



**64% OF GIRLS LEAVE SPORT AT 16
1 IN 3 SAY PE KIT IS THE REASON**

JOIN THE NATIONWIDE "FIX THE KIT" CAMPAIGN TO KEEP GIRLS PLAYING.

The FIX THE KIT Campaign gives secondary schools the evidence, tools, and support to update their PE kit policies - with 6 quick fixes. To keep more girls active.

Led by Olympian Tess Howard MBE & supported by Youth Sport Trust, this campaign builds on the successful free Inclusive Sportswear Platform, already helping 200 teachers update PE kit.

WHY NOW? Having a PE kit that balances cost with choice is crucial. The new government guidance on inclusive PE Kit & the incoming law on branded uniform items means schools need to review PE kit policies ahead of mandatory changes.

PE kit is stopping girls from enjoying activity. Research shows that comfort and choice in PE kit directly increases participation, confidence, and positive body image for girls.

ADJUSTMENTS TO PE KIT CAN KEEP THEM PLAYING. THE PROOF:

-  **74% OF TEENAGE GIRLS WOULD PARTICIPATE MORE IF THEY HAD MORE COMFORTABLE PE KIT.**
-  **2 IN 3 GIRLS WANT MORE CHOICE IN PE KIT.**

HOW TEACHERS CAN JOIN:

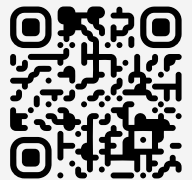
- 1**  **SIGN-UP TO THE FREE INCLUSIVE SPORTSWEAR PLATFORM**
- 2**  **ADOPT THE SIX QUICK FIXES TO PE KIT POLICY**
- 3**  **BECOME A CERTIFIED CHAMPION SCHOOL!**

- SIX QUICK FIXES TO PE KIT**
- 1**  **ASK PUPILS HOW THEY FEEL IN THEIR KIT.**
 - 2**  **ALLOW CHOICE OF DARK SHORTS, LEGGINGS, TRACKSUITS.**
 - 3**  **HAVE A DARK, ROUND-NECKED, BREATHABLE PE TOP.**
 - 4**  **SIGN-POST SPORTS BRA GUIDANCE ON PE KIT LIST.**
 - 5**  **SUPPORT EXTRA DARK LAYERS IN COLD WEATHER.**
 - 6**  **'PE KIT DAYS' & FLEXIBLE CHANGING ARRANGEMENTS.**

WATCH THE POWERFUL CAMPAIGN VIDEOS:



FIND OUT MORE & SIGN-UP NOW!



GET STARTED ➔ inclusivesportswear.com/FixTheKit



TEACHER GUIDE: WHERE TO START.

1 SIGN-UP TO THE FREE INCLUSIVE SPORTSWEAR PLATFORM



THE PLATFORM TO HELP YOU UPDATE PE KIT WITH:

- EXPERT GUIDANCE
- RESOURCES
- SELF-REVIEW TOOL
- SCHOOL ACTION PLAN
- CHAMPION CERTIFICATION

JOIN 200 SCHOOLS ALREADY ON!
BUILT WITH YOUTH SPORT TRUST.

JOIN THE NATIONWIDE "FIX THE KIT" CAMPAIGN TO KEEP GIRLS PLAYING.

HOW TO GET STARTED IN YOUR SCHOOL:

- ✓ Watch the *Fix the Kit Campaign* films
- ✓ Sign-up to the free Inclusive Sportswear Platform, explore the resources.
- ✓ Share this Flyer & the *Fix the Kit Campaign* film with your school Senior Leadership Team.
- ✓ Gain SLT approval to begin the *Champion School* process - it's free, built with Youth Sport Trust & used by hundreds of other schools.
- ✓ Start the *Champion School* process with the *Pledge and Review* on the Platform.
- ✓ Begin applying the *Six Quick Fixes* by talking to your pupils about their feelings of PE kit.
- ✓ Share with us what you've fixed and what difference it has made!
- ✓ Become a certified *Champion School!*

2 ADOPT THE SIX QUICK FIXES TO PE KIT POLICY

- ASK PUPILS HOW THEY FEEL IN THEIR KIT.**

Giving pupils a voice is the first step to understanding their needs. Use survey templates available on the Inclusive Sportswear Platform.
- ALLOW CHOICE OF DARK SHORTS, LEGGINGS, TRACKSUITS.**

2/3 of girls want more choice in PE kit, and 1/3 of boys to too. Try supporting pupils to choose any dark lower-half items with discrete branding.
- HAVE A DARK, ROUND-NECKED, BREATHABLE PE TOP.**

Round-necked tops are best-practice for comfort & for those with sensory needs. Dark tops reduce transparency. Start by asking pupils about the top.
- SIGN-POST SPORTS BRA GUIDANCE ON PE KIT LIST.**

Sports bras can increase comfort by up to 80%. Only 1/3 of teenage girls wear them. Start with sharing links to sports bra guidance with parents.
- SUPPORT EXTRA DARK LAYERS IN COLD WEATHER.**

During winter months, 60% of parents say cold or wet weather is a key barrier to children's activity. Trial supporting to wear any extra dark layers.
- 'PE KIT DAYS' & FLEXIBLE CHANGING ARRANGEMENTS.**

1/3 of girls have missed PE due to the changing room experience. Schools with 'PE kit days' or increased changing privacy notice big differences.

3 BECOME A CERTIFIED CHAMPION SCHOOL!



THE PLATFORM GUIDES TO CHAMPION SCHOOL CERTIFICATION.

- A STEP-BY-STEP PROCESS TO BE A CHAMPION.
- WE SUPPORT YOU TO GO TO SENIOR LEADERSHIP WITH RESOURCES AND CONFIDENCE.

GET STARTED → inclusivesportswear.com/FixTheKit

FIND OUT MORE &
SIGN-UP NOW!

