



Dressing Appropriately for PE

It is important that children dress appropriately for all PE and games sessions, both indoors and out.

Children in Years 1 and 2 come to school, dressed in their PE kits on their allocated days. From Year 3 upwards, children change into their PE kits at school, ahead of their P.E session. From Year 5 upwards, separate arrangements are made for boys and girls to change separately.

Footwear



For outdoor PE sessions, trainers are the most suitable footwear as children could be on the playground or on the field. Trainers for PE can be any colour. For indoor PE sessions, plimsolls may be worn. If an indoor PE activity involves the use of PE apparatus such as balance beams, trestles or wall bars, children should take footwear and socks off and work in bare feet.

Children in years 1 and 2 should come to school in their trainers and children from Year 3 upwards should have a change of footwear for PE available in school. They should come to school in their usual black school shoes. Trainers with Velcro fastenings are by far easier for younger children or those who have difficulty with laces.

Clothing

A t-shirt in your child's house colour should be worn alongside shorts for indoor PE sessions. These shorts should be plain in colour, ideally black, grey or navy blue. Shorts with glittery logos or decorated with diamantes or jewels are not suitable for PE sessions. Neither are football



kits. Jogging bottoms (plain in colour – ideally black, grey or navy) are useful for outdoor PE sessions in colder weather and children may bring an additional sweatshirt as well.

If a child needs any specific adjustments to be made to clothing for P.E due to **SEND**, medical or religious reasons, these should be discussed with class teachers.

Forgotten Kit

Please ensure that your child has their PE kit on their allocated PE days – they will not be able to take part without it. If they forget their kit on 2 occasions a letter will be sent home to notify you that they have not been able to take part in their PE session. We would ask for your assistance to ensure they have everything they need for future sessions.



Jewellery

Parents are asked not to send children to school wearing jewellery. If you do wish your child to wear earrings, only small stud earrings are permitted. These should be flat to the ear and not consist of anything that dangles. Children should remove earrings for PE sessions. If they can't do this themselves, then please remove earrings at home before the children come to school. We would always recommend that ears are pierced at the start of the summer holiday so earrings can be removed by the start of the school year. However, if your child is unable to remove their earrings, they can be covered with micropore tape (not plasters) at home. The tape should then be removed once they get home. Staff are unable to assist with this.

No other jewellery should be worn in school, unless there is a very specific reason which has been agreed with Miss Talbot, In this event, any other items of jewellery must, in all circumstances, be removed for PE.

Any items of jewellery worn to school are done so in the knowledge that parents are acting against the advice of the school and therefore parents take responsibility for any injury that may result.

Hair



Long hair (both boys and girls) should be tied back for PE. Children should not carry out PE lessons with a heavy fringe hanging across their face. In this situation, a hairband should be used to hold hair back. Only plain hair bands are permitted in school (bands such as cat ears are not allowed). Bows etc, should be removed for PE lessons.