

Physical Education

Physical Activity

School Sport

PEPASS
together inspiring success

Frequently Asked Questions

? The delivery of Physical Education

? Jewellery guidance

Who can deliver PE?

A quality physical education programme will be **planned, facilitated and evaluated by GTCS registered teachers** and take place during timetabled school day with all learners participating.

Partners can make complementary contributions to learning through their specialist expertise and knowledge but **it is the teacher who will be responsible for learners and learning and who will ensure that the required components are evident.**

	Physical Education	Physical Activity	Sport
Planner & Facilitator	General Teaching Council of Scotland (GTCS) registered teachers.	Teachers, Active Schools Coordinators, and appropriately qualified and skilled coaches, supported by sports leaders and volunteers.	Teachers, Active Schools Coordinators, and appropriately qualified and skilled coaches and volunteers, supported by sports leaders and officials.
Focus	Two hours/two periods of well-planned core physical education which takes place within the school day each week, with a clear focus on learning. The skills and attributes highlighted in the significant aspects of learning diagram are not intended to be definitive but to stimulate practitioners and learners to think about what supports learning through performing in physical education.	In addition to planned physical education, children are entitled to daily opportunities for physical activity and sport before the school day, during, breaks and lunchtime, and after school. Creating participation and performance pathways provides more opportunities for children and young people to lead healthy active lifestyles.	Competitive / performance pathways providing opportunities that include all young people. School and community sport has the potential to enhance the significant aspects of learning within physical education.

Education Scotland - Raising the bar

<https://education.gov.scot/media/0qpd1aac/hwb31-raising-the-bar.pdf>

Jewellery and PE

Do you need to remove earrings to take part in PE?

Jewellery must be removed prior to a Physical Education lesson due to the increased risk of it becoming caught or causing injury to the wearer or fellow participant

Education Services guidance is contained within the PE Code of Practice and is applicable to all schools in relation to the wearing of jewellery during curricular PE activities.

Education Services PE Code of Practice <http://www.goglasgow.org.uk/Pages/View/91>

Section 2 General Precautions - all activities - 2.7



Jewellery must be removed prior to a Physical Education lesson due to the increased risk of it becoming caught or causing injury to the wearer or fellow participant. The wearing of any jewellery increases the risk of injury significantly.



Personal effects e.g. jewellery, body piercings, items of religious significance, watches, hair slides and belts constitute a hazard and may cause injury if worn whilst participating in Physical Education.



It is vital that school policies and procedures support the removal of jewellery during Physical Education and Physical Activity by informing parents of the risks associated.



Such policies must encourage parents to allow piercing to occur at the start of the summer holidays giving sufficient time to heal away from PE lessons.



Children/young people, unable to remove jewellery themselves must be discouraged from wearing it to school.



Where pupils wear religious or cultural jewellery, schools must alert parents to PE safety risks. PE. Teachers remain responsible. If items are allowed, modify activities for safety – e.g. secure a ring of life with a sweatband in non –contact sessions.

Can a parent write a letter to accept liability for any incident due to their child wearing jewellery?

What alternative activities can a pupil do while earrings cannot be removed?

Duty of Care and Liability

Education have been asked in the past to accept letters from parents stating that they will accept liability for any incidents that occur. Education Services cannot accept any transfer of liability as Education Services have the duty of care to all pupils during PE activities/lessons.

Examples of Alternative Activities - Inclusion for All

If a pupil cannot remove their jewellery (e.g., newly pierced ears that cannot be removed), they should be offered alternative, non-physical activities during the PE lesson.

Officiating or Scoring - Pupils can participate in lessons by taking on roles such as referee, scorekeeper or timekeeper.

Observation and Analysis - Pupils may be asked to observe the lesson and provide feedback or analysis of techniques and strategies.

Theoretical Work - In some cases, students may complete written tasks related to the PE curriculum, such as researching a sport, planning a fitness routine or learning about health and nutrition.

Why is the removal of jewellery enforced for PE and not for playtime?

Jewellery needs to be removed during PE but not typically during playtime due to the higher risk of injury during organised physical activities in PE. During playtime activities are generally less organised and involve fewer high risk movements.

The PE Code of Practice aims to ensure the health, safety and wellbeing of all pupils and staff involved in structured, organised PE, physical activity and school sport activities.

Good class organisation, discipline and control are fundamental to a safe lesson for all involved. Potential risk is minimised when the teaching of an activity follows a structured programme and safety rules. This includes clothing, footwear, hair length and other items, all of which must be suitable and appropriate.

In organised, curricular PE, the lessons are conducted in a different environment from pupils playing in the playground. As it forms part of the curriculum, stringent safety measures must be adhered to. In PE, lesson activities are:

- More than likely to be in a confined, defined space – increasing the potentially for contact with others
- Involve contact with others (pupils and staff) – contact sports/games
- Involve equipment.

Given the above, the likelihood of participants coming into contact with equipment and each other is heightened. Therefore, jewellery must be removed before any PE lesson. This is due to the increased risk of it becoming caught or causing injury to the wearer or fellow participant. The wearing of any jewellery increases the risk of injury to all participants significantly.

Taping of jewellery is not permitted either as it can create a perception of safety. Tape does not reduce the risk of compression injury and can often fall off.

As playtime games do not constitute organised curricular activities, there is a much larger playing area and less opportunity to come in to contact with others, the PE Code of Conduct does not apply.