PE KIT POLICY
ALL YEARS

- Every student is expected to bring full Humberston Academy PE kit to every lesson.
- Any student who cannot physically participate due to illness or medical reasons (unless physically unable to get changed) **MUST STILL CHANGE INTO THEIR PE KIT.**
- This prevents Academy uniforms from becoming dirty or wet during outdoor lessons and ensures that students are continuing to learn and engage in the PE activity.
- If you are injured or unwell, you **will not** be expected to participate physically in the lesson, however you will be given a role within the lesson, such as a coach or official.
- In cold weather, injured or unwell students can wear their outdoor coats to keep warm.
- Injured or unwell students are expected to bring a note from their parent/carer, requesting that they do not participate in PE.
- Any student who forgets their PE kit, will be issued with a kit mark and will be given PE kit to borrow. If a student refuses to borrow any of the spare kit this will result in a C3.

PE KIT

COMPULSORY:

- Humberston Academy red polo top
- Black shorts
- Plain red football socks
- Shin pads (for hockey and football)
- Sports trainers.
- Football boots. Students will have access to the 3G throughout the academic year, so it is essential that students have the correct football boots to use this facility. It is not just for football additionally rugby, hockey and handball are also going to be utilizing this facility. Astro turf trainers are not acceptable footwear to be used on this pitch, please see the guidance below.

OPTIONAL:

- Black waterproof jacket.
- Plain black tracksuit bottoms.
- Plain black jumper
- Humberston Academy ¼ zip top.

Note: All jewellery must be removed, and hair must be tied back in all practical lessons. Plain black leggings may be worn with black shorts over the top. Under armour may be worn in cold weather. For rugby and hockey, it is strongly advised students wear a gumshield.

SANCTION PROCEDURE:

Number of Kit Marks	Sanction
1	C1 Warning
2	C2 Final warning
3+	C3 detention (1 hour)

Kit marks will be reset at Christmas, Easter and at the end of the academic year.

LOST KIT:

Students who have lost their PE kit will be more likely to have their kit returned if it has been labelled using a permanent marker in two or three different locations on the inside of each item of kit. We strongly encourage parents / carers to make sure their child's kit is identifiable as we recognise the financial cost of continually having to replace lost items of clothing.

The Core Curriculum – Our Approach to PE at Humberston

At Humberston, all students are given the opportunity to experience a broad and balanced PE curriculum, engaging in a wide variety of sports and physical activities throughout their time with us. Some of these activities may feel exciting and familiar to students with prior experience, while others may seem unfamiliar or even daunting due to a lack of exposure or preconceived ideas.

We recognise that each student will approach new activities with a different mindset. While some may feel confident, others may feel anxious or unsure. As a PE team, our only expectation is that every student gives their personal best in each lesson. Time and again, we find that when students apply themselves fully—regardless of their ability level—they leave the lesson with a sense of pride and positivity.

To ensure every student receives a rich and inclusive experience, we deliberately avoid reinforcing gender stereotypes in sport. This means that boys will participate in activities such as gymnastics and dance, while girls will also take part in football and rugby. For many, this will feel completely natural; for others, it may be a step outside their comfort zone. Either way, our lessons are carefully planned to provide a supportive and appropriately challenging environment, allowing all students to feel safe, confident, and encouraged as they explore new activities.

To order your PE kit for Humberston Academy, please use this link:

Humberston Academy Practical PE Long Term Curriculum Map

		Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
		Week 1 - 3	Week 4 - 6	Week 1 - 3	Week 4 - 6	Week 1 - 3	Week 4 - 6	Week 1 - 3	Week 4 - 6	Week 1 - 3	Week 4 - 6	Week 1 - 3	Week 4 - 6
Year 7	Girls	(BLT) Netball		HRE (XC/ROW)	Dance	Gymnastics	Table Tennis	Hockey	Football	Athletics		Rounders	Tennis
	Boys	(BLT) Football		HRE (ROW/XC)	Handball	Rugby		Gymnastics	Hockey	Athletics		Tennis	Cricket
	Mixed	(BLT) T.Tennis	Basketball	Netball	HRE (XC/ROW)	Dance	Handball	Football	Rugby	Athletics		Cricket	Rounders
Year 8	Girls	Netball	Hockey	HRE (XC/ROW)	Gymnastics	Dance	Handball	Rugby	Football	Athletics		OAA/ Inc. S	Cricket
	Boys	Football	Handball	HRE (ROW/XC)	Dance	Hockey	Rugby	Football	Table Tennis	Athletics		Rounders	Tennis
	Mixed	T. Tennis	Netball	Handball	HRE (ROW/XC)	Basketball	Football	OAA/ Inc Sports	Gymnastics	Athletics		Cricket	Rounders
Year 9	Girls	Netball		HRE (XC/ROW)	Table Tennis	Football		Hockey		Athletics		Rounders	
	Boys	Football		HRE (ROW/XC)	Rugby	Netball		Handball		Athletics		Cricket	
	Mixed	HRE (ROW/XC)	Rugby	Hockey		Handball		OAA/ Inclusive Sports		Athletics		Tennis	
Year 10	Girls 1 (GCSE)	Netball		HRE (XC/ ROW)	Dance/ Gym (X4)	Table Tennis		Handball		Athletics		Tennis	
	Girls 2	HRE	(Inc. ROW/XC)	Handball	Table Tennis	Dance	OAA/Inc Sports	Netball		Athletics		Rounders	
	Boys (GCSE)	Football		HRE (ROW/ XC)	Netball (X4)	Handball		Table Tennis		Athletics		Cricket	
	Boys 2 / Mixed	(Inc. ROW/XC)	HRE	Basketball	Handball	OAA/ Inclusive Sports		Football		Tennis		Athletics	
Year 11	Girls 1 (GCSE)	Netball		HRE (XC/ROW)	Hockey (4X)	Handball		Table Tennis		Athletics		GCSE Examinations	
	Girls 2	HRE	(Inc. ROW/XC)	Netball	Basketball	Table Tennis		OAA/ Inclusive Sports		Rounders			
	Boys 1 (GCSE)	Football		HRE (ROW/XC)	Rugby (4X)	Netball		Hockey		Athletics			
	Boys 2 / Mixed	(Inc. ROW/XC)	HRE	Handball		OAA/ Inclusive Sports		Football	Netball	Cricket			

Facility:	Main Hall	Sports Hall	Canteen	3G	Netball/ Tennis Courts	Field

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