

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.