

Physical Education Department Standards and Expectations

At the Academy we want students to be physically active as regularly as possible and lead an informed healthy lifestyle. Participation and engagement in PE lessons will positively contribute towards this. Please see below the PE departments standards and expectations for all PE and Dance lessons:

1. **All students** are expected to bring full correct kit to every lesson. Our school PE kit includes:

- Academy PE shirt with embroidered badge - **compulsory**
- Plain black knee length shorts or plain black jogging bottoms - **compulsory**
- Plain black football socks (knee length) – **compulsory**
- Suitable sports trainers* - **compulsory**
- Safety equipment* (shin pads) – **compulsory for specific sports**
- Hair bobble – **compulsory for students with long hair**
- **Sports bra**



Optional kit includes:

- Academy or plain black hooded jumper – **optional**
- Plain black rain jacket - **optional**
- Plain black base layers/plain black hat/black gloves - **optional for cold weather**

* Plain black is considered clothing without excessively large logo's (small logo's are fine)

* Suitable footwear is considered clean trainers with ample support and cushioning for activities. Pumps, fashion trainers (Eg. Vans, converse etc) and ankle boots are **NOT** considered suitable footwear.

Running shorts, leggings or cycling shorts are **not permitted as PE kit** (see below images). Sports leggings or sports cycling shorts can be worn underneath as a base layer but must have knee length shorts or joggers over the top. **Tights cannot be worn as an underlayer for PE.**



Safety equipment:

Students will be informed when they need additional safety equipment for PE lessons. These will include:

- **Shin pads are compulsory for:** Hockey, football
- **Gum shields are recommended but optional for:** Rugby and hockey
- **Trampoline socks or knee length football socks are compulsory for:** Trampolining

Forgetting any of the compulsory items of kit will be sanctioned via a detention and negative house point.

2. Pupils with an injury/illness are expected to;
 - **Still bring their full PE kit to each lesson (sanctions will be issued for not doing this unless authorised by the teacher)**
 - **Bring a note signed by parent/carer** explaining the issue.
 - **Take part in lesson in a non-participant role** (coach, umpire, performance analyst, scorer etc)
3. **PE Homework:** Year 7, 8 and 9 students **should attend one PE or Dance co-curricular per week** as their PE homework. Attending multiple clubs is encouraged. Year 10 and 11 attendance to co-curricular clubs is optional but encouraged. **Usual PE department expectations are expected at co-curricular clubs including kit worn.**
4. No jewellery is to be worn in PE or extra curricular activities. This will be confiscated in line with the whole school policies.
5. Students with long hair must tie it back at the beginning of lesson. **Bobbles are a compulsory item of kit for students with long hair.**
6. Aerosols are **not permitted** within any area of the PE department as they pose a risk to students with respiratory problems. **Roll-on deodorants are acceptable and encouraged.**

Pupils who fail to bring kit or meet the department expectations will be sanctioned in line with the Academy policy.

The PE department will not take responsibility for any missing personal belongings left in or around PE.