



# Keeping Safe in PE lessons



## PE UNIFORM

- BLUE KING'S OAK PE T-SHIRT.
- BLUE KING'S OAK HOODY.
- BLACK OR NAVY LOOSE-FITTING SHORTS OR TRACKSUIT BOTTOMS.
- TRAINERS.
- SUMMER? BRING A HAT AND WEAR SOME SUN CREAM.
- WINTER? A WATERPROOF COAT



## IMPORTANT TO REMEMBER:

- ALL JEWELLERY MUST BE REMOVED FOR PE LESSONS.
- LONG HAIR MUST ALL BE TIED BACK.
- IF YOUR CHILD CANNOT REMOVE AND REPLACE THEIR OWN EARRINGS PLEASE TAKE THEM OUT BEFORE SCHOOL OR PROVIDE TAPE FOR THEM TO PUT ON FOR PE.

JEWELLERY AND HAIR CAN LEAD TO INJURIES WHEN PLAYING SPORT SO IT IS REALLY IMPORTANT WE KEEP OURSELVES SAFE WHILST BEING ACTIVE!