

Physical Education Kit for Primary

School Year 2022-2023

Primary 1:

Long-sleeved tracksuit-top with zipper, Long sweat pants, t-shirt, indoor and outdoor trainers (sneakers) without shoe-laces, water bottle, towel (small or medium size), a suitable backpack, no bags with strings, water bottle. Socks, underpants and clothes to get changed are recommended, shorts are not allowed, hair bands or similar to put long hair up.

Primary 2:

Long-sleeved tracksuit top with zipper, long sweat pants, t-shirt, indoor and outdoor trainers (sneakers) shoe-laces are recommended only if the students can tie them up by themselves quick enough, towel (small or medium size), a suitable backpack, not bags with strings, water bottle. Socks, underpants and clothes to get changed are recommended, shorts are only allowed accompanied with long pants, hair bands or similar to put long hair up.

Primary 3, 4:

Long-sleeved tracksuit top with zipper, long sweat pants, t-shirt, indoor and outdoor trainers (sneakers), towel (medium size), water bottle, a suitable backpack, not bags. Socks, underpants and clothes to get changed are recommended, shorts are only recommended accompanied with long pants, hairbands or similar to put long hair up. Football boots and other technical gear are recommended, do not forget to ask your teacher for advice. Swimming kit: swimsuit (no baggy pants nor 2 pieces bikinis, swimming cap, goggles, flip-flops or sandals, towel, gel 2in1 or similar (Gel may be provided by the swimming pool).

Primary 5:

Long-sleeved tracksuit top with zipper, Long sweat pants, t-shirt, indoor and outdoor trainers (sneakers), towel, water bottle, a suitable backpack. Flip-flops, shower gel, socks, underpants and clothes to get changed are recommended, shorts are only recommended accompanied with long pants, hairbands or similar to put long hair up. Football boots, cold weather workout gear like hat, gloves and other technical gear are necessary. Do not forget to ask your teacher for advice. Swimming kit: swimsuit (no baggy pants nor 2 pieces bikinis, swimming cap, goggles, flip-flops or sandals, towel, gel 2in1 or similar (Gel may be provided by the swimming pool).