



**THE LAKES SCHOOL**

**PHYSICAL EDUCATION  
KIT POLICY**

**Expectations for PE Lessons**

All students are required to bring and change into full PE kit for every lesson, even if even if they are excused from participation due to injury or illness. Exceptions will only be made if an injury makes changing physically difficult.

Our aim is to fully involve all students in PE, even when they cannot take part practically. Students with minor injuries may still be able to participate in alternative activities, such as coaching, officiating, or assisting with lessons. Wearing PE kit ensures they are appropriately dressed for these roles. Additionally, if lessons take place outdoors in poor weather, wearing uniform could leave students wet and uncomfortable for the rest of the day.

For students unable to participate practically, we recommend bringing appropriate warm clothing to wear over their PE kit in colder months.

## Reporting Injuries or Non-Participation

If a student is unable to participate fully in PE, parents/carers must email the PE department before **8:40 AM** on the day of the lesson, explaining the injury or illness.

**Email: [PE@lakes.cumbria.sch.uk](mailto:PE@lakes.cumbria.sch.uk)**

Students should not expect their teacher to call home or accept text messages as an excuse. If a note or email has not been provided, parents should contact the school reception.

## Forgotten or Unavailable PE Kit

Students are expected to bring the correct PE kit and a change of trainers for every lesson. If a student forgets their kit, the following system will apply:

1. **First time** – Logged as a ‘standards’ issue, with a conversation to reinforce expectations.
2. **Second time** – Logged as a ‘consequence’ and PE department detention issued.
3. **Third time** – Senior Leadership Team (SLT) detention, contact with parents/guardians, and the student is placed on PE Report.

This process **resets each half term** to allow students a fresh start. However, if improvements are made, we may transition to a **termly reset** to further raise expectations.

If a student forgets their kit, they will be expected to borrow a clean set from the PE department. **Refusal to borrow kit will result in an immediate consequence** in line with the school's behaviour policy.

**If a student's kit is unavailable (e.g., lost or being washed), they must:**

- Parents and guardians are to send an **email from home** explaining the situation.
- **Discuss the issue with their PE teacher** before the lesson begins.
- Bring alternative sportswear to wear instead (plain and appropriate).

## PE Report Process





If a student **fails to bring their PE kit three times in a half term**, they will be placed on **PE Report** (See appendix 1) to monitor their kit and behaviour in lessons.

*PE Report Process:*

- **Step 1: Student placed on PE Report** – Parents/carers will be informed, and the student must have their report card signed by their PE teacher after every lesson.
- **Step 2: Weekly Monitoring** – Over a **six-week period (12 lessons)**, the student's kit and behaviour will be recorded.
- **Step 3: Review & Next Steps**
  - If the student consistently **meets expectations**, they will be removed from PE Report.
  - If issues persist, **further interventions** will be put in place, which may include meetings with parents, additional sanctions, or a more extended period on PE Report.

## PE Kit Requirements

Item	Description
Footwear	Non-marking trainers and all-weather pitch shoes are required for all

		students. Football boots will be needed for Rugby and Football.
Polo Shirt (Compulsory)		Black & Purple polo shirt as supplied by Coniston Corporate.
Shorts (Compulsory)		Black & Purple shorts as supplied by Coniston Corporate.
Socks (Compulsory)		Black and Purple hooped socks as supplied by Coniston Corporate.  White PE ankle socks (summer only).
1/4 Zip Track Top (Recommended)		Black and Purple 1/4 Zip Track Top as supplied by Coniston Corporate.
Shin Pads (Compulsory)		Shin pads are compulsory for football and hockey.
Leggings/Joggers (Optional)		Black leggings or Black joggers as supplied by Coniston Corporate or plain black leggings/joggers with a small logo no bigger than a £2 coin.
Rugby Shirt (Optional)		Black & Purple boys rugby shirt as supplied by Coniston Corporate.
Gum Shields		It is advisable to buy gum shields for both boys and girls to wear for rugby and hockey games.
Base Layers		Base layers, white or black, are recommended for winter.
Towel (Recommended)		A towel should be brought to all PE or games lessons.

## Jewellery and Hair

For health and safety reasons:

- All **long hair must be tied back** – students must bring their own hair bobble/tie
- All **jewellery (including earring and piercings) must be removed** before the lesson.
- If jewellery cannot be removed, it must be **taped** – students must bring their own tape.

We strongly recommend that **new piercings are done at the start of the summer holidays** to allow healing time before the new school year begins.

## Additional Support

PE kit is part of the school uniform. If you are struggling to provide the correct kit for any reason, please contact the school so we can help resolve the issue.

## Appendix 1 – PE Report

Student Name: \_\_\_\_\_

Form Teacher: \_\_\_\_\_

Start Date: \_\_\_\_\_

Review Date: \_\_\_\_\_

Week	Lesson	PE Kit (1-3)	Behaviour (1-3)	Comments
1	Lesson 1			
	Lesson 2			
2	Lesson 1			
	Lesson 2			
3	Lesson 1			
	Lesson 2			

**Behaviour & Engagement:**

- 1 – Exceeding Expectation (Fully engaged, excellent attitude and effort)
- 2 – Meeting Expectation (Generally engaged, follows instructions, could contribute more)
- 3 – Below Expectation (Disengaged, disruptive, lacks effort or respect)

**Reason for PE Report:**

- Repeatedly forgetting PE kit (3+ times)
- Failure to follow PE expectations
- Behaviour concerns in PE lessons
- Other:

Week	Lesson	PE Kit (1-3)	Behaviour (1 OR 3)	Comments
4	Lesson 1			
	Lesson 2			
5	Lesson 1			
	Lesson 2			
6	Lesson 1			
	Lesson 2			

**PE Kit:**

- 1 – Meeting Expectation (full PE kit)
- 3 – Below Expectation (Frequent kit issues, fails to meet expectations)

# Appendix 2

# WHAT WE EXPECT IN PE

We want students to take part in PE as much as possible. Either as a performer or helper if injured or ill.

**PARTICIPATION IS KEY**

If students are injured or ill an email must be sent before 8:40am. Remember kit to help in the lesson

**CONFIRM VIA EMAIL**



**BRING YOUR PE KIT**

Wearing the correct PE kit is the safest and best way to enjoy PE lesson. No jewellery!

**ALTERNATIVE KIT**

If a students kit is unavailable – please bring alternative kit. An email must be sent explaining the situation.

**#proudtobeTheLakesSchool**

Be Inspired.

Feel Challenged.

Become Empowered.

## Appendix 3

# WHAT WE EXPECT IN PE

Full Lakes School PE Kit For Every Lesson...  
(Even if you are ill or injured)



## NO JEWELLERY



All jewellery must be removed before the lesson  
Long hair must be tied back

Be Inspired.

Feel Challenged.

Become Empowered.

## Appendix 4

# WHAT WE EXPECT IN PE

## FORGOTTEN OR NO PE KIT?

If you forget your kit:

1<sup>ST</sup>  
TIME



Logged as a 'standards'  
& conversation with the  
teacher.

2<sup>ND</sup>  
TIME



Logged as a 'consequence'  
& PE detention.

3<sup>RD</sup>  
TIME

SLT detention, PE Report  
& email home.

 If you are ill or injured   
and cannot participate in PE,  
a parent or guardian must  
email

PE@lakes.cumbria.sch.uk  
before 8:40 AM.

 If you forget your kit   
you must borrow from the PE  
department.

Refusal to do so =  
consequence.

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Be Inspired.

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