

September 2023

Dear Parents

As we approach the first term, I would just like to send out a reminder of the PE kit needed for the year. Please find below what each student is expected to wear when they are in their PE lessons

#### **Girls Indoor**

- Sports Polo-shirt –Navy blue/amber
- Sports Shorts (Plain navy blue/black)  
**OR** Sports Skort (navy)  
**OR** plain black/navy sports leggings
- White Socks
- Trainers

#### **Girls Outdoors**

- School PE hooded top or plain navy blue top
- Sports Shorts (Navy)
- **OR** Sports skort (navy)
- **OR** plain black/navy blue sports leggings
- Long Blue Sports Socks

#### **Boys Indoor**

- Sports polo shirt (Navy/Amber)
- Sports Shorts – (Plain navy)
- White Socks
- Trainers

#### **Boys Outdoor**

- Boys Reversible Sport Top Navy/Sky/White
- School PE hooded top or plain navy blue top (**optional**)
- School PE tracksuit bottoms or plain navy bottoms (**optional**)
- Sports Shorts – Navy/white (Unisex)
- Long Blue Sports Socks
- Boots/Trainers (appropriate to sport)

Although we have our kit supplier Kitz UK for our kit, there are some items that you can source yourselves if you so wish. However, the PE tops will need to be ordered through our suppliers. The link to the website if you wish to view the products is: <https://the-sir-john-colfox-academy.secure-decoration.com/> . You will then need to click PE in the drop down box.

The items that you may wish to purchase yourselves are the shorts, skorts, leggings and socks, however these **MUST** be plain navy blue and not have stripes or any other design on them. A small discreet logo of the brand however is fine to have.

#### **With regards to the PE kit and individual sports, please note the following:**

- All Clothes must be Navy Blue (except leggings). Black shorts/skorts are not permitted **except for GCSE PE students**
- Only plain leggings or the school leggings will be allowed to be worn. They may have a small logo on them but must not be patterned or have lines running down them.
- Mouthguards are advised to be worn for rugby
- Shinpads **MUST** be worn for Hockey and Football
- No Jewellery or watches of any kind are allowed to be worn in lessons (except fitness tracking watches when running)
- Boots are advised for football and rugby sessions for the health and safety of the individual

### **NO NOTE POLICY**

The PE department run a 'no note policy' for students. This means that as a parent you do not need to supply a note for us to excuse anyone from PE - the student simply tells their teacher they are unwell/injured and we take their word for it. However the no note policy does require the student to still bring in their PE kit as they then help out in lessons as either an assistant to the teacher, or an official in the sport being performed. All students must have their kit for every lesson. If the weather is particularly cold or unpleasant, then any student assisting in lessons but unable to go outside will still need their kit and will help out in the indoor lesson instead.

This policy is designed to ensure everyone is still a part of PE and are not excluded from lessons, and it has been particularly helpful in helping some students to develop their leadership skills and their confidence in working with others.

Students who are unable to get changed for PE due to serious injuries or other circumstances should contact either the PE teacher concerned or the Head of Year to arrange alternative arrangements while recovery takes place

### **KIT MARKS**

Any student who has incorrect kit (without a valid reason) or does not bring kit into school is given a kit mark. After three kit marks, each time a student forgets their kit they will be issued with a lunchtime detention. We encourage students to be responsible for organising their kit themselves, but in some circumstances we aware this is difficult and we are able to help out if necessary.

### **PIERCINGS**

A change in our policy this year regards new ear piercings. Our Health and Safety organisation for Physical Education across the country highly recommend that no jewellery whatsoever is worn during PE lessons, so we follow that in order to protect the students and teachers from any issues that may arise. This is to protect both teachers and students from any issues that may arise.

However, if a student does have newly pierced studs in their ears that cannot be removed then we will allow students to take part if they are adequately taped (both front and back). However, this is the responsibility of the student to make sure this is the case, and not the teachers. If the teacher deems the taping to be inadequate and a potential health and safety issue to the individual or others, then they will not be allowed to take part in the lesson and will be asked to perform another role as a coach, leader, scorer or officiator.

Regardless of whether jewellery cannot be removed or is taped up then students are still expected to bring their kit to each lesson and assist the teacher in a different role.

Yours Sincerely,



Mr G Littlechild  
(Head of PE)