

PE: Cycle changes

Starting 21st Sep 2026

- Welcome back, we hope you've had a lovely summer.
- Next week, the sports that pupils are doing in PE will change
- Please open the PDF attached to see the timetable for this year's PE curriculum:
- **Please remember that for all sports, pupils should bring both trainers and plastic studded boots incase of adverse weather or unforeseen circumstances that means that they can't use the timetabled facility.**
- 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** are useful to keep shin pads in place effectively.
- **Shin-pads are essential when playing football.**

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 PE Teacher.

Contact details

Miss Lancashire	slancashire01@beckfoot.org	Mr. Sykes	jsykes01@beckfoot.org
Miss Holmes	kholmes01@beckfoot.org	Mr. Awan	oawan01@beckfoot.org
Mrs. Lawal	alawal01@beckfoot.org	Mr. Lawal	dlawal01@beckfoot.org
Mrs. Walshaw	kwashaw01@beckfoot.org	Mr. Stell	tstell01@beckfoot.org

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.