



LEWIS SCHOOL PENGAM PE & CITIZENSHIP

KIT INFORMATION 2021-22





Lewis School Pengam PE kit



Outdoor/Winter PE Jersey



Indoor/Summer Polo shirt



- * Plain black shorts
- * LSP or plain black sport socks.

Please note pupils in Year 9 and upwards from September are still able to wear the polo shirt that was part of the original PE kit.





Outdoor Jersey



Outdoor/Winter
Jersey

To clarify, this is not just for those who wish to play rugby/Football for school teams. Some pupils and parents have been advised this and it is not accurate.

This is the Compulsory PE Outdoor/Winter jersey that all pupils should have for lessons.

Pupils will be advised to wear these tops for outdoor lessons on the 3g and grass pitches.



When pupils are unable to wear this kit, pupils will need to provide a note explaining why. The PE department have spare kit and this will be provided where possible.

We appreciate different circumstances and will support pupils with kit where possible. We understand it is now always possible to be in correct kit.

Participation is more important than anything else. We will always find a way for pupils to take part.



Indoor & Outdoor kit.

Depending on the time of the year, pupils will need to wear certain kit for PE lessons. We will notify pupils what they need to bring each half-term. The nature of the kit relates to where it will take place and nature of the activities.

Indoor/Summer Kit



Outdoor/Winter kit





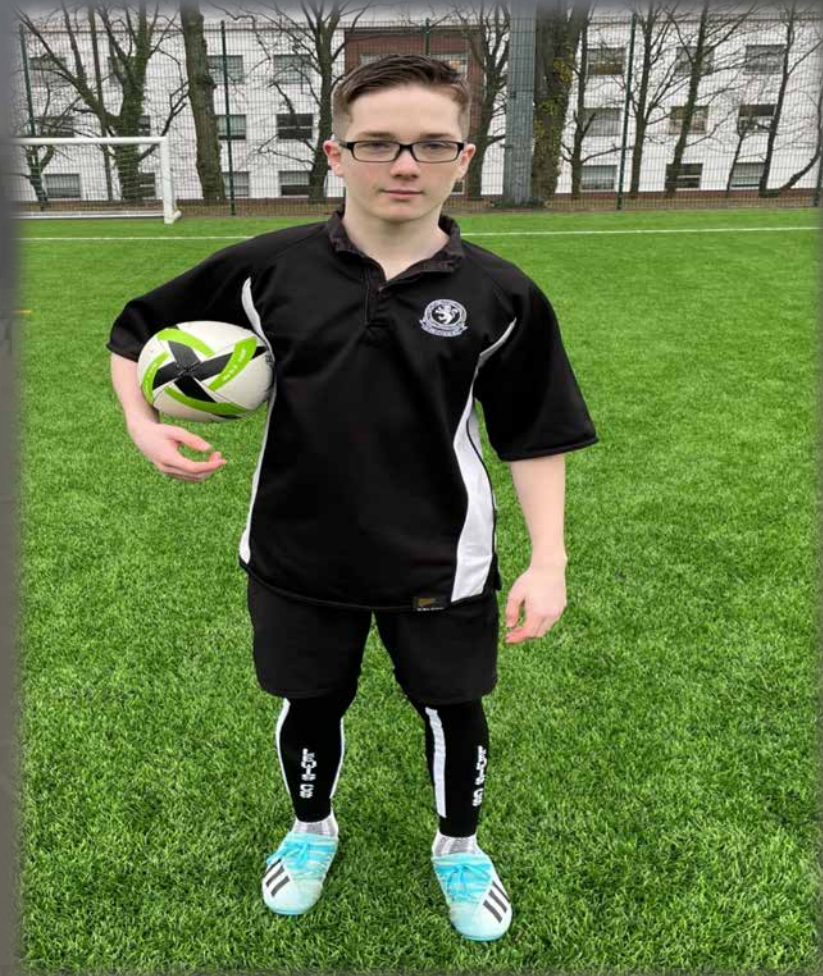
Indoor & Outdoor kit.



Indoor/Summer Kit



Outdoor/Winter kit





Footwear



Trainers should be worn for PE lessons as they provide greater support and comfort during physical activity.

The fashionable footwear (as shown on the right) that many use as a school shoe might look good but they are not suitable for PE. If they are considered as a 'school shoe' then they should not be worn for PE lesson. Under no circumstances should a pupil wear school shoes or a PE lesson and a change of footwear is required.

This is also important for hygiene reasons.





Skins

We will allow 'skins' to be worn in winter lessons if it considered cold enough. This will only be outdoors and no skins are to be worn inside.

This is a decision each teacher will make and their decision is final.

Any item worn must be underneath school kit only.

We would prefer black/grey coloured Skins and bright colours are not allowed.



Sports socks



Traditional sports socks are allowed to be worn as an alternative from black lsp socks for indoor lessons and during the summer.

However, these must be different to those worn to school with your school shoes.



Boots



BOOTS FOR USE ON OUR 3G MUST BE PLASTIC STUDS. NO METAL STUDS OR TRAINERS ARE PERMITTED. PLEASE SEE NEXT PAGE FOR MORE INFO..

Boots are required for some winter activities (rugby/Football/cross country). Ideally all pupils will have access to boots but we also understand that some pupils may not.

We do have a 'boot' cupboard where pupils can borrow boots for their lesson. There is a limited supply however.

Bags

We would encourage pupils to bring a separate bag, particularly in the winter. This is to keep possible wet clothing away from school books etc.

The minimum they should do is bring a plastic bag for kit after use. .





3G footwear



From September 2020 we have had the use of a brand new 3g Artificial pitch, which replaced our astro. This is good news, however, the rules for footwear as set by the LEA are very specific. The image below shows you what can and what cannot be worn on the pitch. Rugby, Football activities will be on this surface. Pupils will not be allowed to wear trainers or boots that have metal studs. As part of the agreement in place with the LEA this is non-negotiable. We do have spare boots to support pupils.

GANIATEIR



PERMITTED

**Esgidiau â Stydiau
Plastig yn Unig
Plastic Studded
Boots Only**

Esgidiau - Tir Artiffisial



Artificial Ground (AG) Boots

Esgidiau - Tir Cadarn



Firm Ground (FG) Boots

Esgidiau - Tir Caled



Hard Ground (HG) Boots

NI GHANIATEIR



FORBIDDEN

Esgidiau â Stydiau Metel



Metal Studded Boots

Llafnau



Blades

**Esgidiau Ymarfer
Gwadnau Gwastad**



Flat Soled Trainers

**Esgidiau Ymarfer
Gwadnau Boglynnog**



Dimpled Trainers



Personal hygiene

We encourage pupils to bring a towel and spare underwear for all lessons.

Personal hygiene is important.



Roll on deodorant is acceptable.

Aerosol cans are not allowed and will be confiscated.





Spare kit cupboard

We are looking to add more kit items to our spare kit cupboard.

If any current or past pupils have kit, boots etc that they no longer need we would love to have them.

- Old 1sp pe kit – jerseys, polo's, shorts, socks.
- Boots
- Shin pads, gk gloves
- Athletics spikes



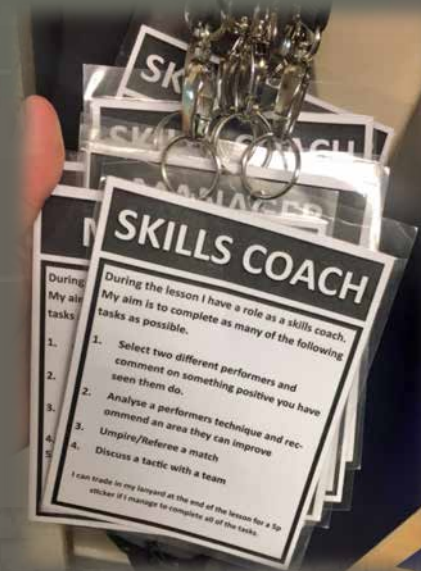
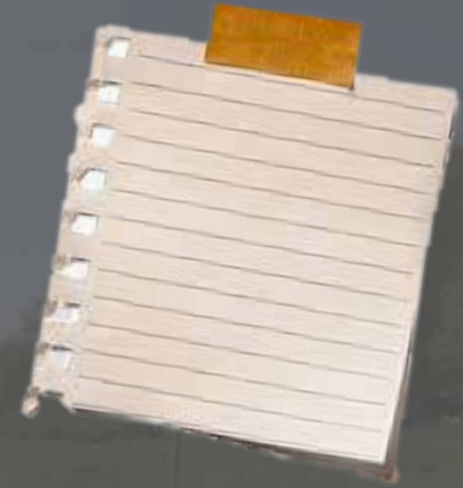


Taking part & non-participation

We are fully aware in the P.E department that in some cases it is impossible for a pupil to physically take part in P.E lessons. However, in most cases regardless of injury or a medical condition there is still a role that each pupil can play. Therefore, it is department policy that ALL pupils must bring their P.E kit to each and every lesson. If a pupil cannot take part in a lesson the following procedure must be followed;

- * Parents to write a note in pupils planner explaining the reason for not taking part
- * Pupil will bring kit and will only perform tasks that is considered appropriate based on their condition (usually group discussions, observing performance)
- * PUPILS SHOULD BRING KIT IN ALL SITUATIONS OTHER THAN THOSE AGREED IN ADVANCE WITH SENIOR OR PE STAFF.

REMEMBER - IF WE ARE OUTSIDE THEN NON-PARTICIPANTS MAY GET WET, SO THEY ALSO NEED TO BE ABLE TO CHANGE INTO APPROPRIATE CLOTHING. A PUPIL IS NOT PERMITTED TO STAY INDOORS AS THEY ARE THE RESPONSIBILITY OF THE TEACHING STAFF MEMBER.





Kit Issues

We are mindful that at times a pupil may be missing a piece of kit or may have misplaced clothing. The following rules apply in these situations



- * If a pupil does not have a particular item of kit, parents must write a note explaining
- * An alternative item should be brought to school (ideally black but in the short-term we accept any sports clothing that is considered appropriate)
- * Pupils will be allowed to wear alternative item but a replacement must be sorted as quickly as possible
- * The P.E department may have some replacement items available for short-term loan and if we consider this a better option for a pupil than their alternative then this should be worn



**IF YOU ARE
MISSING
ITEMS OF
KIT CHECK
THE LOST
PROPERTY
CUPBOARD.**



Kit for extra curricular activities

For lunchtime or after school activities pupils can wear sportswear that they choose. This will depend on the activity.

As lunchtimes are very short some activities only require a change of footwear. These are activities that are set up and played quite quickly such as indoor football or table tennis.



OUTDOOR/WINTER KIT



Representing school teams

In sports such as rugby and football pupils will wear their outdoor PE kit, plus any other items necessary. At various times of the year we may allow pupils to wear a jersey we provide for them but they will mainly wear their outdoor pe kit.

For sports such as athletics or cross country we provide a school vest.