



INTERNATIONAL SCHOOL of TIANJIN

Working Learning Acting TOGETHER

IST Elementary School PE Uniform Policy

At IST, Physical Education plays a very important role in the curriculum and the overall wellbeing of the students. Students are encouraged to become independent learners and have all essential items for this specialist lesson. For health, safety and hygiene our students must wear the IST PE Uniform during regular PE classes, with the option to wear a Training Kit (“sporty outfit”) for the Daily Fitness Program and CCA program.

We would strongly suggest that students keep a pair of training shoes in their locker at school since these are required almost daily for PE, Fitness or CCAs.

What is the IST uniform?

- IST shorts and T Shirts (available all year at the school reception desk)
- Training shoes that are supportive and non-marking
- Hair band/clips for the long hair are required
- Pieces of jewelry such as necklaces should not be used at any time during PE lessons, as they may represent a danger to students’ safety

Why is it important to wear the IST uniform?

- All activities in the PE program require students to have clothing that allows them to move quickly and freely. Incorrect clothing can be a danger to the student and others.
- The temperature in the Gym is kept at 20°C all year long and therefore the IST PE uniform is more than adequate for moderate to intense exercise.

- Excess clothing under the PE uniform causes excess sweat and moisture to build up on the body. When this remains on the body after PE, students feel wet and cold and this causes a higher risk of developing cold and flu symptoms, as well as body odors.

What are the changing procedures for students?

Kindergarten to Grade 3

- Students may come to school with their PE uniform under regular clothing.
- Upon arrival at the gym, students will have time to take off their outer clothing and put these items in a designated place.
- At the end of the lesson students will have time to put their outer clothing back on before leaving the gym.

****** We suggest that the students wear loose track pants or trousers on PE days to make changing easier and quicker

Grade 4 and 5 students

- Students may come to school with their PE uniform under regular clothing or carry it separately in a bag.
- On arrival at the gym, students will have time to take off their outer clothing and put these items in a designated place. Some students may choose to go to the bathroom to change out of regular clothing and into their PE uniform.
- At the end of the lesson students will have time to put their outer clothing back on or change into regular clothes before leaving the gym.

Sports shoes/trainers must be used during every PE lesson in order to ensure the safety of our students. They should be comfortable, supportive and non-marking.

What can I wear on Special Days?

- **Daily Fitness:** Students can wear the school training kit or any other suitable sports kit and sports shoes. (The IST Training Kit can be purchased from the PE Office in the gym)
- **House Competitions:** Students can wear their house color T-shirt and PE shorts. Normal PE uniform is also acceptable. **On House lunch days, students may wear their House T-shirts for PE.**

- **Assembly/Dress Up Days:** Students performing in the assembly must change or wear the PE Kit under the special assembly clothes.
- **Field Trips:** Students must come ready to do PE by either changing before the lesson or wearing the PE Kit under the field trip clothes.

What will happen if students do not wear PE uniform?

K – Grade 3 students will receive three warnings per year with an accompanying letter which is sent home to inform parents. If it is safe, students may still be able to join in the PE lesson. If students forget to bring their PE uniform for a fourth time they will not be able to participate in the lesson and do an alternative task on paper instead.

If students do not bring the appropriate sports shoes (but have their PE uniform) they will not participate in particular activities that require sports shoes to be used.

Grade 4 and 5 students will receive two warnings per year with an accompanying letter that is sent home to inform parents. If students forget to bring their PE uniform for a third time they will not be able to participate in the lesson and do an alternative task on paper instead.

Important:

We strongly suggest that every piece of the IST PE Kit or Training Kit should be visibly labeled with the full name of the student.

Thank you!

IST PE Team