

SCHOOL SUCCESSES SO FAR

Pilton Community College, Devon – PE KIT DAYS + ANY DARK LOWER-HALF ITEMS

This school has amended their policy to allow pupils to wear any black lower-half items on PE kit days – a move made to period proof PE and reduce anxiety around leaking. This has transformed PE participation since pupils are more comfortable. Without the changing issues, PE kit days increase the time for PE lessons, and the headteacher notes that this has created an active school community, adding that Ofsted ensured them it was not something they took notice of.

Lakelands Academy, Shropshire – LEGGINGS FOR GIRLS

This secondary school responded to pupil voice and a request from girls to have leggings for PE. The Head of PE got a range of different samples in and asked girls to try them on and provide their opinion on which ones they preferred. Leggings are now on the PE kit list and accessible for pupils to wear.

Inner-city school, Nottinghamshire – JOGGING BOTTOMS FOR GIRLS

This inner-city girls school responded to student voice with regards to changing the jogging bottoms that girls were required to wear. Pupils requested a change to plain black fleecy type joggers, which they felt were more comfortable and these have subsequently been included on the schools PE kit list. Due to being listened to, the girls feel valued and are more engaged within lessons.

Wadebridge School, Cornwall – ANY DARK LOWER-HALF ITEMS

This school pledged to the Inclusive Sportswear Charter, and now pupils are supported to wear any dark lower-half items, increasing comfort, choice, and affordability. It applies to all and accommodates sensory needs as well as personal preference.

Marshland High School, Cambridgeshire – NON-BRANDED PE KIT

This school has implemented the option of a non-branded PE kit, allowing parents the flexibility to purchase these items from high street stores or online. In a proactive move towards sustainability and cost-effectiveness, the school encourages families to return good-quality uniform items, thus enabling the exchange second-hand items that are in good condition. This helps to develop a sense of community and can help reduce the financial burden on families.

Baysgarth School, Hull – PLAIN BLACK HOODY

This secondary school identified issues with girls' participation and engagement in PE. The Director of Sport led a group discussion with Year 9 girls about barriers to their performance in PE. The biggest issue identified was the PE kit with pupils hating being cold and having a kit that made them feel conscious of their bodies. At the time, there was a thin, tight training top on the PE kit list which the school acknowledged was not ideal.

The girls wanted something bigger, warmer and more comfortable, like a hoody, so school worked with a local company to source a non-compulsory plain black hoody.

Stratford Upon Avon School, Warwickshire – PE KIT DAYS

In this secondary school, pupils are allowed to wear PE kit into school on PE days. This supports changing issues relating to body anxiety and gender preference. The school notes the positive responses from pupils to addressing the issues to provide choice and ensure inclusivity.

