

BBIS PHYSICAL AND HEALTH EDUCATION

PE Dress Code

We strive to encourage our students to understand the importance of safety and hygiene during their PE lessons and sport activities. The PE dress code goes hand-in-hand with a safe and positive learning environment at BBIS, and we appreciate your support and understanding.

The following items are required for PE:	Early Education	Grade 1-5	Grade 6-10
Sport shoes	1 pair indoor sports shoes	1 pair indoor sports shoes	2 pairs indoor and outdoor shoes
Navy blue BBIS t-shirt	Optional	Yes	Yes
Navy blue BBIS shorts or BBIS skort	Optional	Yes	Yes
Change of socks	Optional	Optional	Yes
BBIS tracksuit or BBIS Panthers hoodie	-	Optional	Yes

Students in Grade 11 and 12 do not take part in PE lessons. We do recommend the tracksuit / BBIS Panthers hoodie for students who are planning to be part of our (traveling) BBIS sport teams.

Online Sport Shop website: [BBIS Online Sport Shop](#)
Password: BBIS

The following items are required for each PE lesson:

- Warm weather: t-shirt, shorts, indoor/outdoor shoes, change of socks, water bottle.
- Cold weather: t-shirt, tracksuit or hoodie, indoor/outdoor shoes, change of socks, water bottle.

We recommend labelling all items with student names which helps us to return items that are left behind.

Students are encouraged to use the lockers in House 3 and 5 and not to bring any unnecessary bags or valuables to the Sports Hall. The PE department will not accept responsibility for any such items.

Students must bring a bottle of water to PE class. No other drinks of any kind are permitted.

Students are not permitted to wear any jewellery for their PE lessons. This includes, but is not limited to: earrings of any kind, necklaces, bracelets, watches, rings, nose, facial and body piercings, etc. If a student has newly pierced ears (or something that cannot be removed, such as a nose piercing) it must be covered up with sports tape or a plaster/band aid (and such supplies are the responsibility of the student).

Students need to have fingernails that are a safe length for participation in sports.

All students must attend PE class at all times including those students excused from practical participation due to sickness or injury.

Parents/boarding school mentors may excuse their child for up to two consecutive PE lessons with a written note. Excuse notes must state the date, nature of the illness, duration of excused participation, parent signature and phone number where the parent can be reached during the school day.

Any students needing to be excused for any time period after two consecutive lessons need to turn in a doctor's excuse.

Students excused from PE must be prepared to partially participate and/or assist as needed. Therefore, the PE uniform should still be worn.

Students that do not have their PE kit (due to an unavoidable reason) are allowed for a lesson to wear an alternative PE kit of a plain white t-shirt and dark shorts. Wet laundry is not a reason to not have their kit.

Students should bring their own device to all PE lessons. Lesson content will be posted in Google classroom.

Students that want to shower after PE class need to bring the necessary toiletries.

Students are not to use aerosol sprays in the changing rooms or Sports Hall. A deodorant stick is recommended.

Menstruation is a natural phenomenon and should not be an automatic excuse for not participating in PE. Students and their parents should speak to the PE teacher prior to class if this is an issue.

Students are not permitted to enter the changings rooms during PE class. If needed, toilets can be used in the hallways.

No gum is permitted anywhere in the Sports Hall, the sports field/track, and the outdoor bleachers.

Boarding students that forget their PE kit are required to go back to Boarding to bring their PE kit to class, arriving on time.