

## A Brief Guide to PE Kit

Level Two Concepts Model		
ATHLETICS ACTIVITIES	E.g. Moving bodyweight from a start to a finish pose.	Track & Field (run, jump, throw), Swimming, Fitness, Cycling
POSSESSION GAMES	Maintaining possession to score points/goals/overcome an opponent making return to action.	Football, Basketball, Netball, Rugby, Lacrosse, Hockey
LEARNING IN 1:1 & SMALL GROUPS	Knowing about self (space/positioning) opponent making return to action.	Badminton, Tennis, Table Tennis, Volleyball
STRIKING & FIELDING GAMES	Knowing body object or equipment point for score points/overcome opponent.	Softball, Rounders, Cricket
TARGET GAMES	Moving an object towards a set target.	Golf, Tennis, Soccer
AESTHETIC ACTIVITIES	Using the body to create movements/sequences.	Dance, Gymnastics
OUTDOOR & ADVENTURE	Experiencing/overcoming the outdoor environment through movement.	Orientation, Team building, Houdouling, Team Race

The following guidance has been created for staff, pupils and parents to provide clear guidelines for PE kits worn at Hillside School and to ensure health and safety standards are maintained.

Please note that this information is taken directly from our existing school handbook, which is created in accordance with Aberdeenshire Council recommendations.

**If for any reason your child requires an alternative PE kit, e.g. your child wearing jogging bottoms/exercise leggings due to skin issues or for modesty, we are happy to accommodate this. Please discuss this with your child's class teacher.**

### Standard PE Kit

- Gym bag
- Shorts (white, navy, grey or black)
- White t-shirt or red Hillside t-shirt
- Soft soled gym shoes, preferably with Velcro straps (some children opt to bring trainers, which is acceptable provided they are solely for the use of PE)
- Hair bobbles for children with longer hair
- Please name all clothing to help children distinguish their own items from that of others.

We kindly ask that gym bags are kept in school Monday – Friday. However, pupils will be encouraged to take their kits home over the weekend.

### Reminders

- We ask that football kits are not worn during PE
- Crop tops and vests are not permitted

### Removal of Jewellery/Accessories

- If your child has pierced ears please ensure they can remove earrings by themselves or refrain from wearing them to school on identified PE days (please refer to your child's learning leaflet). Alternatively, children will be asked to put micropore tape over their ears for PE lessons. We ask that parents/carers supply this, where possible.
- It is recommended that all other forms of jewellery are removed, including fitness trackers.
- Nail extensions are not appropriate for school.

Please note that if a child does not have their full PE kit on 3 occasions, a slip will be sent home to inform you. Without bringing the appropriate kit, it may be that a pupil is unable to fully participate in a lesson due to health and safety.

At Hillside School we encourage children to be independent for their own preparation, dressing and belongings, including the removal of, and accountability for, jewellery.