

Years 7 to 11 PE Kit
Expectations for all pupils
June 2026



Compulsory Items:

1. Black CSIA PE shirt
2. Plain black socks of any length up to knee high, with no logo
3. Black shorts (mid-thigh, no stripes or logos - no cycling, tight or short shorts) or CSIA shorts, or the CSIA skort (the skirt of the skort should be mid-thigh in length).
4. Students must wear black tracksuit bottoms (plain with no stripes and appropriate length/style) when attending school in their PE kit. Students will have the option of removing their tracksuit bottoms for their PE lesson.
5. Gum shield and shin pads (to be brought to the lesson in their bag)

Sports Trainers and Socks



For further guidance using the Nike website:

Not acceptable: “Lifestyle trainers”

<https://www.nike.com/gb/w/lifestyle-shoes-13jrmzy7ok>

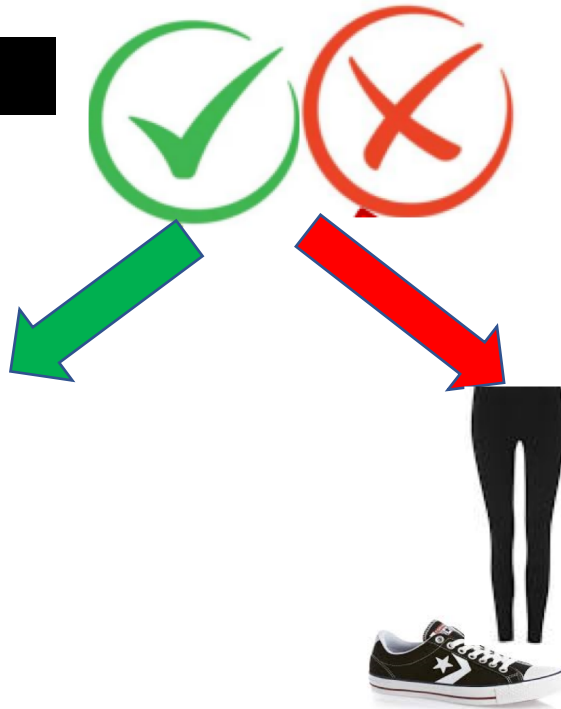
Acceptable: “Performance,” “Running,” “Training and gym.” <https://www.nike.com/gb/w/shoes-37v7jz3k7dgz58jtozy7ok>

(Please note trainers do not have to be Nike, this is just to help guide you in the difference between lifestyle trainers (not acceptable) and sports trainers (acceptable)).

The only items that you are allowed to wear as an alternative to that on the previous slide are the following:

1. CSIA shorts, ¼ zip hoodie and skorts.
 - No stripes or company branded logos
 - Shorts must be mid thigh length and not tight-fitting
2. CSIA sport socks
3. In outdoor and/or wet conditions students may wear additional clothing such as a plain waterproof coat and gloves, but only in their PE lesson if outside or at lunchtime/breaktime. Students cannot wear other jumpers, sweatshirts and hoodies inside the school building.

Plain items such as below are allowed:



No sports tour kit or branded CSIA hoodies along with the items below:



For invasion games:

- Football boots or studded boots are strongly advised
- Gum shields (rugby and hockey)
- Shin pads (football and hockey)



Safety in PE:

- Asthma pumps brought to lessons
- Hair tied up
- No jewellery to be worn in lessons, if earrings cannot be removed they must be taped prior to the lesson
- No chewing gum
- Bring water bottles to lessons

Expectations in PE and around the school on core PE days:

- PE kit is to be worn on CORE PE practical timetabled lesson days **only**
- Students must wear their blazer to school with their CSIA PE top. Three options, wearing blazer with: 1/4 zip top over PE top; black V neck jumper over PE top; or no other layer over the PE top.
- **No other items are allowed to be worn, for example, a sweatshirt or hoodie.**
- Any PE clothing items that do not conform to the expected kit explained in previous slides, will be exchanged for correct kit on the day at the uniform store prior to tutor time.
- Students must wear black tracksuit bottoms (plain with no stripes and appropriate length/style) when attending school in their PE kit. Students will have the option of removing their tracksuit bottoms for their PE lesson.
- If students are wearing incorrect kit during tutor time they will be asked to go to reflection where the triage team will provide them with the correct kit. Students will then return to their normal period 1.
- If a student turns up to PE in incorrect kit they will be sent to reflection.
- If you have an injury which means that you are physically unable to do PE then you must show your teacher a note from parents/carers. Students should still be in their PE kit on their core PE day.
- PE teachers will decide whether you can wear coats, gloves and beanies in PE lessons or not, this will be weather and safety dependant.



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Expectations for all pupils

Please ask your PE teacher if you are unsure about any of the above.