



## George Stephenson High School - PE Kit/Equipment Procedures

The aim of the PE Department Kit Policy is to ensure the consistent and safe participation in Physical Education for all students in all lessons. Appropriate clothing is essential for the safe participation in physical education and George Stephenson High School PE kit is students' uniform for their physical education lessons.

### PE Kit

- Students are expected to arrive at **EVERY** PE lesson with the correct PE kit.
- This consists of:
  - Plain Black George Stephenson Polo Shirt
  - Plain Black George Stephenson Sweatshirt
  - Plain Black shorts
  - Plain Black Tracksuit Bottoms (No white lines on the side)
  - Plain black George Stephenson branded Leggings (OPTIONAL) - no other leggings to be worn
  - Black/White sports socks/football socks
  - Appropriate footwear (please see 'Appropriate Footwear' Section)
  - PE kit can be purchased from the schools' uniform supplier (<http://emblematic.co.uk/>) and appropriate shorts/tracksuit bottoms/footwear can also be purchased from various sports retailers.
- If a student arrives to lessons without the correct PE kit the department have a stock of spare kit that the student will be expected to wear for that lesson. Failure to comply with this will result in the student being removed from the lesson (by way of Duty Support) in line with school and department behaviour policy.
- If a student has an injury/illness or any other reason why they are not able to take part physically in lessons they must provide a note from their Parent/Guardian to explain the reasons behind their non-participation. **STUDENTS ARE EXPECTED TO STILL BRING IN APPROPRIATE PE KIT AND FOOTWEAR EVEN IF THEY HAVE A NOTE EXCUSING THEM FROM TAKING PART PHYSICALLY IN LESSONS.** Students will be expected to take part in lessons in some form (referee, coach, umpire, helping with equipment etc.) and as such should be suitably dressed in PE Kit to do so. Being in full kit will enable students to fully partake in the activity when they return to full health, it prevents their school uniform from getting damaged in inclement weather and in cases of illness it prevents conditions from worsening as students still have their dry uniform to get changed into if it is raining during the lesson. Where an injury or illness prevents students from being able to get changed easily, PE staff will use their discretion to allow that student to stay in their school uniform and contribute to lessons in an appropriate manner. In line with department policy outlined above 'excused' students who do not bring in appropriate kit will be expected to borrow some from the PE stock and face sanctions outlined above should they not comply.

### Appropriate Footwear

Footwear needs to be fit for purpose and appropriate for the lesson location and surface.

Football/rugby boots will be required for activities that are carried out on the playing field during the winter months (football, rugby, cross country etc.). The department has a small number of pairs of boots that can be loaned out and used during this time.

Trainers and indoor footwear should be in good condition and suitable for the activity being undertaken. Plimsolls, canvas shoes, 'high top' trainers are not permitted.

For gymnastics students will be expected to be barefoot when performing – exceptions to this are the wearing of ballet shoes/ dance shoes which are suitable for gymnastics. In trampolining non slip socks should be worn at all times. Tights are not to be worn when trampolining.

### Personal Protective Equipment (PPE) – (PLEASE SEE ATTACHED LETTER REGARDING PPE GUIDANCE)

- The PE Department strongly advises that students should wear appropriate PPE where necessary. These include:

- Football – shin pads
- Rugby – mouth/gum guard

These can be purchased from all good sports retailers. The school also has a small number of shin pads of various sizes which can be used by students on a temporary basis.

### Jewellery & Personal Effects

- Jewellery, watches (including "Fitbit" type devices) and bracelets/wristbands are not allowed to be worn in PE lessons and must be removed for all lessons. Therefore, should students wish to get their ears pierced this should be completed at the start of the summer holidays so earrings can be removed from September.
- Long hair should be tied back at all times – hair ties/bobbles should be provided by those students involved.
- Chewing gum is NOT PERMITTED anywhere in the PE Department.

### Inhalers

- Should students require the use of an inhaler they must have it with them for EVERY PE lesson and pass it to their teacher before taking part in physical activity.

### Sun Protection

- During periods of hot weather students are advised to come to lessons prepared to participate safely outside for their PE lessons. Students should be responsible for bringing with them to lessons:
  - Sun lotion/cream
  - Water that can be taken to lessons with them
  - A plain hat/cap

## **PPE (Personal Protective Equipment) in PE**

The PE Department strongly recommends that students wear the appropriate personal protective equipment when taking part in lessons and in extra –curricular settings.

### **Rugby**

Rugby is predominantly taught during the period of September to Christmas (please see attached programme of study). Lessons focus on developing students' ability to pass and catch the ball, running with the ball, dodging and evading and developing their understanding of the game. As confidence is developed elements of contact (tackling) may be introduced. Care will be taken to ensure that students are suitably confident, skilled and able to perform these tasks and where it is deemed that students lack the confidence or technical ability, modifications to lesson will be made (tag/touch rugby for certain groups etc.) For rugby, the department **strongly recommends** that gum shields are worn when taking part in PE lessons. The use of gum shields can help to protect the teeth and face. Gum shields can be purchased from any good sports shop or online sports retailer and if your child intends to join the school rugby club then moulded gum shields would be a wise long-term investment. The department also strongly recommend that football boots are worn for rugby to allow for the ability to play effectively in wet conditions.

### **Football**

Football is predominantly taught during the period of September to Christmas (please see attached Programme of Study) along with Cross Country and as part of the Leadership unit. We **highly recommend** that students wear football boots to ensure that they are able to perform in damp/wet conditions and that shin pads are worn in lessons. The department does have a collection of shin pads that may be worn by students and also a limited number of football boots.

- Please contact the PE department should you have any questions or issues regarding the PE Kit Policy.