



March 2026

Changes to Jewellery Rules for PE and Sporting Activities

From **Monday 9th March**, children will **not be allowed to wear jewellery during PE lessons or any sporting activities**, including after-school sports clubs and competitions. This includes **earrings and ear-studs (metal or plastic)**.

This rule is in place for **safety reasons** and comes from the afPE guidelines followed by all schools within the Leeds Well School Partnership, providing essential, evidence-based standards for safe, high-quality PE, school sport, and physical activity (PESSPA) in the UK. Jewellery can cause injuries to the person wearing it or to other children during physical activity.

On **PE days**, pupils must remove the following items before taking part in PE:

- Jewellery, including body piercings
- Religious artefacts
- Watches
- Hair slides and similar accessories

We strongly encourage children to **leave jewellery, including earrings, at home on days when they have PE.**

If a child comes to school wearing earrings on a PE day, **they will need to remove them themselves** before the lesson. **Staff are not able to help with removing earrings.**

Please note that **covering earrings with tape is not allowed**. Tape can fall off and does not make earrings safe during physical activity.

We appreciate your support in helping to ensure lessons can run safely and without disruption. If you would like to discuss this policy, please contact the school.

Religious headwear is permitted, but it must be **secure and not loose-fitting** so that it does not catch on equipment or restrict movement. **Sport-specific hijabs and similar secure headwear are allowed.**

Thank you for your support.

Yours sincerely,

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