



Changing for PE

- It is usually normal to change before and after a PE or Games lesson
- PE or Games lessons usually require us to wear PE kit. These are clothes specially designed to enable us to do sports and other activities safely and healthily
- Changing for PE and Games means taking off our normal school clothes. We may feel embarrassed taking our clothes off in front of others. This is OK. Many people feel a little uncomfortable with this. Getting changed quickly and quietly helps this feeling go away
- Getting changed before and after PE lessons keeps us safe and healthy. Changing quickly helps us with any feelings of embarrassment

