

PHYSICAL EDUCATION

At BLC we want our pupils to feel safe, comfortable, and valued members of their lessons, so that they can enjoy but also thrive. We believe the PE uniform is the first step required in order for them to access their learning, so we hope you can support us in delivering this message to our young learners.



Compulsory PE Uniform

The PE Uniform Top

This item is a compulsory item required by every pupil who attends BLC. This item can be purchased from Monkhouse, our uniform supplier. This is the only item in our uniform with a logo which is compulsory for pupils to wear.



**Primary Size
Unisex Top**



**Secondary
Size Unisex**



**Secondary
Size Girls Fit**

All the **tops** are high-quality performance tops, these are lightweight, flexible, breathable, and easy to wash and dry. The Girl's fit top is a state of the art top designed by teenage girls, for teenage girls, in sport, it has a hidden adjustable tie which raises and lowers the length of the garment for a personalized fit.

The next items are compulsory but can be purchased from any supplier. Pupils are not limited to only using our school supplier.



**Shorts
Navy or Black**



**Socks
White, Navy, or Black only**



**Sports Trainers
Any colour**

Shorts are a compulsory item to ensure all pupils can fully access all the activities they are doing. They provide the flexibility to move without tearing the material or restricting the body's movement.

First Steps To Next Steps



They are essential when temperatures are high to maintain a steady body temperature, and pupils will be advised to wear them when participating indoors for the same reason.

A change of **socks** is compulsory; this is for hygiene purposes. The sock can be of any length but must be black, navy or white.

Trainers can be any colour, we accept a wide range of trainers but ask they are suitable for sport. We recommend a trainer which has a cushioned sole and suitable grip for health and safety.

Preparation for PE – compulsory

Jewellery

Pupils are not permitted to wear any jewellery for PE, this is due to health and safety. Since the school is not liable for loss of property, all pupils are encouraged not to wear jewellery on days when they have a PE lesson.

We ask pupils to think strategically when getting new piercings (especially cartilage) to allow time for them to heal prior to returning to school. Newly pierced ears can be done at the start of the summer holidays instead of the end to avoid this.

In extreme circumstances where jewellery cannot be removed, it will need to be taped (provided by them) and the pupil will still be required to change for PE, they will have the lesson adapted for them (where possible) until the item of jewellery can be removed safely. This can be hugely disruptive to their learning as it can take up to 6 weeks and 6 months (cartilage) for recovery to occur, so we advise families to think very carefully about the timing of such piercings.

Exception: for some activities where safe to do so, we do allow fitness watches to be worn, pupils will be informed when they can wear these.

Year 1 and Year 2 children are asked not to wear earrings at all on PE days. For these year groups only, any children with stud earrings will have their ears taped by a member of staff prior to participation. Students in Year 3 to Year 11 will be expected to tape or remove the jewellery themselves, if they are unable to do this, we strongly encourage them to wait to have a piercing until they are able to self-manage them independently.

Hair

Hair which touches the shoulders or obscures the eyes needs to be clipped or tied back. Pupils need to bring their own hair bands in order to do this. If a band snaps in lesson, they will be issued with an elastic band so they can continue to participate.

Games Sock -black or navy only



Throughout the year pupils will participate in games such as football, rugby, and hockey where shin pads need to be worn securely, these require a knee-high sports sock in black or navy. For these lessons, this item is **compulsory**, and pupils will be sanctioned if they do not have them.

The above items are all compulsory, presentation matters at BLC and we hold high expectations regarding this. The uniform provides pupils of all ages and incomes the flexibility to find something which they feel comfortable in so that all children can participate fully and enjoy all PE activities. Shorts and socks are available in multiple colours and are allowed to be purchased from any supplier to suit the budget of the individual. It is only the top we ask is purchased from our school

supplier which is only a single item in comparison to other schools. Failure to wear these compulsory items (except socks when shin pads are not required) is likely to result in a sanction, in line with our Behaviour Policy.

PE Uniform Sanctions

To avoid any sanction for PE uniform, this can be best done by ensuring every pupil is aware of when they have PE, what they are doing in PE and are organised in preparing their uniform the night before the lesson. Unfortunately, many pupils do not practice this and therefore attend lessons unprepared. This can impact their ability to access the lesson. We therefore have a sanction system in place to discourage this action from repeating itself on future occasions. All sanctions are recorded on class charts where you will receive notification as the parent/guardian.

Primary specific:

All pupils in primary wear their PE uniform to school. This option is possible as at this age, as PE is held in the afternoon and students can return home and change afterwards.

However, all pupils are expected to arrive at school in correct PE uniform on the day they have PE. If this does not occur, you as the parents will be asked to take them home to get changed, return to school with their PE uniform or in exceptional circumstances the pupil will be asked to borrow uniform.

As PE lessons are in the afternoon, this provides ample time for the pupil to be in full correct PE uniform prior to the start of the lesson.

Pupils who persistently do not meet these expectations could find themselves receiving sanctions like our secondary pupils.

Optional PE Uniform

Due to the activity, they are participating in, or the British weather, there will be times the pupils may want to wear additional items. We fully support this, but do have some guidelines we wish all pupils to follow:

Tracksuit Bottoms	A tracksuit bottom can be worn for outdoor lessons and in cold weather. We ask that they are black or navy only . Pupils will be asked to remove the item if it is not the correct colour.
Sports Leggings	We ask that these are the correct material and are not see-through. They need to be black or navy . The test: if you are unsure if the leggings are too thin, ask your child to bend their knee fully, if the material stretches and the skin underneath becomes visible, then these are not appropriate for PE.
Tracksuit top	A tracksuit top can be worn if it is black or navy . It must not have a hood , and the hood cannot be tucked in. These are not allowed to be worn for Rugby due to the zip but can be worn for any other lesson. Pupils will be asked to remove the item if it is not the correct colour or has a hood.
Jumper	These must be black or navy and must not have a hood . These can be worn in replace of a zip up top for rugby.

<p>Base layers and other under layers e.g. Under armour</p>	<p>Pupils can wear any number of layers underneath their PE top, these items can be quite niche so we do not limit the colours which can be worn.</p>
<p>Shin Pads</p>	<p>Shin pads need to be worn by all pupils when participating in football or hockey, this is the law. If pupils wish to bring their own into school to wear during these activities this is fine. We as a school are in the fortunate position of being able to lend every pupil a pair of shin pads which we will expect every pupil to put on if they do not have their own.</p>
<p>Studded Footwear</p>	<p>For activities on our field and astroturf, pupils will need studded footwear. They are welcome to bring their own into school, but they must have plastic or rubber studs, they cannot be metal. We as a school are in the fortunate position of being able to lend every pupil a pair of boots to access these lessons. However, if they were to have their own it would speed up the start of the lesson.</p>
<p>Gum shield</p>	<p>This is a recommended item for rugby and hockey in line with NGB guidelines. Pupils who do not wear one do so at their own risk and the school cannot be held liable for any injury arising because of this.</p>