

17th November 2025

Dear parent/carer

With the cold weather coming in, here is how to get the best out of PE at Bohunt Farnborough this winter.

Mr Potter's top tips for PE...

- Wear the black tracksuit bottoms/leggings rather than shorts/skorts
- Wear your PE ¼ zip on top of your PE shirt as an extra layer
- Put a plain t shirt (black or white) or vest under your PE shirt for another extra layer (see acceptable kit item photos)
- If you have a skin/thermal style top/under armour, these can be worn **if black or white only.**
- Bring a pair of fingered black gloves to keep your hands warm (see acceptable kit item photos)
- Ensure your socks are correct (PE socks - long knee socks or white sports socks) and don't wear your black school socks for PE as your feet will get cold as they are thin (see acceptable kit item photos)
- Keep active as soon as you are changed and get to your lesson - start warm ups and dynamic stretches to keep moving and keep warm - plus it will impress your teacher.

*****Due to health and safety, we do not allow full outdoor coats, PE/Bohunt Farnborough hoodies, scarves, snoods or beanies to be worn in PE, not do we allow school uniform to be worn for PE lessons*****

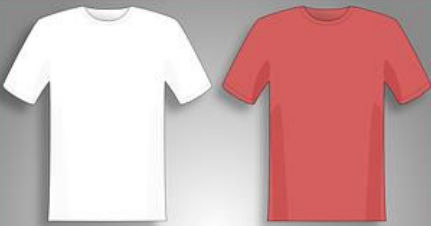
Being in the outdoors all year round is a brilliant thing, but we do understand that the weather can be tough on students, that is why it is key to get students adequately prepared for lessons.

If for whatever reason a lesson cannot go ahead due to inclement weather, there is a pre planned indoor space for students to be taught in, by their PE teacher. This will be the sports hall, fitness suite, main hall or old gym.

Many thanks and I look forward to seeing your children continue to be active throughout the winter months.



Mr M Potter
Head of PE

ITEM	ALLOWED	NOT ALLOWED
GLOVES (MUST BE PLAIN BLACK, NO ATTACHMENT S OR MARKING)		
T SHIRTS OR 'SKINS' TO WEAR UNDER PE KIT (MUST BE BLACK OR WHITE)	 	  
SOCKS (MUST BE PE SOCKS ONLY - PLAIN WHITE SPORT OR BLACK KNEE LENGTH)	 	
All other PE items can be worn to 'layer up' and keep warm. PE shirt (black) along with games shirt (black and white) or purchase black tracksuit bottoms or the PE ¼ zip for additional layers also. You can also use a larger PE bag to help store and bring these items in with you.		

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