

PHYSICAL EDUCATION POLICY

Purpose:

To encourage all students to participate to the best of their ability and work to their full potential.

To deliver a high quality curriculum that inspires all students' to succeed, and where all achievements are celebrated.

To develop practical skills and use the knowledge they gain to become more competent, confident and expert in their techniques. Students will apply this across different sports and physical activities such as games, fitness and athletics.

To partake in a variety of roles such as performer, coach and official, leading to a greater understanding of applying the rules and accepting the views and opinions of others.

To learn to identify and share strengths and weaknesses and offer strategies in order to improve. This allows students to be open and honest with each other thus fostering mutual respect.

To deliver an extensive extra curricular programme where students are given the opportunity to further improve their skills and performance through both recreational and competitive activities.

To promote life long participation in physical activity through improved knowledge and understanding of the long term benefits of exercise and its role in creating a healthy ,active lifestyle.

Who was consulted:

P.E. staff, Line manager

Relationship to other policies:

Health and Safety, Equal Opportunities.

Roles and Responsibilities:

The Principal will:

- Ensure that this policy is implemented.
- Ensure that Physical Education staff are appropriately trained or qualified or supervised by a qualified specialist Physical Education teacher.

The P.E. staff will:

- Adhere to the policy and procedures outlined in this document.
- Update their skills through Inset, as appropriate.
- Ensure that lessons are planned, differentiated and delivered to meet the needs of the students.
- Assess whether a student is fit to take part in an activity in the case of receiving notification of an illness or injury.
- Respond promptly and ensure that correct procedures are followed in the case of a student who is injured in the course of an activity.
- Offer an extensive extra-curricular programme after academy.

The Governing Body will:

Ensure that the codes of practice for health and safety are adopted and monitored.

Statement of Principles:

- All students are expected to participate in Physical Education.
- All participants will wear clothing appropriate to the activity being undertaken. **(Kit list can be found on the OAS website and in annex 1)**
- Students without appropriate kit will be expected to borrow kit from the department. Failure to do so will result in an after academy detention.
- Students who are unable to participate on medical grounds must bring a note from a parent/carer.
- PE teachers will make the final decision about participation and/or follow advice from a medical practitioner.
- Students who are excused are required to get changed into PE kit. They will be involved in the lesson through the role of official, coach or choreographer.
- All jewellery must be removed for PE. This includes new piercings. Tape or other coverings are not permitted under health and safety guidance. **(see annex 3 for further details)**
- Positive attitude within lessons and participation in extra-curricular activities will be rewarded.
- Active participation in physical exercise supports and encourages a healthy lifestyle.
- The Physical Education curriculum is designed to enhance students' health and fitness.
- Participation in Physical Education and sport can improve student concentration, commitment and self-esteem.
- Active participation in physical exercise can reduce the risk of obesity and certain medical conditions such as coronary problems in later life.

Arrangements for monitoring and evaluation:

- Reviewed and evaluated as part of the Departmental Development and Review Cycle.

Owner: **Head of Physical Education**

Authorisation: **Principal**

Review date: September 2022

- Annex 1:** Physical Education kit
- Annex 2:** Sickness and Injury
- Annex 3:** Valuables, changing rooms and jewellery
- Annex 4:** Covid procedures (Sept 2020)

ANNEX 1

PHYSICAL EDUCATION – KIT

- All students must have the OAS polo shirt.
- All students must have navy (preferred) or black plain shorts. (No cycling shorts, skorts, logos, stripes or other colours are allowed)
- Students may choose to purchase Academy navy tracksuit trousers – or similar which must first be approved by the Physical Education department. (Plain navy (preferred) or black tracksuit bottoms with no logos, stripes or other colours on them. No leggings)
- Students may wish to purchase Academy Physical Education jumpers or fleeces. (Plain navy (preferred) or black sweat shirts are permitted. They must not have logos or other colours on them and cannot be a hooded top)
- Sporting trainers need to be worn on their feet. They must be trainers made for sporting activities that support the feet and ankle. (No plimssoles, converse or high topped trainers)
- Students are not allowed to wear their tights under their shorts for PE lesson due to health and hygiene reasons.
- Our kit supplier is Wearabouts in Woolston.



INCORRECT/NO PHYSICAL EDUCATION KIT

- Physical Education is a compulsory and vital strand of the national curriculum as prescribed by the Government. As well as the obvious health benefits associated with participating in a variety of sports, students will develop a wide range of Key Skills useful to them throughout the curriculum and in the wider world. Participating in Physical education also has many mental health benefits which we promote during our lessons. Students will be issued with a 30min after school detention if they have incorrect kit or no Physical Education kit with them.

- The Physical Education department can supply kit items for disadvantaged students.

- Parents should contact their child's Physical Education teacher to discuss any kit issues.

ANNEX 2

PHYSICAL EDUCATION - SICKNESS AND INJURY

1. PARENTAL REQUESTS REGARDING PARTICIPATION IN AN ACTIVITY:

- The health and safety of students is very important and we deliver a curriculum that enhances both of these.
- If a child is suffering from illness or injury a note or email from their parent/carer will be required to explain the nature. However, this is only a request from the parent.
- As professionals, physical education staff know what activities we have planned for the lesson and can therefore make a judgement as to whether the student is able to take part in the lesson whilst ensuring that the student's health and well-being are taken into consideration.
- Depending on the nature of the condition the student may still be able to contribute to the lesson, enabling their learning to continue.
- Students will be expected to change into Physical Education kit. This is because they have to stay in their teaching groups. This may mean that they have to go outside, sometimes in poor weather. This may result in them getting their Academy uniform wet and dirty. If they are wearing their Physical Education kit they can change into dry clothes for the rest of the day, helping their recovery time.
- Any illness or injury lasting more than two weeks will require a note from the Doctor or Hospital.

2. SICKNESS OR INJURY OCCURRING DURING THE LESSON:

- It is the responsibility of the student to report sickness or a slip, trip or fall to the member of staff supervising the activity.
- Any student who slips, trips or falls during an activity and who is unable to get up from the ground should be checked by the member of staff supervising the activity in order to ascertain the level of injury sustained. If the member of staff deems the student able to continue with the lesson, then they should do so.
- Any student who is in pain or bleeding will have immediate first aid. If this injury requires more than basic first aid, a qualified duty first aider will be called to assist.
- If a student is unable to move, is in severe distress or complaining of neck or back pain the student must not be moved. A qualified first aider will be contacted and emergency services called if required. The member of staff supervising must stay with the injured student until help arrives.

ANNEX 3

PHYSICAL EDUCATION – VALUABLES, CHANGING ROOMS AND JEWELLERY

- Physical Education staff are unable to take responsibility for students' valuables such as jewellery or mobile phones. Academy guidelines state that students should not bring unnecessary items of value into the Academy. If students have to bring valuables into Academy they should keep them in their bags during their Physical Education lesson and the changing rooms will be locked.
- Students are unable to leave their Physical Education lesson once it has started and will not have access to the changing rooms until the end of the lesson. Students should ensure that they have all required items with them when they leave the changing rooms. These items include inhalers and water bottles. They must remove jewellery before they leave the changing rooms as Physical Education staff are unable to look after such items.
- All jewellery must be removed for PE. This includes new piercings. Tape or other coverings are not permitted under health and safety guidance; this included retainers. If a student has a new piecing and cannot/will not remove it, they will not be able to take part in the lesson and will have a detention to make up the time lost. After two weeks the piecing must be removed. Those with piercings that are not permitted under the Academy uniform policy will be asked to remove these items immediately.



OASIS ACADEMY SHOLING
