

Physical Education Kit List

Item 1
Burgundy Polo Shirt



Item 4
White / Burgundy Football Socks



Item 7
Suitable Sports Trainers



Item 2
Burgundy Fleece
(Girls Compulsory / Boys optional extra)



Item 5
***PLAIN BLACK Shorts / Tracksuit Bottoms or Sports Leggings**

The entire material must be plain black with no patterns or other colours. If the item is branded, the logo must be very minimal in size.



Item 8
Football Shin Pads



Item 3
Burgundy Rugby Shirt (Boys Only)



Item 9
Rubber Moulded Studs or Blade Football Boots



Not Allowed
Nike Pro 3"/7.5cm Shorts (or any other branded shorts of similar length)



Not Allowed
Jewellery



Not Allowed
Large Logos / Lettering



Not Allowed
School Shoes / Vans/ Converse / Air Force Ones / Skate shoes etc.



Optional extras

- Waterproof coat
- Gloves and/or hats for the winter
- Boys - SWI maroon ¼ zip fleece (Badge with first initial and surname embroidered underneath the logo) Sport Specific Clothing and Equipment Please note that you will also sometimes require sports specific clothing and equipment for certain activities.
- *Gum shield (Available from the PE office at £2)

Health and Safety in Physical Education

1. **Valuables** - Students must not leave any valuables in the changing rooms. Students should hand in valuables to the PE office before the start of lessons; they will be locked away safely for them.
2. **Watches/jewellery/ear studs** – All jewellery must be removed before registering for the lesson as these items pose a potential hazard not only to the wearer but also to other students. *In the case of ear stretchers, students must remove the item, pinch and tape the hole closed for non contact activities and for contact activities students must wear a scrum cap or tape the ear back around the head to keep it close to the side of their heads.
3. **Hair** - Both males and females must tie their hair back out of their eyes before registering for the lesson. Sweat bands must be worn if necessary.
4. **Socks** - Must be removed for gym and dance.
5. **Asthma Sufferers** - Inhalers should be taken to lessons.

6. **Injury or Excuse Notes** - Requests to be excused from full participation in a PE lesson should be signed by a parent/carer. If Students are excused from participating in PE they will still be involved in lessons as substantial learning can still take place. Students must therefore always change into PE kit and bring appropriate additional clothing e.g. tracksuit and waterproof.

PLEASE NOTE – IF YOU INTEND FOR YOUR SON/DAUGHTER TO HAVE THEIR EARS PIERCED, PLEASE CAN YOU DO THIS AT THE BEGINNING OF THE SUMMER HOLIDAYS TO ENSURE THAT YOUR SON/DAUGHTERS EARS ARE HEALED BY SEPTEMBER AND IS THEREFORE ABLE TO TAKE PART IN THEIR PHYSICAL EDUCATION LESSONS.