Atlantic Academy Portland
an Aspirations Academy

Miss Heppell - Principal Type to enter text Type to enter text

Maritime House
Southwell Business Park
Portland, Dorset. DT5 2NA

Tel: 01305 820262
Email: Office@atlantic-aspirations.org

www.atlantic-aspirations.org

22nd September 2026

Dear Parents/Carers,

Secondary PE Kit Expectations

At Atlantic Academy, we believe that active participation in Physical Education is essential for every student's health, confidence, and personal development. To ensure our PE lessons are safe, inclusive, and purposeful for all pupils, we ask for your support in upholding our secondary PE kit expectations. Please take a moment to review the guidance below to help us maintain these high standards throughout the school year.

Wearing a consistent PE kit plays an important role in your child's education and wellbeing. A dedicated kit ensures students can move safely and comfortably during physical activity, protects their everyday school uniform from dirt and wear, and promotes equality by removing the pressure to wear expensive branded clothing. Most importantly, being properly equipped allows every student to fully participate, helping them build confidence and develop a lifelong enjoyment of exercise.

When a student is injured and unable to take a practical part in a lesson, wearing a PE kit remains an important expectation. Changing into PE kit keeps students fully integrated into the class, allowing them to safely participate in non-physical roles—such as officiating, coaching, or analyzing performance—without damaging or dirtying their main school uniform in outdoor or gym environments. It reinforces a strong team identity, maintains high personal standards, and ensures that every student stays engaged with the lesson, learning valuable leadership and strategic skills alongside their peers.

To help us maintain these standards, please ensure your child brings the correct PE kit for all practical lessons:

Essential PE Kit

- **Top:** Black Atlantic polo shirt (plain black, coloured, or alternative logoed t-shirts are not permitted).
- **Bottoms:** Plain black shorts, leggings, or tracksuit trousers (Nike Pro style or cycling-style shorts are not permitted).
- **Footwear:** Supportive sports trainers (school shoes must not be worn).

Cold Weather Options

- Black base layer (top or bottoms).
- Plain black non-hooded sweatshirt or the official Atlantic logoed sweatshirt.
- Warm hat and gloves (for outdoor winter lessons).
- Waterproof coat.

Official logoed PE kit can be purchased directly from DEP via this link: Atlantic uniform .

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Health and Safety Requirements

- **Hair:** Shoulder-length or longer hair must be securely tied back at all times.
- **Jewellery:** All jewellery must be removed before lessons.

If you have any questions or require support regarding PE kit, please contact us via the Atlantic school website.

Yours faithfully,

M Randell, M Smith, C Norman, C Russell

Mr Randell, Miss Smith, Mr Norman, Ms Russell

The PE Department

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