

Hessle High School PE Kit

The following items are **essential** for your PE and Fitness lessons.



Hessle High School
PE polo shirt with
logo.

Ariel - Purple
Cassio - Green
Orlando - Red
Portia - Yellow



Loose fitting sports
shorts in black, navy
or royal blue.

No tight fitting or hot
pant style shorts are
permitted.



White sports socks
or royal blue football
socks.



Sports trainers with
laces.

Converse style
trainers or trainers
that are worn as
school shoes are not
permitted.

Hessle High School PE Kit

The following items are **optional** for your PE and Fitness lessons.



Hessle High School
PE hoodie with logo.

Ariel - Purple
Cassio - Green
Orlando - Red
Portia - Yellow



Black or navy sports
leggings or tracksuit
bottoms.



Black base layer to
be worn under the PE
t-shirt and / or PE
hoodie.



Football boots for
appropriate
activities.



Hessle High School PE Safety

The following information relates to health and safety in your PE and Fitness lessons.

Long hair must be tied back.

You must provide your own hair bobble.



All jewellery must be removed for physical activity.

Where jewellery can not be removed it must be taped.

You must provide your own tape.



Chewing gum is not allowed in PE lessons.



It is recommended that students wear shin pads for football and hockey.



It is recommended that students wear mouth guards for rugby and hockey.

