

# ST ANTHONY'S CATHOLIC PRIMARY SCHOOL



## PHYSICAL EDUCATION/ACTIVITY POLICY – Pupil Kit

September 2023

This policy outlines the kit requirements for Physical Education and sport at 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.

### **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.

Mouthguards are required for competitive hockey matches both in PE curriculum time and as part of extra-curricular provision. Hockey will be taught in curriculum PE, but small-sided competitive matches will not take place, so therefore mouthguards will not be needed. Mouthguards will be required for inter-school fixtures and competitive matches during extra-curricular clubs. These have been purchased so all children taking part will have one.

### **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 suitable footwear, as they do not support the feet when carrying out high impact activities.

## **Personal effects**

Personal effects, such as jewellery, (including body piercings), religious artefacts, watches, hair slides should always be removed for PE to establish a safe working environment.

Earrings should be removed for PE. If this is not possible, children should come into school, ready for lesson, with earrings adequately taped with a sufficient amount of tape to prevent the piercing penetrating. KS2 children can apply tape themselves before the lesson. The teacher supervising the group has the legal responsibility for the safety of pupils in their care. In all instances when tape is used, the class teacher must check the taped area before the lesson to ensure the protection is fit for purpose. If the teacher considers the taping unsatisfactory to permit safe participation in PE, adaptations must be made in terms of how the pupil takes part in the practical aspects of the lesson. The pupil can contribute to group planning, designing and tactical discussions, but can have different tasks assigned to them during the practical elements of the lesson (for example, individual skills practices, peer coaching, observation and feedback tasks, videoing others to analyse at a later stage, or officiating in a games context). Exclusion from a lesson PE lesson should be avoided at all times if a pupil is unable to remove personal effects or the taping is deemed unsatisfactory.

Retainers and spacers are acceptable and do not need covering, provided they are soft plastic/rubber and will not cause damage in the event of impact.

## **Our school kit**

### **KS1**

- White t-shirt and navy-blue shorts or skort 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 or skirt 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 in separate rooms under the supervision of an adult.

## **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 will be allocated tasks related to the swimming lesson. Children with a verruca under treatment can swim without the need of a verruca sock. However, children with a verruca not under treatment will require a verruca sock.

This assessment policy will be reviewed annually.

**Next review: September 2024**

**Subject leader: Tony Martin (LKS2 Lead and Class Teacher)**