

HMS PE Uniform & Guidance

PE Uniform: Compulsory Items

Item	Description	Notes
Green polo shirt	Green HMS logo short sleeved T-shirt	Purchased from Michael Sehgal: https://www.michaelsehgal.co.uk/hexham-middle-school-school-uniforms/s61
Green hooded top	Green HMS logo hooded top	
Shorts OR Sports leggings	Black football style shorts OR black full length Lycra sports leggings	No cycling shorts No obvious logos or branding
Sport socks	Black sports style socks	Full length recommended for protection in team games

PE: Footwear

Item	Description	Notes
Studded football or rugby boots	For use on 3G Astroturf	No bladed boots Moulded boots are the cheapest and most comfortable boot choice School shoes are not permitted for any PE lesson
Astroturf trainers or running shoes	For use in indoor halls or outdoor hard courts (sand-based Astro turf and MUGA)	Soles need to have a good tread design to ensure excellent grip. Worn soles are a slip hazard. School shoes are not permitted for any PE lesson
Please follow this link for more details: https://www.hexhammiddleschool.co.uk/index.php/school-uniform/		

PE: Personal Protection Equipment

Item	Description	Notes
Shin pads	Age appropriate shin pads, with or without ankle guards.	<u>Strongly recommended</u> for football and hockey <u>Essential</u> for playing on HMS teams
Mouth guard	Self-moulding mouth guard	<u>Strongly recommended</u> for hockey and rugby
Hair bobble	Keeps vision clear	<u>Essential</u> for participation in all curriculum and extra-curricular activities Hair must be tied back during PE lessons

PE: Additional Optional Items

Item	Description	Notes
Base layer	Plain black base layer	Can be worn under the T-shirt for extra warmth.
Bag	Large enough to accommodate all kit, boots and trainers	Include a carrier bag for wet and muddy footwear

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Safety in PE

The PE Department strongly recommends that pupils use appropriate safety equipment when taking part in activities at school. This includes the use of gum shields in rugby and hockey and shin pads in football and hockey. This advice is not mandatory but is strongly recommended. Parents/carers should ensure that their child brings the correct PE equipment to every lesson. In line with basic Health and Safety guidelines for sport and physical activity, all hair must be tied back and all jewellery including ear studs must be removed for pupils to participate within PE and extracurricular activity.