

15th July 2026

Dear Parent/Carer

Principal
Mr IR Gates MA NPQH

PHYSICAL EDUCATION PE KIT EXPECTATIONS – September 2026

I am writing to inform you of some important changes to our PE Kit expectations, which will come into effect from September 2026.

Our PE Kit has not changed, however, over the past year, we have seen a significant decline in the standard of PE Kit, with an increasing number of students either wearing incorrect kit or forgetting to bring it altogether. We have worked closely with students to reinforce our expectations; however, these issues continue to affect the quality of lessons. To ensure that standards remain high, we will be introducing revised PE Kit Expectations from September 2026.

PE KIT EXPECTATIONS

Students must wear the following items for all PE lessons:

1. **A plain white polo shirt** (with a collar). **T-shirts are not permitted.**



2. **Plain black shorts** that are **loose fitting** and **at least fingertip length**.
 - Tight-fitting shorts, including **Nike Pro-style shorts**, cycling shorts and similar garments, are **not permitted**



3. **Plain black sports leggings** or **plain black/navy blue tracksuit bottoms** may be worn instead of shorts.

4. During colder weather, students may wear:
- a plain black sweatshirt or quarter-zip sports top (hoodies are not permitted), or
 - the official Cowplain School PE fleece.



5. **Long dark green socks** must be worn for lessons taking place on the field or the astro.



6. For Rugby lessons, we recommend the Cowplain Rugby top. Please note that any jumpers with a zip will not be allowed due to safety reasons.



7. Appropriate footwear:

- Suitable trainers for indoor lessons.



- Studded football boots for field and astro lessons when required. Parents and students will be informed in advance when football boots are needed.



- Please note that **astro trainers are not suitable for our astro pitch**

PE KIT SANCTIONS

From September 2026, any student who arrives at a PE lesson without the correct kit, or without any PE Kit, will receive a **15-minute after-school detention**, supervised by the PE Department. Failure to attend this detention will result in a **30 minute detention on a Friday** run by the PE Department. If students fail to attend both of these sanctions, then a 1 hour SLT detention will be set.

We appreciate that occasional unforeseen circumstances may arise; however, students are expected to be fully prepared for every PE lesson.

STUDENTS UNABLE TO PARTICIPATE

We are also introducing a change to our expectations for students who are temporarily unable to participate in PE due to illness or injury.

From September 2026, students who are excused from physical activity will still be expected to **change into their PE kit**, unless they have a serious injury that prevents them from doing so.

Students will then take on an active role within the lesson, such as:

- coaching small groups;
- analysing performance;
- officiating activities;
- supporting the teacher with lesson organisation.

This ensures that students continue to learn, remain engaged with the lesson and avoid missing important curriculum content. It also means that, if the weather is poor, students have dry clothing to change back into afterwards. Students with injuries that genuinely prevent them from changing into PE Kit may remain in their school uniform.

MEDICAL NOTES

If your child has a **long-term medical condition** affecting their participation in PE, please contact **Mrs S Williams (Matron)** so that appropriate arrangements can be put in place. For short-term injuries or illness, please provide your child with a written note. If you choose to email the PE Department, please ensure this is sent **before 8.30am** on the day of the lesson. Emails received later in the day may not be seen before lessons begin, which can delay the start of teaching.

Thank you for your continued support in helping us maintain high standards within the PE Department. By working together, we can ensure that all students are appropriately equipped, fully involved in lessons and able to achieve their best.

If you have any questions regarding the new PE Kit expectations, please do not hesitate to contact me.

Email: Adrianm@cowplainschool.co.uk

Telephone: 02392 612020

Kind regards.

Mr A Kling-Moger
Head of Physical Education