



Teign School Physical Education Kit

Your child's PE kit is an integral part of the school uniform which they are expected to wear every lesson from Year 7 through to Year 11, regardless of illness or injury. PE has five curriculum strands and students aren't always physically moving. They will be involved in activities such as leading, coaching, refereeing/umpiring, and class/group discussions. Therefore, it is important that students have their PE kit each and every lesson regardless of their physical capacity as they will be able to engage in the lesson in other ways. It is also important that all students bring the correct kit to their Physical Education lessons as this contributes to a strong sense of identity and allows us to maximise your child's teaching and learning time. On average we can spend up to 20 minutes a lesson dealing with students who have forgotten or lost their kit. PE kit is also regularly checked by staff to ensure that our high standards are maintained. The majority of the PE kit must be purchased through the school's online shop and clearly marked with your son/daughter's forename and surname. If your child receives free school meals and buying their PE kit is going to be difficult, then contact the school and let us know so we can help you.

All items marked with a * can be purchased from our online suppliers Proservegroup.com or by telephone on 01395 222975 or at their shop in Exmouth.

Compulsory kit for all students:

The items listed below are the minimum requirements needed for PE lessons. Every student is expected to have these.

- * Teign School reversible rugby/football top (boys only) - £13.50 junior, £16.00 senior
- * Teign School navy shorts (boy or girl fit) - £8.50 junior, £11.00 senior
- * Teign School navy polo shirt (boy or girl fit) - £13.00 junior, £15.50 senior
- * Teign School long socks - £4.25 size 2-4, £5.75 size 5-7 and 8-11
- Sports trainers (no plimsoles, pumps, fashion/skate trainers, or those used as school shoes)
- Hair band and grips (girls and boys with long hair must tie it up and long fringes must be gripped back)

Optional kit for all students:

Although our compulsory kit will fit the needs for your child, we do recommend the purchase of at least one of the following items as well. At some point during the year your child's PE lesson will be outside, and lessons always go ahead regardless of weather, so they do need to be prepared for anything. We will not let students wear tracksuit bottoms, tops or jackets that are not Teign School items under any circumstances.

- * Teign School tracksuit bottoms – £17.00 junior, £20.50 senior
- * Teign School fleece top - £16.50 junior, £19.00 senior



Specific Sports Kit: If your child is participating in a specific activity listed below then they will need the following items:

Football

- * Shin pads
- Football boots

Rugby

- Rugby/football boots
- * Gum shield

Trampolining

- * Teign School tracksuit bottoms (legs must be covered) - £15.50 junior, £18.50 senior
- * Teign School fleece top (arms must be covered) - £16.50 junior, £19.00 senior

Swimming

- Knee length swimming shorts (boys)
- One piece swim suit or tankini (girls)
- Towel

PE Kit Expectations

We understand that on the rare occasion your child maybe injured/ill, and sometimes forget or lose their kit. All these things can impede their involvement in PE and slow a lesson down. Unless the injury or illness is severe we do ask students to 'have a go' or 'do as much as they can' because generally there are some things they will be able to do. In order to maintain the flow of a lesson we do have a structured procedure when students are ill/injured, or have lost/forgotten kit and ask parents to support and remind their child of this when any of the above occurs. All students are reminded on a regular basis what they need to do, if they do not adhere to PE policy then sanctions will be given out depending on the severity and occurrence of the incident. Your support is vital to us in order to keep our consistency.



What should I do if my child is injured or ill?

Long term injury or illness

- For serious long term injury and illness a medical note from their GP, consultant, or physiotherapist is required.
- The note needs to include the nature of the injury or illness, how long they are likely to be out of action, how we can help, and if they have any exercises they could do during their lesson.
- Unless they can not physically get changed because of their injury/illness then they will be expected to get changed into their PE kit.

Short term injury or illness

- You should write your child a note, explaining what is the matter with them, date, sign and add a contact number for any queries.
- This note should be given to their teacher as soon as they arrive.
- The teacher will then discuss with them what they can and can't do in the lesson.
- They then get changed and involve themselves in the lesson as agreed with the teacher.
- Unless they can not physically get changed because of their injury/illness then they will be expected to get changed into their PE kit.

What should I do if my child has lost their PE kit?

- If you know they have lost their kit before the lesson then write them a note explaining this, date, sign and add a contact number.
- If you have some plain, sports clothing at home which they could wear instead then they should ask their teacher if it is OK to wear it for just this occasion. Depending on what it is and the activity they are doing the teacher will let them know if it is suitable or not.
- If they do the above then they will not be sanctioned, unless it has happened more than once in a term. If this is the case then a detention will be set.

What happens if my child forgets their PE?

- Your child should let their teacher know as soon as they realise they have an item(s) missing in a polite and apologetic way.
- If it is their first or second offence during that term then a 20 minute detention will be set.
- If it is their third or more offence that term then an after school HOD detention will be set.