

School PE Uniform and Equipment Guidance

PE Uniform: Compulsory Items

Item	Description	Notes
Polo shirt	QEHS Sport polo shirt	This must be a QEHS branded top purchased from Michael Sehgal
Shorts OR sports leggings OR stadium track pants	Either QEHS branded shorts, QEHS branded full-length leggings or QEHS branded stadium track pants	These must be the QEHS branded shorts, leggings or stadium track pants purchased from Michael Sehgal
Sports socks	QEHS rugby socks or black or white sports-style socks	Rugby socks will need to be purchased for competitive fixtures in rugby and football
Link to Michael Sehgal's website: https://www.michaelsehgal.co.uk/queen-elizabeth-high-school-hexham-school-uniforms/s25		

PE: Footwear

Item	Description	Notes
Studded football or rugby boots	For use on 3G Astro turf	No bladed boots Moulded boots are the cheapest and most comfortable choice School shoes are not permitted for any PE lesson
Astro turf trainers or running shoes	For use in indoor halls or outdoor hard courts (sand-based Astro turf and MUGA)	Soles need to have a good tread design to ensure excellent grip. Worn soles are a slip hazard. School shoes are not permitted for any PE lesson
Please follow this link for more details: https://www.qehs.net/index.php/school-uniform/		

PE: Personal Protection Equipment

Item	Description	Notes
Shin pads	Age appropriate shin pads, with or without ankle guards	<u>Strongly recommended</u> for football and hockey <u>Essential</u> for playing on HMS teams
Mouth guard	Self-moulding mouth guard	<u>Strongly recommended</u> for hockey and rugby
Hair bobble	Keeps vision clear	<u>Essential</u> for participation in all curriculum and extra-curricular activities Hair <u>must</u> be tied back during PE lessons

PE: Additional Optional Items

Item	Description	Notes
Base layer	Plain black, blue or white base layer	Can be worn under the T-shirt for extra warmth
Outdoor top	QEHS Mid layer - 1/4 zip jacket - Navy Blue	<u>Highly recommended</u> as students will regularly take part in outdoor activities throughout the year

Safety in PE

In line with Health and Safety guidelines for sport and physical activity, prior to PE lessons students must do the following:

- Remove all earrings and jewellery.
- Hair must be tied back.
- Nails should be kept short / no false nails (In line with the school policy). This is especially relevant in units of work such as netball and basketball.

Top tips for looking after your belongings in PE

- Lockers will be available to store PE kit in the new sports hall; PE uniform can be dropped off and picked up at the end of the day.
- Please write the student's name in all their items for PE clothing; this will make it a lot easier to find if it goes missing.

Please note: Where a student has an injury/illness or any reason why they are unable to take part in lessons they must provide a note from their parent/carer to explain the reason behind their non-participation.

Students are expected to still bring appropriate PE kit and footwear even if they have a note excusing them from taking part physically in lessons. Students are expected to take part in lessons in some form (referee, coach or umpire).