

# Girls' Sports Clothing and Equipment List

## **Years 7-11**

### PE

All year 7-11 pupils have weekly timetabled PE lessons.

In PE lessons, pupils experience a number of different activities throughout the school year such as, athletics, badminton, basketball, dance, fitness, gymnastics, and orienteering. These lessons are timetabled once a week. Most activities take place indoors but some will be outside, so it is important to have the appropriate clothing each lesson.

For these lessons, all pupils wear non-marking trainers and white sport socks along with the following Perse branded items: black skorts or shorts, purple performance T-shirt, black tracksuit bottoms, and black midlayer.

### Games

All pupils have weekly timetabled Games lessons.

All Year 7 & 8 Pupils have the following activities within Games.

The sporting activity in Games lessons rotates each academic term. Groups are generally set on ability across the whole year group and will cater for training and fixtures for all abilities. Each pupil will have two timetabled Games lessons each week.

#### Michaelmas term (Sept-Dec) – all girls play hockey

All pupils will wear a mouth guard, black games shirt, black skort or black field shorts, long black games socks, shin pads, black tracksuit bottoms and black midlayer. Pupils should wear astro turf trainers with sufficient grip to avoid slipping (studded boots are not allowed). All goalkeepers are provided with school equipment. Pupils must have their own hockey stick. Optional items: Black or white baselayer, protective hockey glove(s).

#### Lent term (Jan-Mar) – all girls play netball

All pupils will wear a black games shirt, black skort or black field shorts, white sports socks, black tracksuit bottoms and black midlayer. Pupils should wear well supported trainers. In cold weather gloves may be worn, but for safety reasons they should have sufficient grip to catch the ball.

#### Summer (Apr-Jul) – girls can choose to play cricket or tennis

##### Cricket

All pupils should wear trainers, white sport socks, black tracksuit bottoms or black skort or black shorts, purple performance t-shirt (or black games shirt), black sports cap (or white cricket hat), warm top (white cricket jumper or black midlayer). Those selected for a match should wear a purple performance t-shirt and black tracksuit trousers. Optional items: abdominal protector (for batting), pupils can bring their own, but the school will provide for games sessions and fixtures: cricket bat, cricket helmet, cricket gloves, cricket pads, thigh pad, chest guard.

##### Tennis

All pupils should wear trainers, white sports socks, purple performance t-shirt or black games shirt, black skort or shorts, black tracksuit bottoms, and black midlayer, and black sports cap. Pupils must have a tennis racket if they choose this option. This is also the case for those selected for fixtures.

In **Year 9** additional options are offered: for basketball, badminton and athletics PE kit should be worn  
 In **Year 10** further options are offered: for rowing and shooting pupils wear black tracksuit trousers, black midlayer, black shorts or skort, purple performance t shirt, white sports socks and trainers.

## Sixth form

Sixth form have two games sessions per week. Sixth form do not have PE lessons

For Sixth form, there are additional sports options available. The main team sports (hockey, netball, rugby, cricket and tennis) require the same kit as for Y7-11 for those specific sports.

Football players will be required to wear performance purple T shirt or games shirt, black shorts, long black games socks, studded boots, black tracksuit bottoms and black midlayer.

For other options such as basketball, badminton, shooting, fitness, rowing, dance, yoga, climbing, rounders and running pupils should wear non-marking trainers and white sport socks along with the following Perse branded items: black skorts or shorts, purple performance T-shirt, black tracksuit bottoms, and black midlayer.

## List of Sports items

The table below show items you may need. **Bold indicates compulsory items (for Years 7 & 8 – for Year 9 items will depend on your child’s games option).** Items for the first term should be bought in time for the start of the school year. It is best to wait until after Induction in June to ensure you don’t buy kit needlessly.

<b>Uniform item</b>	<b>Supplier</b>	<b>Notes</b>
<b>Black Games shirt</b>	<b>Paulredsports</b>	<b>Worn for hockey (Michaelmas) and netball (Lent). May be worn for cricket and tennis training (Summer).</b>
<b>Mouth guard</b>	<b>Retailer or dentist</b>	<b>Worn for hockey. OPRO is a company who provide a service in school at the start of the school year (a flier is sent to all parents) or you can visit your dentist or buy a moldable version.</b>
<b>Black long games socks with purple stripe</b>	<b>Paulredsports</b>	<b>Worn for hockey.</b>
<b>Black Skort and/or Black Shorts</b>	<b>Paulredsports</b>	<b>Worn for hockey, netball, games options and PE.</b>

<b>Black Midlayer</b>	<b>Paulredsports</b>	<b>Worn as the tracksuit top during training and for travelling to and from fixtures.</b>
<b>Black tracksuit bottoms</b>	<b>Paulredsports</b>	<b>Worn during training and for travelling to and from fixtures.</b>
<b>Purple performance T-shirt with Perse sport logo</b>	<b>Paulredsports</b>	<b>Worn for PE and summer games options.</b>
<b>Black sports cap</b>	<b>Paulredsports</b>	<b>Worn for summer games as sun protection.</b>
<b>Non-marking Trainers</b>	<b>Retailer of your choice</b>	<b>Worn for PE, cricket nets, tennis and hockey although more specialist footwear should be worn for cricket and hockey.</b>
<b>White sport socks</b>	<b>Retailer of your choice</b>	<b>Worn for PE, all indoor sports, netball, cricket and tennis.</b>
<b>Shin pads</b>	<b>Retailer of your choice</b>	<b>Compulsory for hockey training and fixtures.</b>
<b>Hockey Stick</b>	<b>Retailer of your choice</b>	<b>Compulsory for hockey training and fixtures.</b>
<b>Astro turf trainers</b>	<b>Retailer of your choice</b>	<b>Used for hockey. Most A and B team plays will have a pair. Trainers have less grip on the astro turf than astro turf trainers.</b>
<b>Tennis Racket</b>	<b>Retailer of your choice.</b>	<b>Compulsory for those choosing tennis.</b>
<b>Badminton Racket</b>	<b>Retailer of your choice.</b>	<b>Compulsory for those choosing badminton (only applicable for Year 9-13)</b>
<b>Base layer (highly recommended)</b>	<b>Paulredsports/ retailer of your choice</b>	<b>An optional item of clothing to offer warmth and sun protection whilst playing sport. <u>Black or white only.</u></b>

Waterproof training top	Paulredsports	Waterproof and windproof. Worn during training and for travelling to and from fixtures.
Cricket shirt (white)	Paulredsports	Worn for cricket fixtures
Cricket trousers (white)	Retailer of your choice	Worn for cricket fixtures.
Abdominal guard (box) and supportive underwear to hold the protector.	Retailer of your choice	If your child is selected to play hard ball cricket, they will need an abdominal guard. These are not provided by the school for hygiene reasons.
Cricket shoes (spiked)	Retailer of your choice	Used for cricket. Most A and B team plays will have a pair. Trainers have less grip on damp grass than cricket shoes. These cannot be used in the nets during games sessions.
Cricket batting and wicket keeping equipment	Retailer of your choice.	Items such as bats, gloves, leg pads, thigh guard, arm guard. Provided by the school but pupils may like to have their own for increased comfort and performance.
Underwear	Retailer of your choice.	Girls are advised to wear sports bras for physical activity.
Sports bag	Paulredsports or a retailer of your choice	Be aware that this needs to fit in to your child's sports locker at school – Locker size: 29cm (24cm at the door) width x 90cm height x 49cm depth