

PE Kit Standards

The PE department strive for excellence in PE and want our young people to engage to the best of their ability.

The information below runs alongside our “All Change Policy” meaning all pupils must bring PE kit every lesson regardless* of injury or illness.

- **Health and Hygiene:** A full change out of uniform to PE kit
 - **Managing Sweat and Bacteria:** prevent body odour by changing.
 - **Skin Protection:** Sweaty clothes can irritate skin.

- **Safety and Movement**
 - **Full Range of Motion:** Appropriate activewear allows for unrestricted movement.
 - **Preventing Injury:** Appropriate footwear, hair bobble, no jewellery.

- **Comfort and Performance**
 - **Eliminating Distractions:** Loose, heavy, casual clothes can reduce standards of participation.
 - **"Enclothed Cognition":** Changing into proper kit for activity, boosting focus and motivation.

- **Practicality and Maintenance**
 - **Protecting Uniform:** Prevents ruining uniform from dirt, stains, wet weather.
 - **Post-Activity:** Immediately changing back into uniform helps your mindset for learning next lesson.



*Obvious exceptions to this rule if pupils are

in a cast, or physically unable to change