

## Kit Policy - Reasons for the 'All Change' Policy

### "Why Do I ALWAYS Have To Bring My PE Kit?"

Your Health and Wellbeing is important to us so we want you included in all lessons. We believe that if you get changed EVERY period of PE (regardless of injury or illness) you will:

- **Be more engaged** in the learning intentions of the lesson
- Be able to help lead tasks to **help overall teaching and learning**
- **Develop your own leadership** skills by supporting classmates/friends
- Help **maximise teaching time** when pupils don't have to borrow kit
- Help staff save time (3 washings per day) so that we can focus on your lesson to **improve your learning**
- Engage in lessons both socially and mentally by offering feedback, coaching, refereeing, timing, scorekeeping and therefore **improving your wellbeing**
- Be able to do gentle exercise tailored to your needs (depending on injury) to **improve your wellbeing**
- Be able to do rehabilitation exercises (from a GP/physio) to support your recovery from longer term injuries therefore getting back to exercise quicker and **improve your wellbeing**

