

Improve the Sector from Within

Driving positive change through PE and sports kit policy and practice



Why?

33%

primary &
secondary age
girls feel confident
in PE kit

54%

primary &
secondary age
boys feel confident
in PE kit

24%

secondary age
girls feel confident
in PE kit

Why?

46%

primary &
secondary age girls
feel comfortable in
PE kit

64%

primary &
secondary age
boys feel
comfortable
in PE kit

39%

secondary age
girls feel
comfortable
in PE kit

Why?

58%

secondary age
girls want more kit
options to choose
from

29%

secondary age
boys want more kit
options to choose
from

29%

secondary age
girls don't like
their PE kit

Confidence

Comfort

Choice

VOICE





“PE kit is just the **biggest barrier** to kids being active in schools and for some kids, that’s the only opportunity they actually get to be active.

So, if they’re avoiding being active because of kit, then that's just surely something that can be easily rectified.”

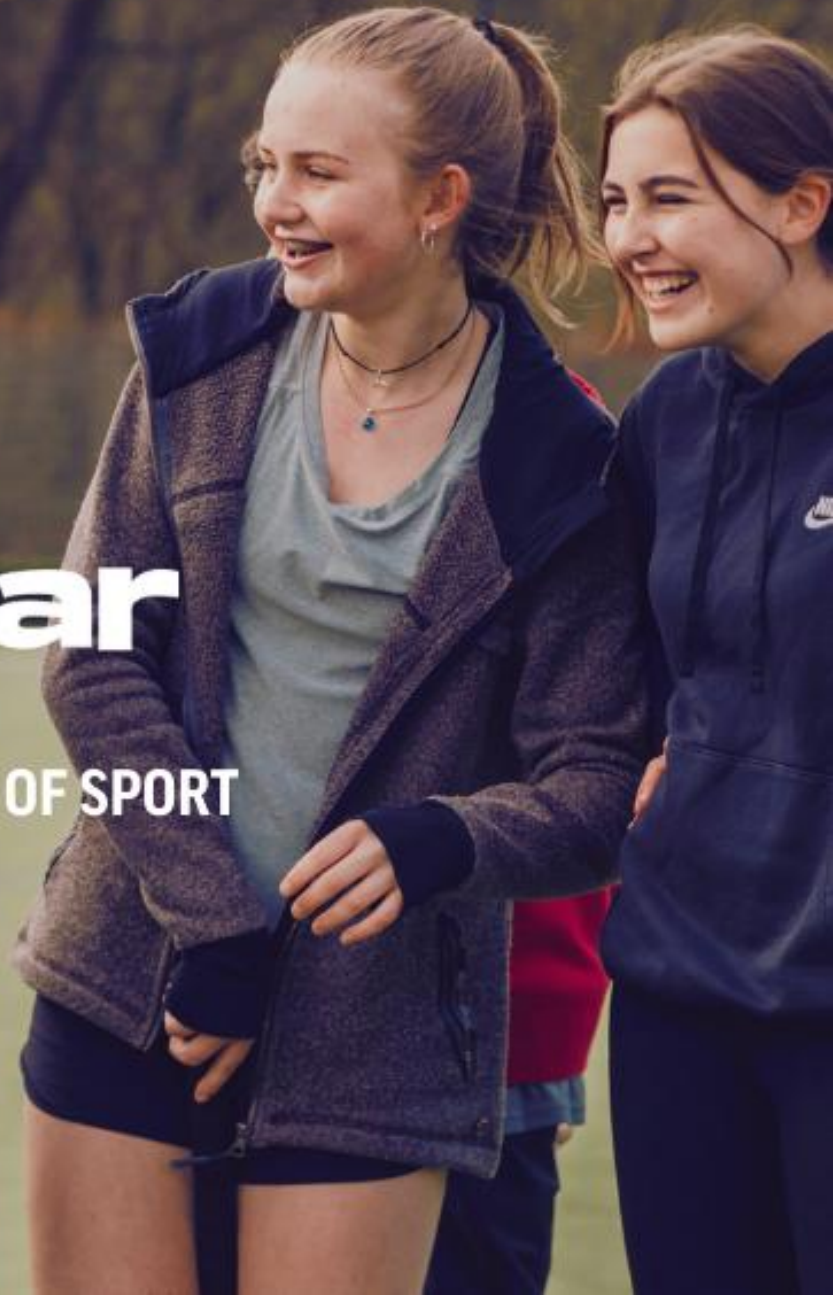
Head of PE for Lakelands Academy, a secondary school in rural Shropshire.





Inclusive Sportswear

POLICY TO ENABLE CHOICE & COMFORT AT EVERY LEVEL OF SPORT





INCLUSIVE SPORTSWEAR CHARTER

THE CROSS-SECTOR COMMITMENT TO INCLUSIVE SPORTS & PE KIT POLICY AND PRACTICE

01

ENABLE
PARTICIPATION,
PERFORMANCE,
ENJOYMENT &
BELONGING

02

CHOICE &
EMPOWERMENT

03

COMFORT &
PRACTICALITY

04

IDENTITY &
EXPRESSION

05

COLLABORATION

TSG
THE STEVENSON GROUP

FL **PLAYERLAYER**



asics

Grays

**LACUNA
SPORTS**

pebe



limitless.

Schools – Governing Bodies – Clubs – Brands

SCHOOL GUIDANCE

- Research-led, purpose-led guidance
- Built on evidence from the Girls Active Survey with thousands of pupils
- Further in-depth study with eight schools and 149 pupils across primary, secondary, special schools and different socio-economic areas

SCHOOL GUIDANCE




- Guidance underpinned by Inclusive Sportswear Charter.
- Key principles: **Pupil Voice, Choice, Inclusivity.**

Guidance split into sections

- **Why** – Why PE kit matters for your school community
- **How** – How we create more inclusive PE kit policy and practices
- **What** – What an inclusive PE kit looks like
- **Toolkit** – Policy, practice and process help



What Should an Inclusive PE Kit Policy Look Like?

Items in an Inclusive PE Kit Policy			
Items	Advice 	Avoid 	Aware 
Material	<ul style="list-style-type: none"> Balance aesthetics & comfort. Material should be fit for purpose, comfortable, soft, lightweight, breathable, temperature regulating. 	<ul style="list-style-type: none"> Unnecessary panelling and piping on tops or bottoms, fleece jumpers, shiny sports leggings. Pure cotton shirts, for these hold onto sweat and are not breathable. 	<ul style="list-style-type: none"> Some pupils with sensory needs dislike cotton feel and collared polo shirts and may need to wear own clothes / round neck tops to support participation.
Layers	<ul style="list-style-type: none"> Support options for long-sleeve and long-bottoms for outdoor participation, in a dark colour For example, allow wearing of own waterproofs, allow own long-sleeve base layer or under t-shirt. 	<ul style="list-style-type: none"> Sanctioning pupils for wearing layers that helps them participate fully in activity. Questioning why a pupil wants to wear a layer, unless it is for safeguarding reasons. For example, if long-sleeves could be hiding wounds. 	
Top Style	<ul style="list-style-type: none"> Round-neck t-shirt without collar style preferred. Offer both short-sleeve and long-sleeve option, especially for body-image support and religious consideration. Hoody-style jumpers are popular (thick, soft); however for safety, <u>afPE</u> suggest pupils should remove for contact sport. 	<ul style="list-style-type: none"> Tops that have transparency or low V neck cut. Tops that are figure-hugging or have compression material. 'Unisex' as the only top option. 	<ul style="list-style-type: none"> 'Unisex' tops are usually male-fit therefore it is important to offer standard and slim fits to accommodate all body types. In secondary school, for female pupils going through puberty, top sizes may change, so it is important to be aware some may feel self-conscious and should be able to change sizes or styles through top swap schemes.
Bottom Style	<ul style="list-style-type: none"> Choice of shorts (longer / shorter length), leggings, tracksuit bottoms. Compression/cycling shorts are popular and can be worn underneath shorts for warmth or under 	<ul style="list-style-type: none"> Only offering skorts. Only offering one style of shorts. Not allowing undershorts, leggings or tracksuits if they are dark school colours. 	<ul style="list-style-type: none"> Skorts found to be generally ill-fitting and overly short, pupils may feel exposed or sexualised.

Other policy aspects to consider?

Activity levels across the school day

Engagement in PE and
co-curriculum

Consulting key stakeholders
SLT, Governors, Parents &
Carers

Branded items/
whole school uniform

Puberty

Student voice &
feedback loop

Changing for PE

Poverty
Proofing

Reward vs
Sanction

Sustainability

Kit for fixtures

Suppliers

Replacement Kit



Case Studies

- From traditional to always active uniform
- Raise the profile of being active and in support of their daily running / walking activity
- Cost is 50% less compared to previous uniform
- Staff and governors view as a statement of intent health and fitness of their children

Dame Dorothy Primary,
School, Sunderland

- Maintained policy from Covid
- Pupils are allowed to wear PE kit into school on PE days
- Provides choice to support changing related anxiety
- Option to arrive, change, stay in kit
- Positive responses pupils and staff

Stratford Upon Avon
School, Warwickshire

- Adopted 'bring your trainers' policy for co-curriculum in support cost of living
- Established a 'boot room' for students
- Stocked with graduated students donated kit
- Sustainable option and supports school community and environment

Wright Robinson,
Manchester



Case Studies

- Consulted with girls after observing reluctance to wear kit and engage in PE
- Feedback identify key issues and improvements
- SEN and Equality & Diversity teams consulted incl pupils
- Worked with local supplier to develop 5 options, pupils and parents consulted to finalise

Belvedere Academy,
Liverpool

- All new pupils receive free branded jumper, T-shirt and bookbag
- Additional support for families in receipt of PP
- Run a 'deposit closet' donate & take preloved uniform
- Teachers receive free sports kit with expectation to wear and role model on PE days

Clifton Primary School,
Birmingham

- Students with physical and learning difficulties
- Do not specify a PE kit
- Bespoke individualised approach to support pupil needs
- Wear own choice PE clothes, or loan t-shirt
- Encourage changing as a life skill

Chadsgrove School,
Worcestershire



Inclusive Sportswear for Schools

Here to help action inclusive PE kit policy.



**Expert
Guidance**

**to help create
inclusive PE kit
policies in all
schools.**



**Advocate
Training**

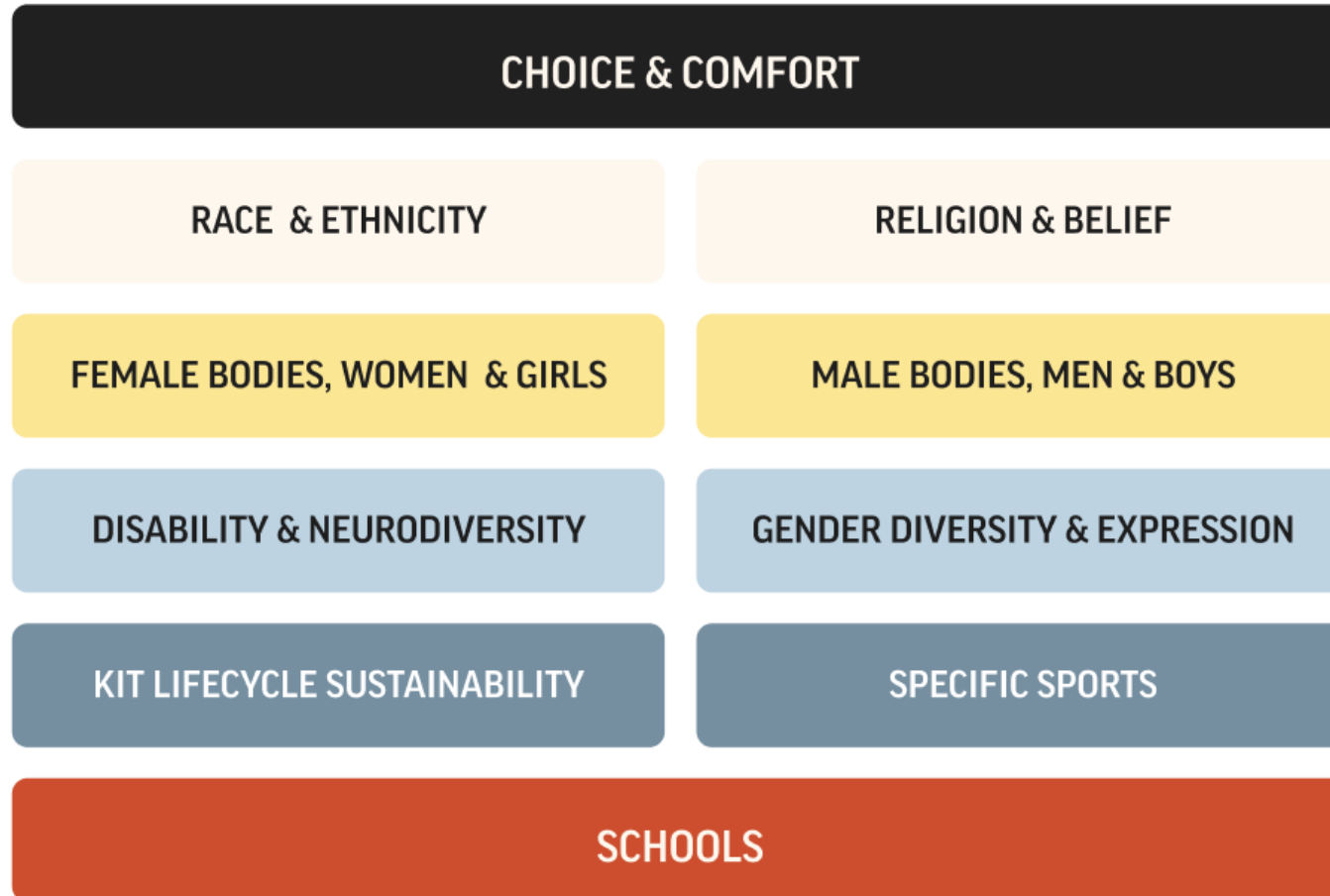
**for school staff to
build confidence to
advocate for choice
in schools.**



**Champion School
Certification**

**to encourage schools
to be champions of
inclusive PE kit
policies.**

Inclusive Sportswear Community Platform for Schools



Inclusive Sportswear Community Platform for Schools



INCLUSIVE SPORTSWEAR COMMUNITY PLATFORM

EVERY BODY BELONGS



Join Now



YOUTH
SPORT
TRUST