



Bellsbank Primary School

Getting Changed for PE lesson Policy



These guidelines should be read in conjunction with the school's child protection procedures. They have been developed by the Child Protection Officer referencing the NSPCC document "Safeguarding considerations for changing rooms", for the reasons outlined below.

Rationale

1. In July 2024, the United Nations Convention of the Rights of the Child (UNCRC) came into law. This policy reflects the UNCRC.

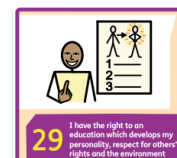
"School policies relating to P.E. kits and changing practices must therefore respect children's rights to privacy and dignity, taking into account the needs of all children, including those with disabilities and those from different religions, beliefs and cultural backgrounds." (Children and Young People's Commissioner Scotland, 2022)

2. Being in a state of undress can cause some children to feel vulnerable particularly those who are going through puberty and bodily changes.
3. Changing for PE can cause anxiety for some pupils, can influence their perception of the subject and determine whether it is an enjoyable and positive experience. The concern caused by changing can influence a pupil's participation and lead to a variety of avoidance strategies.
4. For staff there can be confusion and/or worry about supervision and how it accords with safer working practice. There can be a tension between the need to ensure that bullying or teasing does not occur and the risk of being accused of acting inappropriately.

Principles



1. All children need to wear clothing which allows for flexibility and freedom of movement when taking part in PE.



2. It is recommended practice that pupils should change for PE as they begin puberty, particularly when the exertion rate will necessitate a change of clothing for reasons of hygiene and comfort as they continue with their school day.



3. Schools should make adequate and sensitive arrangements for changing which take into account the needs of pupils from different religions, beliefs and cultural backgrounds.



4. All pupils should be treated fairly and with respect for their privacy and dignity.

5. For children in P4-7, we will designate a single sex area for the children to use to change. This is in line with NSPCC guidance that children age 8 and up should have access to a single sex area for changing. Classrooms will be used as one area and, interventions rooms and learning satellite rooms will be used as the other.



6. Children in P1-3 can wear their school polo shirt, black jogging trousers/leggings/shorts on PE days to prevent the children having to change. They will only need to take off jumpers or cardigans and change from outdoor to indoor shoes, which adults will be available to support with and maximise their time for their PE lesson.
7. Parents and carers will be made aware of these arrangements and any issues that arise from changing for PE or sports can be discussed with the HT or DHT so that further support can be offered if this is appropriate.

Supervision of children changing

1. A judgement will be based on the age and developmental needs of the pupils but there will not be an assumption that adults need to remain in the room in order to maintain good behaviour. This can be achieved by staff being in close proximity and pupils being made aware of this. Pupils will also know that adults will enter the room if necessary, in response to any disturbance or needs that may arise.
2. If adults need to enter the room, they will alert pupils by announcing this loudly, giving the children the opportunity to cover up.
3. Pupils will always show respect for one another when changing. The pupils will change quickly and quietly.

. Children who may need assistance with getting changed

1. Staff will refer to the guidance set out in the Intimate Care Policy for assisting children who are disabled or require additional help.
2. Pupils of all ages will be encouraged to be as independent as possible. Adults will prompt and give verbal encouragement/ instructions before they consider offering assistance.
3. Any assistance will take place openly, not out of sight of other members of staff. This will always be undertaken to meet the needs of the children and not the adults.