

PE Kit and Expectations

I would like to introduce myself as the new subject leader for PE at Flegg; I am really looking forward to working here at Flegg High Ormiston Academy not only with the students and staff but also with you the parents and carers. Ahead of a busy new academic year it is important that we have clear boundaries and expectations surrounding PE uniform. This is so all involved know what is expected from them and so focus can be on improving pupils mental, social and physical interactions within a range of sports and scenarios.

The Academy PE kit is designed to ensure all students are dressed appropriately to take part in physical activity and students have some choice in what they wear, often dependent on the weather or facility they are using for that period. Details regarding the kit required can be found on the reverse of this letter and also on the school website.

PE Expectations

- All jewellery must be removed prior to the lesson. If a student cannot remove a piercing then they must provide their own plaster to cover it. Plasters are not appropriate for some activities and students will perform as a coach or umpire if piercings cannot be removed. The academy is unable to provide plasters for this reason.
- Shoulder length hair must be tied up during PE and games lessons- hair bands form part of the compulsory kit)
- Pupils with a written note within their planner due to illness or injury can be excused but will still need to be changed in correct PE kit. They may assume roles of coaches, analysis collectors, referees, officials etc. If a student is unable to take part in their PE lesson, please email their teacher directly or give your child a note for their teacher.
- Failure to bring in the correct PE kit will result in a sanction for missing equipment/uniform; unless the student has an injury that means they cannot change e.g. wearing a protective boot.
- Any student who does not have the correct kit will be required to wear a replacement PE kit supplied by the PE department. Failure to do so may result in removal from the lesson.

You will notice that we are now adopting the approach that even if ill or injured, students must still bring their PE kit to school and will be expected to change. As noted, this will not apply if the injury prevents the ability to change.

Within PE there are three key opportunities to participate: as a performer, as an official or as a coach. At times students may be unable to perform practically however they will always be able to coach others, officiate and be present in the lesson learning the key rules, strategies and teaching points. Often, if a student is not in kit, they feel detached from the lesson, they visibly stand out from the other students (often making them feel

uncomfortable) and their learning is hindered. We will therefore be adopting the approach that all students are to bring in their kit and they will participate in the alternative roles that PE offers. This approach has already been adopted across the country and has proven very successful in supporting all students, so we are confident of its success here at Flegg High Ormiston Academy.

Please be assured that we will never force a student to participate practically if we have received a note from a parent/guardian, but they will contribute to the lesson (unless in extreme circumstances) in the other roles PE and sport has to offer. We will endeavour to chase letters / notes that are repeated, or we may deem disingenuous to ensure that over the academic year students are getting the correct amount of physical education.

Finally, I would like to add and bring to your attention that if a student would like to use the astro/3G pitch at break or lunch to play football / other activities on there it is imperative that they are wearing the correct footwear. This is not only to protect the facility but also to ensure that pupils are meeting health and safety requirements when playing this surface. Therefore, this will require to wear astro trainers or studded boots that are not metal. This will now rule out flat soled trainers. Currently, we are not making this compulsory during PE lessons, flat soled trainers are permissible until further notice.

I have listed the PE kit from the uniform policy below; as a department we feel that sticking consistently to the policy is fair for students and helps us to raise standards within the department. We are aware that this may mean that additional kit is needed at home. Therefore, we will not enforce the uniform policy with regards to incorrectly coloured shorts, socks and jumpers until October half term after which we will start to issue negative behaviour points where students are not meeting these expectations.

If you have any questions or would like to discuss any part of the PE curriculum, please don't hesitate to contact me mlyons@fleggoa.co.uk

Kind regards

Mr Lyons

Compulsory PE Kit:

- White polo shirt (with or without logo)
- Navy shorts or skort
- **White** ankle length or sports socks (All PE lessons)
- Sports trainers (non-marking soles) and boots (astro/studded) any choice of colour is acceptable
- Sports trainers / boots (astro or studded) for community time use only

Optional PE Kit:

- Navy and blue 'games' / 'rugby top' long-sleeve shirt
- Navy training jumper
- Navy training pants or plain **black** sports leggings (that must be worn with shorts on top)
- Base layer tops and leggings that are black or navy
- Gum shields (compulsory for certain sports)
- Shin pads (compulsory for certain sports)

Note:

- **Sports** leggings must:
 - be worn under shorts
 - be plain black
 - be full length
 - have no branding or logos visible
 - have no mesh, or see through sections.
- No jewellery can be worn during PE lessons (piercings must be removed for health and safety reasons where possible, if not covered with a plaster brought in by the student).
- Activity trackers or SMART watches can only be worn during fitness or cross-country lessons.