









HMS PE Uniform – Uniform Clothing

HMS pupils are required to bring their full PE kit to all PE lessons, even if they are unable to participate. Students must all wear their green polo shirt for lessons, but there are flexible options for other items of clothing shown in the table below.

Please ensure that all PE kit is labelled with your child's name.

Type of Clothing	Guidance	Acceptable/ Non acceptable
	<p><u>HMS Logo Green Hoody</u></p> <p>Essential for colder weather</p> <p>In addition to the option of wearing a hoody, students are also permitted to wear any base layer clothing, underneath their polo-shirt in colder weather conditions.</p> <p>Can be purchased from Michael Sehgal Online Shop</p>	
	<p><u>HMS Logo Green T-shirt</u></p> <p><u>Essential</u> <u>All pupils are expected to wear the green t-shirt for all PE lessons</u></p> <p>Can be purchased from Michael Sehgal Online Shop</p>	
	<p><u>Plain Black Sports Shorts</u></p> <p>Essential for warmer weather</p>	

	<p><u>Plain Black Full-Length leggings.</u></p> <p>Alternative to black shorts or tracksuit bottoms</p> <p>A small logo is permitted.</p>	
	<p><u>Plain Black Tracksuit bottoms</u></p> <p>Alternative to black shorts or leggings</p> <p>A small logo is permitted.</p>	
	<p><u>Plain Black Sports Sock</u></p> <p>Recommended</p> <p>Dry socks will be needed after wet-weather lessons, so it is useful for pupils to carry a spare pair with their PE kit</p>	
	<p><u>Branded bottoms or leggings</u></p> <p>Not Permitted</p> <p>Coloured or striped bottoms.</p>	

HMS PE Uniform – Required footwear to use the 3G all-weather pitch (Boots)

Pupils must have the recommended footwear for PE lessons and after school clubs (please see the images below for guidance). Some activities each term are taught on the 3G all-weather pitch.
Different playing surfaces require different types of footwear.

Pupils are required to have one pair of trainers and one pair of moulded studded boots for PE through years 5 to year 8.

Type of footwear	Guidance	Acceptable/ Unacceptable
	<p><u>Moulded boots – best option to purchase</u> This is the recommended footwear for the 3G all-weather pitch.</p> <p>There are various stud configurations that are all acceptable on the surface.</p> <p>Great option as they can be used for a variety of sports on the 3G pitch.</p>	
	<p><u>Football Studded boots</u> Screw in studs can be used on the 3G all-weather pitch. They must have a metal tip at the end of the stud and must be 1cm in diameter and have no sharp edges or burring.</p> <p>Sports they can be used: Rugby and football</p>	
	<p><u>Rugby studded boots</u> Rugby boots with screw in studs can be used on the 3G all-weather pitch. Studs must 1cm in diameter and have no sharp edges or burring.</p> <p>Sports they can be used: Rugby only</p>	
	<p><u>Bladed boots</u> Please note that whilst some bladed footwear is legal for playing rugby and football, they are unfortunately not permitted on our 3G all-weather pitch, due to the damage this will cause to the playing surface.</p>	
	<p><u>AstroTurf trainers</u> Please note that AstroTurf trainers or running trainers are not allowed on the surface at any time. This footwear pushes the grass down and compacts the 3G all-weather surface.</p>	

Footwear Guidance- Indoor Sports hall and Hard Surfaces (MUGA)

Pupils must have the recommended footwear for PE lessons and after school clubs (please see the images below for guidance). Some activities each term are taught on the outdoor MUGAs, sand-based pitch and indoor sports halls.

Different playing surfaces require different footwear.

Pupils are required to have one pair of trainers and one pair of moulded studded boots for PE through years 5 to year 8.

Type of footwear	Guidance	Acceptable/ Unacceptable
	<u>AstroTurf trainers</u> Good option for playing all types of games. Suitable cushioning for harder surfaces. Allows for good learning across the curriculum.	
	<u>Running Shoes</u> Specialist shoe for running. Not ideal for invasion games as the height makes them unstable, height under the toe hinders kicking activities and can lack grip in muddy conditions.	
	<u>Plimsolls/ Deck shoes / fashion shoes</u> Not Permitted These types of footwear provide little protection to the foot in football, rugby or hockey type activities. They provide no grip on wet and muddy grass pitches.	
	<u>Pupils are not permitted to use school shoes in PE Lessons.</u> <u>Not Permitted</u> <u>They must bring an additional pair of sports footwear to participate in all PE spaces.</u> <u>They cannot use school shoes, even if they are classed as trainers (e.g. air force ones).</u>	

HMS PE Uniform – Personal Protective Equipment

It is recommended that all pupils have the following safety items for invasion games in lessons, extra-curricular activities and inter-school sports events.

Personal Protection Equipment	Guidance	Acceptable/ Unacceptable
	<u>Essential - Hair Bobble</u> All long hair must be tied back securely for PE lessons	
	<u>Essential: Earrings and Jewelry</u> No earrings, piercings or any other types of jewelry can be worn in lessons. Retainers must also be removed. We do not allow watches to be worn in PE. During some activities we may allow fitness trackers.	
	<u>Long socks</u> Offer protection to kicks, knocks, abrasions Helps hold in shin pads. Also ensures that pupils have spare dry and warm socks to change into.	
	<u>Shin Pads</u> Recommended for hockey. Are required for extra-curricular football and hockey clubs. Any pupil who is selected to represent school in a football match is required to have shin pads by the FA and ESFA.	
	<u>Mouth Guard</u> Recommended for hockey and rugby units of work.	