

## PE Kit Expectations

### Indoor/Summer PE kit

- Ridgewood PE t-shirt
- Navy blue loose-fitting shorts / Lycra sports leggings
- Navy blue football socks or white socks
- Trainers (pumps, vans, converse not allowed)
- Bare feet for gymnastics

### Winter/Outdoor PE kit

- Ridgewood PE t-shirt
- Navy blue skins/underlayers can be worn underneath the Ridgewood PE t-shirt
- Navy blue ¾ zip top or navy blue / Sky blue reversible multi sports top (optional)
- Navy-blue loose-fitting shorts (Navy blue skort can be purchased if preferred).
- Navy blue or black tracksuit bottoms / skins underneath shorts
- Navy blue football socks recommended (compulsory for football and hockey)
- Trainers (pumps, vans, converse not allowed)
- Moulded football boots (compulsory for football and rugby – Metal not allowed)
- Shin pads (for hockey and football are compulsory).
- Scrum caps/mouth guards for rugby and hockey are optional

**Hair** - All students should have hair tied up if long enough. If hair is too short to tie up but, in their face, they should bring a head band or hair grips.

**Jewellery** – All jewellery must be removed for PE.

### Students with injuries/illness

All students are expected to bring their correct PE kit, change and take part in as much of the lesson as they can. This includes students who are injured or unwell. However, students who are ill may be given less strenuous activities to complete throughout the lesson.

A doctor's note will be accepted to allow students to opt out of the practical aspect of the lesson completely and unless discussed and agreed with the teacher these students must still bring their correct PE kit.

### Failure to bring any part of the correct PE kit

**Missing compulsory parts of the PE kit** - K1 per item of kit. 3 x K1's per half term will result in a C3 detention.

**Missing full PE kit** – Students will be issued with a C3. Consistent offenders will be given kit to borrow. Refusal to borrow will be a C4.

In mitigating circumstances, a note should be provided explaining why the student does not have that item or has the incorrect item of kit. It should also provide details explaining when they will have the correct item of kit.

**Students must ALWAYS tell their teacher if they are missing a part of their kit, failure to do so could result in a C4.**