

Health and Safety and Hygiene in PE Lessons:

The PE department is very keen to instil the highest standards of dress and hygiene possible in order for students to maximise the impact and enjoyment of lessons.

All students are expected to change for physical education and have the opportunity to take a shower after physical activity if they wish to do so.

In the interests of hygiene, students are not allowed to borrow items of PE kit from other students but may in exceptional circumstances borrow clean laundered kit from the PE department.

Please clearly label PE kit with your child's name as we get an enormous amount of lost property. Lost property is kept in the PE department. We display these items once per term after which we donate the items to charity if uncollected.

Students are allowed to wear goggles for swimming but must provide written permission.

No Jewellery may not be worn for PE lessons. It is therefore recommended that if students are to have their ears pierced this is done at the start of the summer holidays so that students do not have to miss valuable curriculum time whilst the earrings cannot be removed. ALL piercings will need to be removed for PE lessons.

All long hair should be tied back for physical activity.

Gum shields must be worn for rugby and hockey.

Shin pads must be worn for hockey.

Short Term Injury / Illness

Pupils must bring their PE kit even if they are not physically participating. This way your child can still be involved in the lesson by refereeing, umpiring, scoring, helping to organise resources etc. This will also prevent school uniform from potentially getting dirty whilst non-participants are outside. Non participants should provide a brief note from parents (in the school diary is fine) to explain why they are unable to participate and what your child can do within the lesson.

Long Term Injury

Any pupil that has a long-term injury will need to provide an explanatory note from a doctor.

KLA PE Kit:

PE KIT MUST BE BROUGHT TO EVERY LESSON

Boys

- Indoor:** White KLA polo shirt
Black KLA or plain black shorts
Black and gold or white socks
CLEAN INDOOR Trainers
- Outdoor:** Black and gold games top
Black KLA or plain black shorts
Black and gold socks
Football boots/Shin pads

Girls

- Indoor:** White KLA Polo Shirt
Black KLA or plain black shorts
Black and gold or white socks
CLEAN INDOOR Trainers
- Outdoor:** Black and gold fleece
Black KLA or plain black shorts
Black and gold socks
Football boots/Shin pads