

Flint High School (FHS) - PE Department

PE Kit information

All students must have their **FHS PE kit for every lesson**, even if excused, as they will be required to take part in a non-playing role. If excused, parents/carers should write a note in the student planner.

Students **do not need all** of the items listed below but as a minimum, they must have an **FHS polo shirt**.

FHS polo shirt
FHS hooded top
FHS ¼ zip top (maroon)
FHS shorts
FHS leggings
Plain black games socks

Items can be purchased from: <https://www.monkhouse.com/c/1273/Flint-High-PE-Kit>

Any items without the FHS logo must be **plain black**.

Leggings – leggings should be sports leggings and **not** fashion leggings

Footwear, other equipment and Health and Safety in PE:

Regular trainers are sufficient for activities taking place indoors & on tennis/netball courts. Either Football or Rugby boots **MUST** be worn for health and safety reasons when taking part in activities on the school field. For activities on the AstroTurf pitch, non-metal studded boots or trainers with a good grip are advised. A gum shield is required for Rugby and shin pads are required for Football.

It is compulsory to have hair tied back and any jewellery removed **before** leaving the changing rooms. During summer, we recommend pupils wear sunscreen, a hat & bring a water bottle.

School coats are not permitted for PE lessons. Students will be outside during the winter months and should dress accordingly e.g. wearing base layers underneath PE kit or alternatively, a plain black sports showerproof jacket in which the hood can be removed/tucked into the collar should weather be extreme.

We cannot stress enough the importance of ensuring a name is written in EVERY item of PE kit. We cannot do anything about a missing PE kit that has no name in it.