



15 July 2026

Dear Parents/Carers

PE Uniform Expectations and Standards

As we approach the new academic year, I would like to take this opportunity to clarify the expectations regarding Physical Education uniform at The John Roan School considering last week's extreme heat.

Following last week's period of extreme heat and the temporary adaptations communicated by the Principal, we would like to reaffirm the PE Department's expectations moving forward. Our aim is to ensure consistency across all PE lessons so that students arrive prepared to participate safely, appropriately and successfully.

Compulsory PE Uniform

Students are expected to wear the following items for all PE lessons:

- The John Roan PE crested T-Shirt (Green KS3 & Black KS4)
- Plain black shorts – which includes black sports short, mid length cycling shorts or black skorts to suit your comfort OR plain black tracksuit bottoms/sports leggings
- White socks
- Suitable footwear depending on the location of lesson (trainers, spikes or boots)
- Sports bras (where appropriate)

During colder weather, students may also wear:

- The John Roan PE crested quarter zip
- Gloves and hats
- Plain black raincoats/windbreakers

Shorts/Skorts, Leggings & Tracksuit Bottoms

To ensure consistency across the department, all shorts, skorts, leggings & tracksuit bottoms must be:

- Plain black (no colourways)
- Minimal Logos – no large branding, patterns or decorative markings/designs
- An appropriate mid length for participation in Physical Education

Please note that hot pants, excessively short shorts and fashion-style gym wear are not permitted and must not be worn to PE lessons under any circumstances.

An accompanying A4 infographic is attached to support these expectations.





Jewellery

For health and safety reasons:

- All jewellery must be removed before participating in PE.
- Students with newly pierced ears should bring microporous tape to cover their piercings if they are unable to remove them.

Hair

- Students with long hair must ensure that it is tied back securely during all practical activities with a black or green hair accessory.

Medical Exemptions

If your child is unable to participate due to injury or illness, we ask that they bring a note from home or that you contact the school and the PE teacher directly. Unless medically exempt, students are expected to attend lessons in the correct PE uniform and will be involved in the lesson through officiating, coaching, assessing KPI's or observation activities where appropriate.

PE Department's Expectations

At The John Roan School, we believe that Physical Education plays a fundamental role in every student's development. Regular participation in Physical Education not only improves physical health but also supports mental wellbeing, resilience, confidence and teamwork. Research consistently demonstrates that students who engage positively in physical activity are more likely to experience improved concentration, greater self-esteem and enhanced academic performance across the wider curriculum.

To ensure every student can fully access these benefits, it is essential that they attend every PE lesson wearing the correct uniform. Appropriate PE uniform allows students to participate safely, promotes equality amongst their peers and fosters a sense of pride, belonging and readiness to learn at the JRS.

Whilst we always seek to work positively with students and families, repeated failure to meet the PE uniform expectations will result in sanctions being applied in line with the school's Behaviour Policy. This may include an SLT detention or, where concerns persist, placement in the Reflection Room. These measures are intended to reinforce the importance of attending lessons prepared to learn and to ensure consistency across the school.

We greatly appreciate your continued support in helping us maintain high standards. Should you have any questions regarding the PE uniform policy, please do not hesitate to contact the PE Department.

Kind regards

Charlie Cole
Head of Physical Education

