

# ADVICE FOR SCHOOLS WHEN IMPLEMENTING THE POLICY

For schools keen to implement a Fit to Learn policy, planning proactively will be key to ensuring the policy has the most positive impact possible. Based on the findings of this pilot, our advice for schools is to:

“Changing from kit to uniform was such a big language change... the idea behind it is now that this is our PE uniform, we’re proud to wear it properly.”

Senior Leader



## Ensure that PE uniform is well-designed – or the change may be counterproductive

- Consult with pupils and listen to their needs as part of any PE uniform re-design you do, including girls and pupils with SEND and religious or cultural needs.
- Offer a variety of appropriate PE uniform choices to meet different needs, for example shorts, leggings and tracksuit bottoms, long and short-sleeve options, and darker-coloured items. Consider consulting the **Inclusive Sportswear Charter** for best practice guidance.
- Ensure that PE uniform is affordable and accessible for all pupils, considering **UK government guidance** on developing school uniform, including limiting the number of branded items.

## Be proactive and flexible when it comes to hygiene concerns – to ensure comfort and peace of mind

- Provide a PE uniform list which includes spare clothing items, washing aids and deodorant, alongside other essential items for good health, comfort and confidence such as sports bras.
- Keep a ‘caught short’ kit to hand for girls, including period and hygiene products like deodorant, which girls can access easily and discreetly.
- Ensure girls have access to a changing room and toilets during PE lessons so they can manage their periods effectively whilst being active, and change items of clothing if needed, for example in wet weather.

“We’ve just communicated with parents and said, on these days it might be worthwhile bringing in your uniform and we’ll give you time to change if the girls so wish to at the end of the lesson just so that you can change into something dry that’s comfortable.”

PE Teacher



## Set clear expectations from the start and reinforce the benefits – with pupils, staff and parents

- Communicate the introduction of the policy and the accepted PE uniform in the term prior to introducing it and provide regular reminders across communications throughout the year (e.g. assemblies, parent newsletters, staff meetings).
- Share the evidence and benefits for girls, pupils with SEND and those from ethnically diverse communities.
- Consider the way PE clothing is described, for example describing a ‘PE uniform’ rather than a ‘PE kit’ to embed expectations and standards.
- On PE days, ensure PE uniform is checked at the start of the school day so that issues are dealt with swiftly rather than at the start of PE lessons.
- Consider a phased roll-out to help manage and learn from the policy change before rolling out across the whole school, starting with year 7s to set expectations early.

### KEY BENEFITS

- ✓ Reduced anxiety
- ✓ Improved wellbeing
- ✓ More active learning time in PE
- ✓ Better focus in lessons
- ✓ Increased attendance
- ✓ Fewer behavioural issues

