



Teacher Resource

Sports Uniforms

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. How do you feel about your school sports uniform or a uniform you wear for a sporting club? If you have ever felt uncomfortable in a sports uniform, what made you feel that way?
2. How effectively do sportswear designers account for differences in women's and men's bodies? Explain your answer.
3. How have women been impacted by the design of sports uniforms in the past?
4. What considerations should go into the design of sports uniforms?

Activities

- Just as UK students Lexi and Poppy have done, design your ideal sports uniform. Include the type of materials and colours you would use and give reasons for your design concept.
- Choose a sport and research what sports uniforms used to look like in the past. Create a timeline of how they have developed and changed over the years.
- 'Students should have more say in the design of sports uniforms.' Use this statement for a class debate. Check out the BTN High's [School Debating](#) story for instructions on how debates work.

EPISODE 13

18th March 2026

KEY LEARNING

Students will explore the stereotypes around sports uniforms, and discuss how young people are challenging the issue.

CURRICULUM

[Health and PE – Years 7 and 8 \(v8.4\) - 1](#)

[Health and PE – Years 7 and 8 \(v8.4\) - 2](#)

[Health and PE – Years 7 and 8 \(v9.0\) - 1](#)

[Health and PE – Years 7 and 8 \(v9.0\) - 2](#)