

ST ANTHONY'S CATHOLIC PRIMARY SCHOOL



PHYSICAL EDUCATION/ACTIVITY POLICY

May 2018

This policy outlines the teaching and learning outcomes and the safety standards for PE for St Anthony's Catholic Primary School. This policy is the policy of the governing body and has been shared with the governing body, leadership team and school staff and will be shared with any new or visiting staff. The implementation of the policy is a responsibility of all teaching staff.

Our PE Kit

Pupils

Our pupils will wear clothing that is fit for purpose according to the physical education, school sport and physical activity, environment and weather conditions. For indoor sessions, it should be light and allow good freedom of movement, without being baggy or loose. Any items of clothing, including those of cultural significance, need to be relatively close fitting, made safe or removed for reasons of safety of the individual (see PESSPA for more specific information).

Clothing for outdoor lessons should allow good freedom of movement but will also need to offer some insulation from cold weather in the winter months. However, hooded sweatshirts should be removed during contact or non- contact invasion games or similar activities.

Footwear

Footwear that is fit for purpose and appropriate to the surface conditions is essential for safety. Footwear should demonstrate effective grip and support, and reasonable protection for both indoor and outdoor activities and games.

In gymnastics, barefoot work is the safest, whether on floor or apparatus because the toes can grip. Barefoot work is advised for dance but where the floor condition is unsuitable for barefoot work, pupils can wear clean sports footwear.

For indoor or outdoor games, trainers, which provide good traction, are the most effective as will support the feet when carrying out activities that are largely high impact. Studded, bladed or ribbed soles are beneficial in sports where the surface is soft or slippery.

Trainers need to have a base colour of white or black and need to have Velcro or other simple fastener for children who are unable to tie their own laces.

Pumps are not considered to be suitable footwear as they do not support the feet when carrying out high impact activities.

Personal effects

Jewellery, religious artefacts, watches and hair slides should ideally always be removed, before each lesson begins, to establish a safe working environment- for both staff and pupils. Staff should give a verbal reminder and monitor the pupils. If earrings cannot be removed they must be taped, front and back, to offer protection. Long hair should be tied back with a suitable soft item brought from home.

Our school kit

KS1

- White t-shirt and navy-blue shorts with trainers for indoor and outdoor games and athletic activities; bare feet for gymnastics and preferable for dance (alternatively trainers).
- A dark (black/ purple/ navy-blue) sweater and dark (black/ purple/ navy blue) tracksuit trousers can be worn when cold weather but none of the above with large logos.

KS2

- White t-shirt and navy-blue shorts with trainers for indoor and outdoor games and athletic activities; bare feet for gymnastics and preferable for dance (alternatively sports footwear).
- A dark (black/ purple/ navy blue) sweater and dark (black/ purple/ navy blue) tracksuit trousers can be worn when cold weather but none of the above with large logos.
- Studded, bladed or ribbed footwear (boots) when the surface is soft or slippery (school field).

No borrowing of PE kit is allowed other than from a spare kit box.

Children will change in the classroom under the supervision of the class teacher. In years 5/6 boys and girls will change at either end of the classroom.

Non-participants

Any child not participating in a PE lesson should bring along a note from a parent/ carer stating reasons for this. Parents of children who fail to show a note for the second time in a half term will be sent a 'Groupcall' text message to inform them of this.

Non-participants should be encouraged to take as active a part as possible in the activities, e.g. refereeing, timekeeping, scoring, evaluation of performance, etc.

Children who are unable to go swimming in the short term will remain in school under supervision. Children who are not swimming for medical reasons may attend the pool and be allocated tasks related to the swimming lesson.