



## RFSS PE Kit – Essential kit

- RFSS grey and purple polo shirt
- RFSS purple and grey shorts or RFSS sports leggings or RFSS 'Skort'. (Cycling shorts of any description are NOT permitted).
- RFSS rugby top (for outside sports in the autumn/ winter)
- Purple football socks for outdoor winter sports
- Any change of socks for indoor sports – socks get sweaty so a change for students is hygienic
- Sports trainers (non-marking)
- Football/Rugby boots (for winter lessons on the field)
- Shin pads – for safety in hockey and football
- Gum shield for safety in rugby and hockey
- Hair ties

## Optional Kit (extras that students can have – being mindful of different weathers that we will experience)

- RFSS grey and purple hoody
- Plain black tracksuit bottoms
- Dark coloured base layers (top and bottoms) to go under other clothes if they get cold in the winter months.
- Sports hat and sun cream (summer/ sunny months)

We understand students are sometimes injured or unwell, we will require a note from the parent/carer as to why they are not taking part. We ask students to still always bring their kit though please, this is because students will always be given a role within the lesson, even if they are not able to take part. It is also important that students don't get their school uniform dirty or wet, therefore we will ask they get changed.