

Years 7 to 11 PE Kit  
Expectations for all pupils  
June 2025

## Compulsory Items:



Leggings are not compulsory. Only school leggings are accepted.

## 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 the CSIA PE kit are the following:

1. Plain BLACK bottoms which include tracksuit bottoms or loose-fitting shorts.
  - No stripes or company branded logos
  - Shorts must be mid thigh length and not tight-fitting
2. Black sports upper body under layer
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:

- PE kit is to be worn on CORE PE practical timetabled lesson days only
- When students are wearing PE Kit to school on core PE days they must wear their blazer with their CSIA ¼ zip top.
- 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.
- 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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Please ask your PE teacher if you are  
unsure about any of the above.

