

# P.E. KIT and SAFETY

Physical Education plays a vital role in preparing students to lead active, healthy and fit lives. The following kit will enable students to participate safely in a wide variety of activities.

**Maisies is the schools preferred provider of PE Kit** and they stock all of the items listed below, although these can also be purchased from other retailers.

Subject to availability, second hand uniform can be purchased at the Willen Hospice Newport Pagnell shop ([NewportPagnellShop@willen-hospice.org.uk](mailto:NewportPagnellShop@willen-hospice.org.uk)) or Willen Hospice Olney shop ([Olneyshop@willen-hospice.org.uk](mailto:Olneyshop@willen-hospice.org.uk)).

- **Students have a choice to wear either the “Compulsory Plain” OR the “Compulsory Ousedale Branded” PE Kit.**

|                        |  |   |
|------------------------|--|---|
| <b>GIRLS' P.E. KIT</b> | <b>Compulsory Plain</b><br><i>No branding or motifs are permitted on any “plain” PE kit.</i> | Plain navy polo shirt.<br>Plain navy shorts.<br>Plain navy socks.<br>Plain navy leggings<br>Trainers (not plimsolls or converse) and shin pads are required and are part of their protective equipment.<br><b>Olney campus only – astro turf trainers or studded football boots are required (*refer to photo on pg2)</b> |
|                        | <b>Compulsory Ousedale Branded</b>   | Navy and Green polo shirt (with Ousedale badge).<br>Navy and green shorts (with Ousedale badge).<br>Ousedale socks.   |
|                        | Optional   | Girls Navy Leggings (with Ousedale print).<br>White base layer (with Ousedale badge).<br>Quarter zip top in school colours (with Ousedale badge).<br>Football boots.<br>Mouth guard for Rugby and Hockey (strongly recommended)<br>Plain navy rugby shirt or Rugby shirt (with Ousedale badge).                           |
| <b>BOYS' P.E. KIT</b>  | <b>Compulsory Plain</b><br><i>No branding or motifs are permitted on any “plain” PE kit.</i> | Plain navy rugby shirt.<br>Plain navy polo shirt.<br>Plain navy shorts.<br>Plain navy socks.<br>Trainers (not plimsolls or converse), football boots and <b>shin pads</b> are required.<br><b>Olney campus only – astro turf trainers or studded football boots are required (*refer to photo on pg2)</b>                 |
|                        | <b>Compulsory Ousedale Branded</b>   | Rugby shirt (with Ousedale badge).<br>Ousedale socks.<br>Navy and Green polo shirt (with Ousedale badge).<br>Navy and green shorts (with Ousedale badge).   |
|                        | Optional   | Boys Navy Track Pants (with Ousedale print).<br>White base layer (with Ousedale badge).<br>Quarter zip top in school colours (with Ousedale badge).<br>Mouth guard for Rugby and Hockey (strongly recommended)  |

- ♦ Students who for any reason cannot participate fully in their PE lesson, will still be expected to bring their kit and get changed to enhance their learning in other roles, such as leading, coaching and officiating. Students will not be expected to change if not physically possible such as a broken arm or the act of changing itself aggravates an injury or medical condition.

- ◆ Any Student that is injured or unwell is expected to provide a written note from their parent/guardian. We will aim to adapt the lesson so they can safely join in. Long term injuries require a doctor's note especially when under the guidance of medical staff or physiotherapy, The Health Coordinators and the PE Department should be informed in writing of the needs required for safe involvement in practical activities. Please provide us with as much information as possible so we can cater for each student's needs.
- ◆ On particularly sunny days it will be possible for students to wear a suitable hat during outdoor PE lessons. Protective sun cream is advisable. All items of PE kit should be clearly marked with the student's name and kept in a suitable bag.
- ◆ Students should bring a bag for dirty footwear.
- ◆ For safety reasons no jewellery may be worn during lessons. All jewellery must be removed and left in the changing rooms which are locked during lessons, however all valuables (including mobile phones) are left at your own risk and the PE Department take no responsibility for any items that are lost.
- ◆ Students with newly pierced ears must cover their earrings with plasters.
- ◆ On particularly cold days it is possible for students to wear black or dark blue gloves and/or a hat, if safe to do so in the activity. It is not permitted for students to wear scarves. Please note that the wearing of girls runner leggings or boys track pants is not compulsory, however, if your child wishes to wear them instead of shorts, they must be part of the Physical Education Uniform which can be purchased from Maisies, as these are safe and appropriate for lessons.
- ◆ Student safety is of paramount importance and they are responsible for ensuring they arrive to lessons prepared and with the appropriate PE kit. Failure to do this will result in sanctions and in not following this guidance has potential to cause harm to themselves and other students.
- ◆ ANY STUDENT WHO USES AN INHALER SHOULD HAVE THIS ON THEIR PERSON FOR THE PE LESSON AND SPARE (IN DATE) MEDICATION WITH THE SCHOOL HEALTH COORDINATORS.
- ◆ We do advise that students bring a bottle of water for their PE lessons so they can stay hydrated as they will be encouraged to improve fitness and work hard in lessons.
- ◆ Please ensure that student's nails are also safe to participate in PE. They should be short and smooth. As per the school policy no acrylic nails.
- ◆ No aerosols are allowed in school. This includes not using aerosols in the PE area.
- ◆ Students will have a combination of indoor and outdoor PE which will vary throughout the year and occasionally may differ from the activity timetable. They should expect to be involved in outside lessons even when the weather is less than desirable - please ensure their PE kit is suitable.

#### \*Acceptable footwear for 3G football pitch (Olney campus)

**Please DO**

- Wear clean sports shoes
- Keep drinks in plastic containers only
- Keep surface free from debris
- Close all gates during play
- Report any damage immediately to booking office
- Ensure goals and posts are secure before playing
- Enjoy

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**Please DO NOT**

- Smoke on the pitch
- Eat on the pitch
- Drop litter
- Chew gum on the pitch
- Allow dogs or bikes on the pitch
- Allow spectators on the pitch
- Drag goals or heavy items across the surface

### ACCEPTABLE FOOTWEAR FOR 3G FOOTBALL PITCH

| YES ✓  | YES ✓   | YES ✓  | YES ✓   | NO ✗   |
|--|---|--|---|--|
| <p>Studs (moulded)</p>  | <p>Plastic Studs / Screw In (screw in less than 15mm)</p>  | <p>Blades or Boots with metal or metal tipped studs (less than 15mm)</p>  | <p>Astro Turf Trainers</p>  | <p>Flat Soled eg. Indoor or Running Trainers</p>  |

Please make sure your boots are clean and studs are in good condition before going onto the pitch. Anyone with inappropriate or muddy footwear will be asked to leave the pitch as it damages the playing surface. Thank You.