



4<sup>th</sup> September 2025

Dear Parents/Carers

## Re: PE Kits Expectations

As we start the new year, we also look forward to the opportunities for PE this year. With that in mind, we wanted to share some key messages about expectations around kit and equipment.

### Footwear

As part of the PE kit, it is compulsory for students to have 3G boots - please note these need to be firm ground plastic studs and not the traditional dimpled boots or metal studs. In terms of the 3G, it is used for a range of sports, not just football. We use the 3G for handball, football, cricket, rounders, and fitness lessons.

For indoor sports or lessons on hard surfaces students need trainers that support their feet. Therefore, Converse are not allowed for PE lessons. They do not give the best support while doing PE and have little, to no grip.

### Additional Equipment

From an injury prevention perspective, we also strongly advise that students wear shin pads for sports such as football. For those students wearing earrings, these will need to be removed before participating in physical sport. If students are keen to have their ears pierced over the summer, this would need to happen at the start of the holiday to allow sufficient time for healing before returning to school. Similarly, those students with longer hair will need to ensure they bring a hair band to tie their hair back as a measure to avoid their vision being restricted during physical activity.

All students in Years 7-9 will require a gum shield. In all year groups, students will be encouraged to participate in contact rugby, so we insist students have a gum shield.

### If a student is ill/injured

Any injury that restricts participation in physical activity should be detailed to the class teacher through a written note, rather than an email to staff, as these can be easily missed. A note also places responsibility on the student to discuss this with staff as they hand it over. Any student that is unable to participate in a lesson should still bring their PE kit and boots as they will take on an officiating, coaching or analysis role within the lesson.

Cont'd....

#### Boys PE

- Black ¼ Zip Outdoor Top with logo (Optional)
- Black Shorts
- Long Plain Black Socks (Winter & Spring)
- White Ankle Socks (Summer)
- Royal Blue PE Shirt (with school logo)
- Plain Black Tracksuit Bottoms (Optional)

#### Girls PE

- Black ¼ Zip Outdoor Top with logo (Optional)
- Black Shorts (Mid-Thigh)
- Long Plain Black Socks (Winter & Spring)
- White Ankle Socks (Summer)
- Royal Blue PE Shirt (with school logo)
- Black Sport Leggings (Optional)
- Plain Black Tracksuit Bottoms (Optional)

The exact order of sports throughout the year is different for each class, however this will be shared so that students are given advanced warning of when they need specific equipment, but I would strongly encourage these to be purchased as soon as possible.

Yours faithfully

A handwritten signature in black ink, appearing to read 'P Gale', with a long horizontal flourish extending to the right.

Mr P Gale  
Head of PE