

Jewellery / kit / changing / excused

It is PE policy that ALL jewellery is removed when taking part in physical activity at De Aston School. This includes earrings, nose studs, necklaces, bracelets, watches and any form of activity monitor (for example fitbit). It is also compulsory for hair to be tied back so that it doesn't affect vision during physical activity.

We strongly suggest that students refrain from having their ears pierced during term time, it is recommended that this be completed, if necessary, during the summer holidays to allow healing time so that they can be removed for PE.

If a student is excused from PE, by way of a letter or email or phone call, they must still bring their kit to school and change for the lesson. This allows students to be suitably dressed to take on other roles within the lesson, for example a coach, umpire, referee or scorer.

If there is a long-term problem (two weeks or more) that prevents your child from taking part in these activities, we do need a medical note signed by your doctor to confirm this. Unless your child presents a letter signed by you or a medical note, we will expect him or her to take part with all other students in PE lessons.

If PE kit is not brought to lessons students will receive a kit detention, the first offence is a warning, the second 10 minutes and third 20 minutes. It will then get referred to the head of department.

Students who have PE at the end of the day, period 8, are required to change back in to school uniform to travel home.

Girls' indoor kit – white ankle socks, plain white polo shirt, plain black shorts (a small white trim is allowed, no brand names or patterns - see below). Trainers.

Girls' outdoor kit – black long socks, plain white polo shirt, De Aston rugby top, plain black shorts, as above. Gum shield and shin pads. Football boots. (Optional - plain black full length sports leggings/skins – see below).

Boys' indoor kit – white ankle socks, plain white polo shirt, plain black shorts (a small white trim is allowed, no brand names or patterns - see below). Trainers.

Boys' outdoor kit - black long socks, plain white polo shirt, De Aston rugby top, plain black shorts, as above. Gum shield and shin pads. Scrum hats are recommended for Rugby sessions but not mandatory. Football boots. (Optional - plain black full length sports leggings/skins – see below).

When in the changing rooms, students are expected to behave and conduct themselves in a manner that would be accepted anywhere else around the school. Staff are present in the changing rooms to ensure this is followed and to ensure students' health and safety.

Clothing allowed

