

16th December 2025

Dear Parent/Carer

PE Kit Expectations

We are writing to reset and clarify our expectations regarding Physical Education (PE) lessons and appropriate PE kit. Our aim is to ensure that PE lessons are safe, inclusive, and effective for all students.

Students are expected to bring and wear the correct PE kit for all PE lessons. This helps promote good hygiene, safety, and a positive attitude towards physical activity.

Please note that **hoodies and coats are not permitted during PE lessons**. These items can pose a safety risk and restrict movement. If students require warmth, they should wear the appropriate school-approved PE layers where applicable.

In addition, **no jewellery is to be worn during PE lessons**. This includes earrings, necklaces, bracelets, rings, and watches, as jewellery presents a significant safety risk to both the wearer and others. Please be aware that **any piercings carried out over the Christmas holiday period are unlikely to be sufficiently healed in time for PE lessons**, and students will still be required to remove them for PE.

Getting Changed for PE: Even if a student is unable to fully participate in the physical activity element of a PE lesson, they are still expected to get changed into their PE kit. This reinforces routine, inclusion, and engagement with the lesson, as students may take on alternative roles such as officiating, coaching, or completing theoretical or skills-based tasks.

The only exceptions to this expectation are:

- A medical condition supported by appropriate information
- Recent surgery
- A broken bone or similar significant injury

The final decision to this will be made by the Head of Department on a case-by-case basis.

In these cases, students may remain in school uniform where appropriate.

We appreciate your support in ensuring students arrive at school prepared for PE lessons and understand the importance of these expectations. Should you have any questions or wish to discuss individual circumstances, please do not hesitate to contact the school.

Thank you for your continued support.

Yours sincerely

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