

## PE Kit Clarification

Sir Thomas Fremantle School

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To: Sir Thomas Fremantle School <office@sirthomasfremantle.org>

Dear Parents & Carers,

I am writing to provide clarification on some of the questions we've received regarding PE kit expectations, and inform you of some changes in policy that have been tweaked slightly. I understand messages can sometimes be passed on in the wrong context and this can cause some confusion.

The uniform for PE can be found on the school website.

<https://www.sirthomasfremantle.org/uniform-equipment>

Items that have an asterisk next to them are compulsory items that students need to take part in the full PE curriculum. The other items are optional and some I would recommend more than others.

The STFS rugby shirt is a good winter option for outdoor sports such as rugby and football. It is more durable for contact sports and warmer than the polo shirt. The other optional items are there to provide additional options for the cold.

Hoodies, tracksuit bottoms, coats or other jumpers that are not STFS branded are not permitted for health and safety reasons or simply because they are not appropriate for our lessons. Students are instead encouraged to wear base layers and additional t-shirts underneath their PE kits during the winter months. If your child would like to wear tracksuit bottoms, please purchase the STFS branded ones if possible as the quality is better suited to school activities than many of the alternatives you will find in the shops.

For girls, a skort or shorts (STFS branded or plain navy unbranded sports shorts) are compulsory and they can also wear the STFS leggings. Leggings must be STFS branded to ensure the quality of fabric. Nike Pros or other cycling-style shorts are not permitted.

Students need a pair of trainers with non-marking soles. These must be sports trainers which have a good amount of grip on them and are flexible - Nike Air Forces are not appropriate as they do not have enough grip and pose a slip hazard. Students also need a pair of studded boots with plastic moulded studs. These can be used on our astro pitch and are also appropriate for the field. Astro trainers are not good for the field so students should choose boots over these as they are more multi-purpose.

Socks are something that students often get wrong. Students should be changing their socks for PE. Simply for good hygiene practice they should not be wearing black school socks for PE lessons and then the remainder of the school day.

Ideally, the STFS long blue football socks should be worn with studded boots, and white sports socks worn with trainers. However, long blue socks can be worn for every PE lesson but they do take a lot longer to put on, so I would highly recommend white ones as well if possible.

Finally, we have made amendments to the changing policy, in line with our new school day. Students should always arrive in full school uniform even if they have PE first lesson. Students will also be changing back into their uniform if they have PE last lesson. This is so the entire school has consistency in the expectations of each lesson and the teaching time they receive. The only exception will be if they are attending a sports after school club, or changing for cadets. In these circumstances, students are permitted to stay in their PE kit.

I hope this has provided some clarification for you, but if you have any questions, please reply to this email.

Kind regards

**Josh Graham**

Head of PE

Sir Thomas Fremantle School

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