

PE: Cycle changes

Starting 12th Jan 2026

- Welcome back, we hope you've had a lovely Christmas break.
- Next week, the sports that pupils are doing in PE will change
- Please click this link to see the timetable for the PE curriculum:
<https://www.beckfoot.org/wp-content/uploads/sites/11/2025/12/PE-Curriculum-Schedule-2025-2026.pdf>
- Please remember that for all sports, pupils should bring **both** trainers and artificial grass boots (non-metal studded boots).
- There are additional details below with information for specific sports:

Sport specific notes

Rugby

Recommended items

- **Layers** (It can be very cold outside – more info below)
- **Gumshield** are recommended.
- **Carrier bag** for any wet/dirty kit.
- **Towel** (If pupils want to dry / clean themselves).

Football / Invasion

Recommended items

- **Layers** (It can be very cold outside – more info below)
- **Long navy socks** to keep shin pads in place effectively.

Gymnastics

Essential items

- **Bare-feet** are used for gymnastics. No socks allowed.
- **Still bring socks** for if there is a last minute change to the planned lesson.
- **Normal Beckfoot PE kit** as described below

Support

- We continue our commitment to supporting families who are facing financial struggles.
- We have a supply of spare kit that can be provided to pupils.
- We also have items can be loaned for free e.g. Studded boots
- If you would like support, please email your child's Head of Year.

Contact details

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Beckfoot PE kit

Upper body

Hoody

The Beckfoot branded PE hoody is **optional**.



Polo

The Beckfoot branded PE polo is **essential** as either a fitted or loose option.



Rugby top

The Beckfoot branded PE rugby top is **optional**.



Layers

Pupils are allowed to wear layers under their PE kit.



Lower body

Leggings

Any brand, plain navy blue leggings with a small logo are **optional**.



Tracksuit bottoms

Any brand of plain navy blue tracksuit bottoms with a small logo are **optional**.



Shorts

Any brand of plain navy blue shorts with a small logo are **optional**. Lycra shorts are not allowed.



Skort

Beckfoot branded skorts are allowed.



Footwear

Trainers

Trainers are **essential** for PE. They can be tradition or 'astro' trainers. Pumps are not allowed.



Socks

It's **essential** pupils change their socks. They can wear white socks or long, navy blue socks.



Boots

When using the grass or artificial grass pitch, it's **essential** pupils wear plastic studded boots.



Adaptations

If your child is unable to wear the required footwear e.g. Due to a physical disability, please email us so that we can discuss adaptations.

Other items

Jewelry

Removal of all jewelry and piercings before PE lessons is **essential**. Tape is not allowed as a substitute.

If piercings or jewelry are not removed will result in an ATL 3.

Glasses

During contact rugby lessons, glasses are not allowed so contact lenses or sports glasses are **essential**. Contact lenses or sports glasses are **advised** in all other sports.



Headscarves

If you wear a headscarf, wearing a sport or headscarf without pins is **essential**. They must be tucked in at all times during the lesson.



Protection

Full size shinpads are **essential** when playing football. Mini shin pads are not allowed. Mouthguards are **advised** when playing rugby.



Hair & nails

If pupils have hair that can go into their eyes, it is **essential** that they are prepared with a band grip or bobble.

Nails should not be longer than fingertip length to avoid scratching other pupils.