

Mereworth Community Primary School

Expected PE kit

Every child should have in school during term time...

- Green shorts
- T-Shirt in house colours with school logo
- Suitable footwear; plimsolls for indoors and trainers for outdoors. It is preferable to be barefoot for gymnastics as it allows toes to grip on equipment.

Plus in winter

- Tracksuit bottoms in black or blue
- Spare sweatshirt
- Spare socks

Other expectations

Hair

- Hair longer than shoulder length must be tied back.

Jewellery

- No jewellery may be worn including watches.
- Earrings must be removed by the child. As we cannot take any responsibility for lost jewellery, we encourage children not to wear jewellery of any kind at school. In instances where young people are unable to remove jewellery themselves, (for example, very young children) then the parent has the responsibility to ensure that they do not wear such items on physical education days.

Glasses

- Many young people can become disorientated when they are not wearing their glasses, sometimes judgement of 'depth' becomes a problem and this can be a particular hazard when young people are up high and cannot judge where the floor is.
- If a child does need to wear glasses for physical education lessons they should be made of plastic rather than glass and should be secured if they are likely to slip or fall off. A special 'elastic band' can be purchased for this purpose.
- There is a risk of injury for young people wearing spectacles for games, whether they are contact or non-contact games. For competitive game situations it is of course advisable for soft contact lenses to be worn.