



Phys Ed uniform: quick guide

The expectation for wearing and changing in to Phys Ed uniform depends on when your class runs. If you have a practical Phys Ed or Sport class at these times, you should...

PERIODS 1-3 (PRE-LUNCH)

Wear correct Phys Ed uniform to school.

Change to academic uniform after your class

PERIODS 4-5 (AFTER LUNCH)

Wear academic uniform to school.

Change to correct Phys Ed uniform at lunchtime: you may wear it home.

BOTH BEFORE AND AFTER LUNCH

Wear correct Phys Ed uniform to school. You may wear it all day.



**NB: ALL ITEMS SHOULD BE NHS
UNIFORM**