

Physical Education Kit Expectations

Students are expected to bring in PE kit to every PE lesson, unless they are physically unable to change or carry their PE bag. If injured and physically able to change they are required to still do so and partake as a coach, umpire or other non strenuous but involved role. Injured students will need to bring in a note or email their staff teacher.

Students who do not bring their PE kit will be issued a detention and given spare kit to borrow.

PE kit includes the following items:

- PHS Polo t-shirt
- PHS Shorts or skort
- Trainers (fashion trainers are not permitted i.e. converse and Nike air forces) or football/rugby/astro boots
- White socks or long blue PHS socks depending on the sport
- Optional items: long sleeve PHS rugby top, PHS tracksuit bottoms, PHS hoodie (no school jumpers)

For specific sports these health and safety items are required (*Please see pictures below*):

Football – shin pads (long blue PHS socks)

Hockey – shin pads (long blue PHS socks) & gum shield

Rugby – gum shield

We strongly recommend that students bring trainers to every PE lesson as depending on weather conditions the typical PE rotations may not be able to be followed.

Additional information

All PHS specific kit is available from Skoolkit <https://skoolkit.co.uk/school-uniform/1194>

Students may also wear navy, black or white long sleeve skins/tops and sports leggings/skins (no big logos) underneath their polo t-shirt, shorts or skort in cold weather. A skort must also be worn over the top of sports leggings. No school tights should be worn underneath as leggings and school socks should not be worn due to hygiene reasons.

Long hair must be tied back and all jewellery, which should only be a plain stud along with the school uniform policy will need to be removed. Failure to do so will result in a detention.

We strongly recommend that students wishing to have their ears pierced, do so during the summer holidays to allow for the allotted time of healing to take place. Students are not allowed to tape up their earrings.

