shirt

Gloves

All students must wear full PE kit for all lessons. All personal effects (such as jewellery) must be removed before entering the Sports Hall to register and long hair must be tied back. Students must get changed for all PE lessons, even if they are unable to take a fully active part in the lesson; an alternative role can be found for those who are not fully enabled to do the planned activity.

This is hygienic, allows free movement, helps prevent injury and damage to clothing, facilities or equipment. Whilst also promoting a routine for Physical Education that can be followed both in and out of school.

It is not a requirement that football boots are worn at any point, but astro-turf trainers for football are a good idea. Students will not be able to take part in competitive football scenarios without shin pads.

Students may bring a bottle of water to a lesson if they wish to do so. Valuables (e.g. cash) should not be brought to the changing rooms. Aerosols are not allowed; deodorants should be roll on. There will be achievement points for whole classes who are all on time for registration after changing and / or who all have perfect PE kit.

Any exceptions to the rules outlined above must be agreed in advance of a PE lesson. Students should speak to their PE teacher about the exception before school, during break, at lunchtime or after school ahead of their PE lesson. This way, a thorough conversation can take place and the exception can be agreed in advance to avoid issuing detentions unnecessarily (for example, it might be agreed that a student will wear tracksuit bottoms instead of shorts). If a student attends a lesson and asks for an exception, without prior agreement, they will be issued with a 10 min detention and they will be expected to wear full PE kit if they are physically able to get changed. If they do not have PE kit with them, they will be asked to borrow school PE kit.

All items should be labelled with name and tutor group. Ties and personal effects should be zipped in blazer in pockets after changing and inhalers can be brought to the lesson if they are needed.

We suggest that all items are purchased from Teeny Wear but unbranded items (apart from trainers which are likely to be branded) from other retailers are acceptable.