

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 PE Kit

It is compulsory for all students in year 7/8/9 to wear the following items for their PE lesson:

1. Abbeyfield PE T-Shirt
2. Sports trainers- non-marking and suitable for indoor use (any colour allowed)
3. **KS4 students only** may wear a plain black t-shirt (a small logo at the top of the chest will be allowed) please note that this will be phased out in the academic year 2027/28 **or** their BTEC Sport, Dance, or D of E tops/sweatshirts.
4. Hair tie for any hair that is below the shoulder

Optional extras:

- Abbeyfield PE Short or
- Abbeyfield PE Midlayer
- Academy x Black tracksuit Bottoms

To allow PE lessons to be as inclusive as possible with our PE kit we also allow the following to be worn as an extra as well as our compulsory items:

- 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)
- Plain black shorts (a small logo at the top or bottom of the leg allowed)
- Suitable coat for the cold weather (practical for exercise and no fur hoods)

Legacy items

Our new PE kit was launched as of January 2026. We understand that many students may still have our 'old' PE Polo shirts, Jumpers, Fleeces and Skorts. These are still allowed to be worn instead of the new PE kit. It is also still possible to purchase several of these items on the Stevensons website – these items will be disappearing from the website once all existing stock has been purchased.

Not to be worn

- Hoodies
- Clothing with large logos or print
- Clothing with stripes/logos down the side, including white
- Cycling shorts

- Black soled trainers, i.e. Nike Air Force
- Bulky coats or those with fur hoods

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 Occasion

- Staff record **Incorrect / Lack of Kit (PE/ Performing Arts)**.
- Student receives a **verbal warning**.
- An **email is sent home** with a general reminder about bringing PE/ Performing Arts kit.

2nd Occasion

- Staff record **Incorrect / Lack of Kit (PE/ Performing Arts)**.
- A **30-minute afterschool detention** is automatically issued.
- An **email is sent home** with a general reminder about bringing PE/ Performing Arts kit.

3rd Occasion

- Staff record **Incorrect / Lack of Kit (PE/ Performing Arts)**.
- A **60-minute after school detention** is automatically issued.
- An **email is sent home**, and the class teacher is prompted to **call home personally** to discuss ongoing concerns.

4th Occasion and Beyond

- Staff record **Incorrect / Lack of Kit (PE/ Performing Arts)**.
- This stage will soon become an **SLT 1-hour after school Friday Detention**.
- An **email is sent home**, and the Director of Learning is prompted to **call home personally** to discuss ongoing concerns.

We want every child to feel confident, prepared, and able to take part in their lessons. Our goal is always to ensure students feel prepared and able to participate fully in their lessons. If you need support with obtaining kit or if there are any difficulties, we should be aware of, please contact us—we are more than happy to help.

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
- 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. Please refer to the PE protective equipment document for further clarification on items.

Jewellery and piercings

Schools have a duty of care to ensure students are able to participate actively without unnecessarily endangering themselves or those working around them. At Abbeyfield school we have a zero-tolerance approach to jewellery in lesson and ask for all jewellery and piercings to be removed.

This follows the Association for Physical Education (AfPE) guidelines around jewellery and piercings which strongly recommends the removal of all personal effects (ear and body piercings, including retainers and expander earrings). Taping is not recommended as this 'creates a perception of safety and is not recommended'. If students were to tape their ears and the taping were to inadvertently come off during the lesson or the taping was not of a sufficient standard then, if an injury were to occur, the class teacher / school would be liable for that injury.

If students refuse to remove their piercings/jewellery, then the school's kit behaviour policy will be applied. If students are unable to remove their piercings, then an email/note will be required to explain why the piercing cannot be removed and a date as to when the piercing can be removed. In this instance your child's PE teacher may contact you for further clarification and an email/note from home that does not state a 'reasonable' amount of time for the piercing to be removed may not be accepted. If no correspondence is received, then the school's kit behaviour policy will be applied. In

all instances students will still be expected to bring in PE kit and take part in the alternative activity provided.

We ask that all new piercings are made during the summer holidays which then allows plenty of time for the piercing to heal without impacting lessons. If students choose to have new piercings made during the school year, then the school behaviour policy will be followed.

Disclaimers from parents permitting students to participate wearing jewellery / piercings cannot be accepted as, while in a lesson, the duty of care remains firmly with the school.