

Abbeyfield School PE Kit Policy

PE Kit

Students are expected to have the correct PE kit for every lesson. Wearing the correct PE kit is essential for students' safety, comfort, and performance during physical education classes. Proper attire, including appropriate footwear and clothing, helps prevent injuries by providing the necessary support and flexibility for various physical activities. It also ensures that students can move freely and comfortably, enhancing their ability to participate fully and perform at their best. Additionally, wearing the correct PE kit fosters a sense of discipline and unity among students, promoting a positive and respectful learning environment. By adhering to the PE kit policy, students demonstrate their commitment to maintaining a safe and effective Physical Education environment.

Abbeyfield School PE Kit:

- Black and purple Abbeyfield PE shirt and/or rugby top.
- Black and purple Abbeyfield PE shorts/skort
- Black and purple Abbeyfield PE fleece
- KS4 students may wear their BTEC Sport, Dance, or D of E tops/sweatshirts
- Sports trainers- non-marking and suitable for indoor use (any colour allowed)
- Football boots – Moulded studs when using GOALS facility (any colour allowed)





Additional extras

- Plain black jumper (a small logo at the top of the chest will be allowed)
- Plain black trousers (a small logo at the top of the leg allowed)
- Plain black sports leggings (a small logo at the top of the leg allowed)
- Suitable coat for the cold weather (practical for exercise and no fur hoods)

Not to be worn

- Hoodies
- Clothing that is any other colour than black
- Clothing with stripes down the side, including white
- Clothing with large logos or print
- Nike pro cycling shorts or those of a similar length
- Black soled trainers, i.e. Nike Air Force
- Bulky coats or those with fur hoods

Example Items

Acceptable Items	Unacceptable Items
	
	



PE kit is part of the school uniform, if you are unable to supply your child with the correct PE kit then please contact the school so we can find a way to resolve the problem.

Incorrect/No PE Kit

In the unlikely event that students do not attend the lesson in the correct PE kit then the following sanctions will be put in place:

1st time incorrect / No PE kit – C3 - Incorrect / No Kit sanction given – Break detention.

2nd time incorrect / No PE kit - C3 - Incorrect / No Kit sanction given – Break detention.

3rd time (or more) incorrect / No PE kit - C3 - After School Detention- Persistent Incorrect / No Kit sanction given – After School detention.

In all instances students will remain in their PE lesson and will complete an alternative, non-physical, activity in the lesson.

Injury or Illness

If a student is not able to participate in PE due to an injury or illness, students are still required to bring and change into their PE kit. A note is required from a parent/guardian to excuse a student from PE. This should include the date, nature of the injury and how long the student is not able to participate for. One note is sufficient for a long-term injury if this is stated within it. If you forget to provide your child with a note, you can call/email reception, or the class teacher, to inform them, in advance of the lesson. The teacher will not be contacting parents on the request of a student during a lesson.

Changing into PE kit helps students feel included in the class activities. Even if students can't physically participate, they will still be involved in other ways, such as helping with coaching,

officiating, and observing to provide feedback. Students will remain with their group, therefore, will need to change as they may be outside. If it was to rain, or the group is on the field, it prevents school uniform getting wet and muddy, and students can change back into dry clothing for the rest of the day.

If the nature of the injury prevents a student from changing, this will be an exception to the rule. The student may be required to work with a different group at a different facility to support with this.

Health and Safety

The safety of all students is always paramount. Due to the nature of the subject, injuries can occur, but methods are taken to reduce mitigate any risks. Students can support with this and are expected to meet the following expectations:

- Wearing the correct kit and footwear for the lesson
- Following the rules of the sport and those set out by the teacher
- All jewellery is removed before leaving the changing room (any items that cannot be removed for religious purposes but cover these up)
- For new piercings, students should cover these with safety tape. Students need to bring in their own tape. Students will not be able to participate in trampolining and aspects of other sports, with any piercings, even if covered with tape
- Long hair (shoulder length) is tied back with a hair bobble
- Appropriate protective equipment to be worn, i.e. gumshields in rugby and shinpads in football