

PHYSICAL EDUCATION & SPORT KIT

It is vital that all girls have and wear the appropriate sports kit for PE and Sport at DHS. Not wearing the appropriate kit may cause injury to yourself and others. No jewelry must be worn during PE and long hair must be tied up.

SPORT	KIT REQUIRED FOR CURRICULUM PE	OPTIONAL KIT FOR EXTRA CURRICULAR SPORTS & COMPETITION
NETBALL ROUNDERS TENNIS CRICKET	DHS games skirt or skort DHS White polo shirt White Sports socks Mainly white trainers with good support. Tennis racket	Girls may wear a black or white 'skin' thermal longsleeved top under their shirt for extra warmth A DHS Team shirt will be available through a special order
HOCKEY	DHS games skirt or skort DHS white polo shirt Yellow hockey socks Shin pads & hockey stick Gum shield (vital) Trainers (hockey / football boots are not required)	Artificial turf training shoes can be worn when playing on artificial turf but are not essential.
SWIMMING Y7 & 8	Plain black swimming costume Swimming hat – colour of your house Towel	
GYMNASTICS & DANCE	Black leotard and leggings or DHS white poloshirt and plain black leggings	
ATHLETICS	DHS white polo shirt Black cycle shorts or skort White sports socks Trainers	DHS athletics vest for competition. School has vests which can be borrowed if required.
FITNESS	DHS white polo shirt Black cycle shorts or skort White socks and trainers	
OTHER ACTIVITIES	You will be advised what to wear for any other activities that take place eg. Rugby – old sports clothes. You will not be expected to go out and purchase any other equipment.	

TRACKSUITS: All girls will be expected to have DHS black tracksuit bottoms, as many of our activities take place outside all year round. During 2010 a new fleece ¼ zip over the head top will be introduced to provide girls with extra warmth and a waterproof top in the same style. Girls will no longer require a DHS yellow sweatshirt although it is OK for them to be worn. White sweatshirts will only be worn for tennis.

WATERPROOF JACKET: Also during 2010, a waterproof over the head jacket will be introduced. This is an optional item, however team players may wish to purchase one.

TRAINERS: All girls require a good pair of trainers for PE and Sport at DHS. These should provide excellent cushioning, support. Under no circumstances will leisure '6-50's' / plimsolls be accepted.

