



Richard Bonington Primary and Nursery School

Active Uniform Policy

June 2025

Version control

Scope: Applicable to Richard Bonington Primary School	
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Union Consultation Date:	N/A
Statutory or non-statutory:	Non-statutory
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Richard Bonington Primary School – Active Uniforms Policy

1. Purpose

This policy supports the school's commitment to promoting physical activity, comfort, and inclusivity through a flexible, activity-friendly uniform. It is grounded in current research showing that traditional uniforms can limit 's movement and reduce opportunities for spontaneous physical activity.

2. Rationale and Research Basis

- A 2025 **Youth Sport Trust survey** found that:
 - **74% of parents** and **67% of primary teachers** support an "Always Active Uniform" policy.
 - **63% of parents** believe such a policy benefits their child's education and development [2].
- A **University of Cambridge study** (2024) found that:
 - Traditional uniforms may **restrict physical activity**, especially among **primary-aged girls**.
 - Countries with strict uniform policies saw **lower levels of daily physical activity**, particularly in younger [1].
- Research from **Bristol University** (2024) suggests that allowing children to wear PE-style uniforms all day **improves comfort, inclusivity, and engagement**, especially for girls [3].

3. Uniform Guidelines

3.1 Daily Active Uniform

Children are expected to wear:

- **Polo shirt or t-shirt** – school-branded or plain in white or green.
- **Jumpers/sweatshirt or fleece** – school-branded or plain in white or green. This includes the Year 6 green hoodies.
- **Joggers, leggings, or shorts** – plain, black.
- **Trainers** – suitable for physical activity, in dark colours

This uniform is designed to be worn **every day**, eliminating the need for a separate PE kit. No cropped tops, or sleeveless tops.

3.2 Seasonal Options

- **Summer:** Lightweight shorts, skorts, or short-sleeved polos/t-shirts (styles such as hotpants, Nike Pro-style shorts, or any tight-fitting athletic shorts are not permitted.)
- **Winter:** Base layers, fleeces, and weather-appropriate outerwear

3.3 Outdoor Footwear

- **Wellies** must be always kept in school to enable participation in outdoor learning, forest school, and play in all weather conditions.

4. Expectations and Safety

- Uniforms must be clean, practical, and allow for free movement.
- **Trainers** are required daily to support spontaneous physical activity.
- **Jewellery** is not allowed. Only for religious purposes.
- **Long hair** should be tied back during physical activity.

5. Inclusivity and Accessibility

- The uniform is **gender-neutral** and inclusive of all identities.
- Adjustments will be made for **religious, cultural, or medical needs**.

6. Monitoring and Review

This policy will be reviewed **annually** in consultation with staff, parents, and pupils. Feedback will be used to ensure the policy continues to support wellbeing, learning, and inclusivity.

[2]: [Youth Sport Trust – Active Uniforms Survey, 2025](#)

[1]: [University of Cambridge – Uniforms and Physical Activity Study, 2024](#)

[3]: [Bristol University – Inclusive PE Uniform Research, 2024](#)

References

[1] [School uniform policies linked to child's getting less exercise, study ...](#)

[2] [Active School Uniforms - Youth Sport Trust](#)

[3] [Written evidence submitted by Inclusive Sportswear](#)