

P.E. KIT and SAFETY

Physical Education plays a vital role in preparing students to lead active, healthy and fit lives. The following kit is a compulsory requirement to enable students to participate safely in a wide variety of activities.

- All PE clothing with the school badge **MUST** be purchased from the school's supplier, Maisies; this ensures it is fit for purpose and appropriate for our activities.
- Maisies also stock other generic items though these can also be purchased from other retailers.
- Sports **TRAINERS** need to be supportive and non-marking, we would recommend a running shoe with a good sole. Fashion trainers are **NOT** appropriate.

GIRLS' P.E. KIT	Compulsory (Year 7 & 8 only)	Purchased from Maisies Navy and Green polo shirt (with school badge) Navy and green shorts (with school badge) Ousedale socks
	Compulsory (Year 9-11)	White polo shirt (with school badge) Navy shorts (with school badge) Ousedale socks
	Not Compulsory	Girls Navy Runners leggings (With Ousedale Print) Tracksuit top/bottoms (with school badge) White base layer (with school badge) Quarter zip top in school colours (with school badge) – for cold weather
	Compulsory	Trainers (not plimsolls or converse) and shin pads are required and are part of their protective equipment. (Football boots are optional for girls but there will be times when lessons may be on the field)
BOYS' P.E. KIT	Compulsory (Year 7 & 8 only)	Purchased from Maisies Rugby shirt (with school badge) Ousedale socks Navy and Green polo shirt (with school badge) Navy and green shorts (with school badge)
	Compulsory (Year 9-11)	Rugby shirt (with school badge) White polo shirt (with school badge) Navy shorts (with school badge) Ousedale socks
	Not Compulsory	Boys Navy Track Pants (With Ousedale Print) Tracksuit top/bottoms (with school badge) White base layer (with school badge) Quarter zip top in school colours (with school badge) – for cold weather
	Compulsory	Trainers (not plimsolls or converse), football boots and shin pads are required.

It is strongly recommended that mouth guards be worn for Rugby & Hockey. These may be purchased from any leading sports shop. We recommend consulting a dentist if you are concerned regarding the fit.

- ◆ Students who are injured or for any reason cannot participate fully for the practical element in a PE lesson, will still be expected to bring their kit and get changed to enhance their learning in other roles, such as leading, coaching and officiating. Students will not be expected to change if not physically possible such as a broken arm or the act of changing itself aggravates an injury or medical condition.

- ◆ Any Student that is injured or unwell is expected to provide a written note from their parent/guardian. We will aim to adapt the lesson so they can safely join in. Long term injuries require a doctor's note especially when under the guidance of medical staff or physiotherapy, Matron and the PE dept should be informed in writing of the needs required for safe involvement in practical activities. Please provide us with as much information as possible so we can cater for each student's needs.
- ◆ On particularly sunny days it will be possible for students to wear a suitable hat during outdoor PE lessons. Protective sun cream is advisable, and we would encourage them to be prepared for lessons outside.
- ◆ All items of PE kit should be clearly marked with the student's name and kept in a suitable bag.
- ◆ Students should bring a towel and a bag for dirty footwear
- ◆ For safety reasons no jewellery may be worn during lessons. All jewellery must be removed and left in the changing rooms which are locked during lessons, however all valuables are left at your own risk and the PE dept take no responsibility for any items that are lost.
- ◆ Students with newly pierced ears must cover their earrings with plasters
- ◆ P.E. staff are not responsible for looking after jewellery
- ◆ On particularly cold days it is possible for students to wear black or dark blue gloves and/or a hat, if safe to do so in the activity. It is not permitted for students to wear scarves. N.B. Please note that the wearing of tracksuit bottoms is not compulsory, however, if your child wishes to wear them instead of shorts, they must be part of the Physical Education Uniform which can be purchased from Maisies, as these are safe and appropriate for lessons.
- ◆ Student safety is of paramount importance and they are responsible for ensuring they arrive to lessons prepared and with the appropriate PE kit. Failure to do this will result in sanctions and in not following this guidance has potential to cause harm to themselves and other students.
- ◆ ANY STUDENT WHO USES AN INHALER SHOULD HAVE THIS ON THEIR PERSON FOR THE PE LESSON AND SPARE (IN DATE) MEDICATION WITH THE SCHOOL MATRON.
- ◆ We do advise that students bring a bottle of water for their PE lessons so they can stay hydrated as they will be encouraged to improve fitness and work hard in lessons.
- ◆ Please ensure that student's nails are also safe to participate in PE. They should be short and smooth. As per the school policy no acrylic nails.
- ◆ No aerosols are allowed in school. This includes not using aerosols in the PE area.

- Students will have a combination of indoor and outdoor PE which will vary throughout the year and occasionally may differ from the activity timetable. They should expect to be involved in outside lessons even when the weather is less than desirable- please ensure their PE kit is suitable and that they are prepared with appropriate kit and change of clothes.