

## Physical Education Uniform – KS3

We believe that a smart uniformed appearance is an important element in setting high standards. It creates a positive ethos which is fundamental to raising achievement and encouraging team spirit. We are confident that this approach has strong parental support and as such, this is reflected in the requirements for PE kit. Safe practice dictates that appropriate clothing and footwear are vital within the Physical Education environment.

We have a `full kit` policy regardless of illness/injury and expect every student to be fully equipped for PE lessons in order to appreciate the value and benefits of physical activities. If a student cannot participate in the PE lesson **they MUST still bring in their kit** and adhere to the `change of kit for all` policy. A letter or note in their planner is required explaining the reason for non participation. The rationale of the `change of kit for all` ensures that students will contribute to the lesson wherever it is taking place and by changing out of school uniform the student always has dry clothing and footwear to put on at the end of the lesson. They will be with their timetabled teacher who will provide them with the opportunity of continuation and development with their knowledge and learning within the specific module.

### Compulsory items

\*Black polo shirt with Tomlinscote crest

\*Tomlinscote football/rugby/ socks

Boys - black shorts

Girls - black shorts (Skorts cannot be worn whilst participating in gymnastics)

Black tracksuit trousers

White socks

Trainers (**not plimsolls** or fashion trainers)

Shin pads

Football boots. Studded boots **must be worn** for football and rugby – please wait until September before purchasing, when students will find out their curriculum rota.

We **highly recommend** mouth guards and Kite marked studs.

### Optional items

\*Black/gold rugby shirt with Tomlinscote crest

Black, yellow or white baselayer.

\*Available at Brenda's Schoolwear – please see their website ([www.brendas.co.uk](http://www.brendas.co.uk)) for sizes and prices.

It is important to emphasise that

- The rugby shirt is **not** an alternative to the school jumper. The rugby shirt may only be worn during Physical Education lessons.
- All shorts and skorts worn in PE must be of at least mid-thigh length.
- Girls in Years 10-11 only are allowed to wear **plain** black sports leggings/lycra tights to their lessons and must be full length (no ¾ length). No student in Years 7-9 are allowed to wear leggings/lycra tights.
- From September 2017, only Year 11 are permitted to wear the white polo shirt and black sweatshirt.
- Only **roll on** deodorants are permitted - as spray deodorants are a danger for asthmatics in the changing rooms.
- The wearing of jewellery and earrings is not permitted on safety grounds during PE lessons and sporting activities. The taping of earrings is also a danger and is not allowed for the same reasons. Students are encouraged to leave items of jewellery at home on days when they have Physical Education lessons.
- Full PE kit is to be worn for lessons, OSHL (Outside School Hours Learning), clubs and training sessions.
- Students may only wear the kit as per the uniform list. **All items** must be clearly named with the owner's **SURNAME & INITIALS.**