



# FIX THE KIT

and they'll stay to play

**64% OF GIRLS LEAVE SPORT AT 16  
1 IN 3 SAY PE KIT IS THE REASON**

## JOIN THE NATIONWIDE CAMPAIGN TO KEEP GIRLS PLAYING BY FIXING PE KIT.

- **The FIX THE KIT Campaign** gives schools the evidence, tools, and support to update their PE kit policies - with 6 quick fixes. To keep more pupils and girls active.
- **Led by Olympian Tess Howard MBE** & supported by Youth Sport Trust, this campaign builds on the successful free Inclusive Sportswear Platform, already helping 200 teachers update PE kit.
- **WHY NOW?** The new government guidance on inclusive PE Kit & the incoming law on branded uniform items means schools will need to review PE kit policies ahead of mandatory changes. **Having a PE kit that balances cost with choice is crucial.**

## HOW TEACHERS CAN JOIN:

**1 SIGN-UP TO THE FREE INCLUSIVE SPORTSWEAR PLATFORM**



**2 ADOPT THE SIX QUICK FIXES TO PE KIT POLICY**



**3 BECOME A CERTIFIED CHAMPION SCHOOL!**



**WATCH THE POWERFUL CAMPAIGN VIDEOS:**



Inclusive Sportswear's FIX THE KIT Campaign.

Why Fix the Kit Matters for Teachers. Inclusive Sportswear's Fix the Kit Campaign.

### Is your PE kit stopping girls from enjoying PE?

Research shows that comfort and choice in PE kit directly increases participation, confidence, and positive body image for girls.

### THE FIX IS SIMPLE - POLICY DESIGNED TO HELP GIRLS STAY ACTIVE. THE PROOF:

- 74% of teenage girls would participate more if they had more comfortable PE kit.
- 2 in 3 girls want more choice in PE kit.

## SIX QUICK FIXES TO PE KIT

**1 ASK PUPILS HOW THEY FEEL IN THEIR KIT.**



**2 ALLOW CHOICE OF DARK SHORTS, LEGGINGS, TRACKSUITS.**



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



**4 SIGN-POST SPORTS BRA GUIDANCE ON PE KIT LIST.**



**5 SUPPORT EXTRA DARK LAYERS IN COLD WEATHER.**



**6 'PE KIT DAYS' & FLEXIBLE CHANGING ARRANGEMENTS.**



**JOIN THE CAMPAIGN  
SIGN-UP NOW!**



GET STARTED → [inclusivesportswear.com](https://inclusivesportswear.com)



# FIX THE KIT

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## 1 SIGN-UP TO THE FREE INCLUSIVE SPORTSWEAR PLATFORM



- THE ONLINE HUB OF EXPERT GUIDANCE ON PE KIT POLICY
- RESOURCES BUILT WITH YOUTH SPORT TRUST
- REVIEW & SCHOOL ACTION PLAN TOOLS
- SCHOOL CHAMPION CERTIFICATION

## 3 BECOME A CERTIFIED CHAMPION SCHOOL!



THE PLATFORM SUPPORTS TEACHERS THROUGH A 5-STEP PROCESS TO GAIN CHAMPION SCHOOL CERTIFICATION.

## 2 ADOPT 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.*



## 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!*

# SIGN-UP NOW!

