







The PE Kit is made up of the following:

Girls:

<p>Training Top</p> 	<p>Compulsory - Training Top, red short sleeve.</p>
<p>Training Jacket</p> 	<p>Compulsory – Training Jacket, black full zip for cold weather.</p>
<p>Shorts or Skort</p> 	<p>Compulsory - plain black sports shorts or skort, either can be worn.</p>
<p>Leggings</p> 	<p>Plain black leggings for dance/gymnastics in Years 7, 8 and 9. Only leggings purchased from our school shop are permitted.</p>
<p>Socks</p> 	<p>Compulsory - red socks. White ankle socks for summer and gym work.</p>
<p>Shin Pads</p>	<p>Recommended.</p>
<p>Swimming Costume</p>	<p>One piece, suitable for swimming not sunbathing.</p>
<p>Gum Shield</p>	<p>Recommended for hockey.</p>

Boys:

<p>Training Top</p> 	<p>Compulsory - Training Top, red short sleeve.</p>
<p>Training Jacket</p> 	<p>Compulsory - Training Jacket ¼ zip - for cold weather.</p>
<p>Shorts</p> 	<p>Compulsory - Technical Rugby Shorts or Training Shorts - black, either may be worn.</p>
<p>Training Pants</p> 	<p>Training Pants – Black.</p>
<p>Rugby Shirt</p> 	<p>Technical Rugby Shirt – red and black.</p>
<p>Socks</p> 	<p>Compulsory - red socks. White ankle socks for summer and gym work.</p>
<p>Rugby or Football Boots</p>	<p>Recommended for rugby or football. Screw-in safety studs or moulded rubber studs.</p>
<p>Shin Pads</p>	<p>These are compulsory for rugby, football and hockey.</p>

Swimming Trunks	Designed for swimming rather than fashion.
Gum Shield	Recommended for rugby and hockey.

In addition to the above, the following items are required for both boys and girls:

Training Shoes	Suitable for sport not fashion.
Towel	For swimming and showering.
Swimming Cap	To be worn by pupils with long hair at the discretion of the PE teacher.

Year 7-11 students must wear ONLY KHS PE shirts, shorts jogging bottoms, leggings, rugby shirts, brought via the school website.

*Even if a student is injured, the expectation is that they still wear a full KHS PE kit – This will prevent school uniform getting wet/muddy when outside. This will also enable the student to take part in the lesson in a different capacity e.g. coach/official. *Hoodies/jackets or coats will be not be allowed.

Trainers/Normal KHS PE Kit should be worn every lesson unless specified in the list below.

If no kit or the wrong kit is worn on three occasion's students will be placed on a 'PE Kit Report'. If a student doesn't bring kit they will be expected to wear PE kit provided by the school.

Football Football boots/Shin pads/Football socks/t-shirt/ Shorts	Badminton Trainers / Normal KHS PE kit Optional - Badminton racket
Rugby Rugby/football boots/Mouth guard/Long socks/ Rugby shirt or t-shirt/Shorts Optional – Scrum cap	Swimming Swimming trunks (no longer than knee length)/swimming costume (swimsuit) Optional – Goggles
Health Related Fitness Trainers/Normal KHS PE kit Optional – Heart rate monitor/calorie/step counter	Tennis Trainers/Normal KHS PE kit Optional - Tennis racket
Hockey Trainers/Normal KHS PE kit/Shin pads/Gum shield Optional – Hockey stick	Trampolining Socks / Normal KHS PE kit

Please make sure you have your name clearly marked and/or use sew in name tags.