



FIX THE KIT

and they'll
stay to play

TEACHER CHECKLIST

- ✓ Watch *Fix the Kit Campaign* films
- ✓ Sign-up to the Inclusive Sportswear Platform

- ✓ Share *Fix the Kit Campaign* film with your school senior leaders
- ✓ Gain SLT approval to begin the *Champion School* process

- ✓ Adopt the *Six Quick Fixes* & share with us what you've fixed
- ✓ Become a certified *Champion School*!


**How to become a Champion School?
See next page!**

BECOME A CHAMPION SCHOOL

- Inclusive Sportswear offers a free step-by-step 'Champion Process' to help you review and change your PE kit policy, online via the Inclusive Sportswear Platform.
- Successful completion of the Champion Process will earn the school Champion School certification, signed by Youth Sport Trust & Inclusive Sportswear.



01




Take the Pledge

PLEDGE

- First, Pledge to the Inclusive Sportswear Charter on the online form. The Pledge signals your commitment. You must have senior leadership sign-off.



02




PE Kit Review 1

PE KIT REVIEW 1

- Next, review your PE kit policies and practices, see what you're doing well and can improve. This Review is a simple online check-box exercise taking a few minutes.



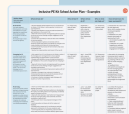
03



Action Plan

ACTION PLAN

- Following your Review, identify the key areas you want to improve and build your Action Plan. Our templates help you see how to do it, and you submit online.



04




Evidence

EVIDENCE

- The Evidence section shares with us how your Action Plan has improved your school's support of choice, inclusion and participation through PE kit policy. Submit online.



05



PE Kit Review 2

PE KIT REVIEW 2

- The final step is to take the same review that you did at the start to see how your PE kit policies and practices have improved.



**Congratulations! You now become a certified
Inclusive Sportswear Champion School!**



THE SIX QUICK FIXES TO PE KIT POLICY

1



ASK PUPILS HOW THEY FEEL IN THEIR KIT.

Giving pupils a voice is the first step to understanding their needs. Our Platform tools can help you check-in.

2



ALLOW CHOICE OF DARK SHORTS, LEGGINGS, TRACKSUITS.

2/3 of girls & 1/3 of boys want more choice in PE kit. Try supporting pupils to choose any dark bottom items.

3



HAVE A DARK, ROUND-NECKED, BREATHABLE PE TOP.

Best-practice for comfort & for those with sensory needs, dark tops reduce transparency.

4



SIGN-POST SPORTS BRA GUIDANCE ON PE KIT LIST.

Sports bras can increase comfort by up to 80%. Only 1/3 of teenage girls wear them. Share guides to start.

5



SUPPORT EXTRA DARK LAYERS IN COLD WEATHER.

During winter months, 60% of parents say cold or wet weather is a key barrier to children's activity.

6



'PE KIT DAYS' & FLEXIBLE CHANGING ARRANGEMENTS.

1/3 of girls have missed PE due to the changing room experience. 'PE kit days' increase participation.