

GRANGE ACADEMY

PE Department



Importance of PE Kit

At Grange Academy, we place an importance on pupils changing into a PE kit at all times. If pupils are able to take part in lessons, then a full change of kit allows them to maximise and enhance their performance levels. In both indoor and outdoor lessons where the intensity of the lesson is higher, it allows pupils to change back into clean, fresh clothes after their exertions.

ACCEPTABLE PE KIT	UNACCEPTABLE PE KIT
<ul style="list-style-type: none">- change of top- change of bottoms (shorts, tracksuit or sports leggings)- change of footwear- football strips and other team sport kits- long hair tied back	<ul style="list-style-type: none">- any clothing or footwear that is part of a pupil's school uniform- crop tops- jewellery

What happens when I am unable to fully participate?

For pupils who are excused from PE via a parental or doctor's note, we thought it would be worthwhile to reassure you of the 3 reasons behind asking pupils to continue to change into PE kit:

1. It allows pupils to continue the essential part of classroom routines whereby continuing to bring and change into kit helps keep the pupil maintain good habits, for when they are in the position to return to full participation.
2. Being in PE kit allows for each pupil to still be involved in the lesson in some way. For example, a pupil with a specific injury may still be able to involve themselves in the lesson by doing an adapted skill or practice that only requires minimal movement. Likewise, injured pupils who are in full PE kit can still have an active part in the lesson through roles like being referee, assistant coach, scorekeeper, timekeeper etc. It is important to us that every child feels some part of every lesson.
3. To allow all classes to access a full and broad PE curriculum, 40% of a child's school year will be spent outside on our astro surface. Due to the unpredictable nature of our weather, during wet spells of weather, injured pupils who have changed into kit can then change back into a dry and clean school uniform at the end of the lesson. This allows pupils to be comfortable for the remainder of their lessons around the school that day.

We appreciate your support in ensuring that all young people can access meaningful physical and sporting activities within the department.

*Grange Academy PE Department
April 2024*