



Overton St Helen's PE Kit and Jewellery Policy

At Overton St Helen' we expect our pupils to wear clothing that is **fit for purpose** according to the physical education, school sport and physical activity (PESSPA) activity, environment and weather conditions.

We ask all of our children to come to school wearing their PE kit on their PE day. This is to maximise the amount of time for the lesson and also to reduce issues with spaces for changing. Due to limited space and supervision it is difficult to provide separate changing spaces for boys and girls in Key Stage 2.

Maple Class are expected to keep a PE kit in school as changing clothes relates to one of the Early Learning Goals of the EYFS Curriculum.

Indoor and Outdoor Clothing

For indoor sessions children should wear their '**House**' colour t-shirt, black or blue shorts/ cycling shorts, pumps or trainers.

For classroom-based movement in a limited space or **playground activity** (e.g. 'Go Noodle' or a track break), it is acceptable for children to remain in their school uniform as during this type of activity, children work within a small area or on the spot, and safety concerns linked with slips, trips and falls are reduced.

Clothing for outdoor lessons are navy or black leggings/ tracksuit bottoms, House colour t-shirt and a school or plain sweatshirt and trainers.

In **hot weather**, protection from the sun is advisable therefore children can wear caps and loose, light clothing. Parents will be advised to provide sun cream protection for their children to apply.

Clothing for PE - staff

Clothing and **correct attire** for a particular PE activity represent important features of safe practice that apply in equal measure to both staff and students. Staff should always endeavour to wear appropriate clothing for teaching physical education. On the rare occasions that this proves difficult or impractical, a change of footwear and removal of jewellery, at the very least, should always be undertaken.

Footwear

All staff and students need to wear footwear that is appropriate for the lesson location and, ideally, for the PE activity being taught. Children need footwear that is capable of transmitting feel for the movement and the surface they are working on.

In gymnastics, **barefoot work** is the safest, whether on floor or apparatus, because the toes can grip. Barefoot work in both gymnastics and dance can improve aesthetics by allowing the foot and toes to move through a full range of flexion and extension, which in turn strengthens the muscles, bones and joints.

Training shoes should not, however, be worn for gymnastics activities for the reasons of 'feel' described above.

Outdoor footwear for games and athletics may vary according to the playing surface. All footwear should be of the correct **size** and correctly **fastened** in the manner of its design to ensure appropriate support for the ankles. It is important that teachers check to ensure footwear has the required specification and provides the necessary support for safe participation.

Personal effects, including jewellery and cultural or religious adornments

Personal effects, such as jewellery, (including ear piercings), religious artefacts, watches, hair slides, and sensory aids including glasses, should ideally always be **removed** to establish a safe working environment.

The following procedure should be applied at the commencement of every lesson:

- **All personal effects** should be removed. Staff should always give a verbal reminder to students and, where necessary, visually monitor the group and/or individuals. Particular vigilance may be required when dealing with jewellery.
- If items cannot be removed, staff need to act to try to **make the situation safe**. In most cases, this may mean adjusting the activity in some way or, where a risk assessment allows, making the item in question safe.

Staff also need to be mindful of their own adornments, and remove them prior to teaching physical education.

Long hair worn by both staff and students should always be tied back to prevent entanglement in apparatus and to prevent vision being obscured.