

## Health and Safety in Physical Education

- Pupils will be made aware of the risks to themselves and to others while taking part in various activities.
- Pupils should adhere to health and safety advice.
- Staff will be responsible for creating a safe environment for pupils when taking part in physical education.

For health and safety reasons pupils should wear appropriate clothing, specifically:

- shorts and plain t-shirt and gym shoes or clean indoor trainers
- warm clothing and trainers for outdoors
- sun hats and sunscreen in the summer
- warm hats and gloves in the winter
- pupils should have bare feet for gymnastics

Additionally pupils are asked to:

- remove all jewellery during PE
- for security reasons leave all valuable jewellery at home on PE days
- cover all new piercing with tape
- tie hair back securely
- provide a note from a parent/carer if unable to take part in PE

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting Communications Manager on 01738 476873.

## Further Information

### Health Promoting Schools

All Perth and Kinross schools are working towards being a health promoting school. The world health organisation defines this as follows:

*“A Health promoting school is one which all members of the school community work together to provide pupils with integrated and positive experiences and structures, which promote and protect their health.”*

### Active Schools

This national initiative is aimed at encouraging more children to become and stay active. Emphasis is on targeting those children who are more likely to be excluded from taking part in activities. Each school has an active schools co-ordinator who works closely with partner agencies to:

- increase the number of children participating in physically active lifestyles on a daily basis
- improve the links between schools, clubs and the wider community
- develop and promote additional extra-curricular activities

## Useful Websites

[www.pkc.gov.uk](http://www.pkc.gov.uk)  
[www.healthpromotingschools.co.uk](http://www.healthpromotingschools.co.uk)  
[www.nhstayside.scot.nhs.uk](http://www.nhstayside.scot.nhs.uk)  
[www.healthscotland.com](http://www.healthscotland.com)  
[www.scotland.gov.uk](http://www.scotland.gov.uk)



Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility

## Physical Education in Perth and Kinross Primary Schools

*“learning to move, moving to learn”*

*(The report of the review group on Physical Education)*

Designed by Chief Executive's Service (2009204 - Oct 09)

Information for Pupils,  
Parents/Carers



PERTH &  
KINROSS  
COUNCIL

Education &  
Children's Services

## Physical education will now be delivered as part of Health and Wellbeing within the Curriculum for Excellence.

**Quality Physical Education (PE)** is essential for improving the health and wellbeing of all pupils. PE should:

- *teach pupils how to be active*
- *challenge and motivate pupils*
- *offer a variety of experiences in physical activities*
- *develop pupils skills and knowledge to be active for life*

**Perth & Kinross Council** is committed to providing all pupils in primary schools with 2 hours quality physical education. This will be delivered by a PE specialist and by the classroom teacher in all primary schools.

Activities delivered within PE may vary from school to school but your child should be able to experience the following activities as they progress through their primary school:

- *outdoor activities*
- *team games and team building skills*
- *gymnastics*
- *indoor and outdoor games*
- *social and creative dance*
- *athletics*
- *fitness and health enhancing activities*
- *cross-country*
- *orienteering*
- *swimming*
- *golf*

## Pupils' Questions

### How much PE will I get each week?

*You should get at least 2 hours of physical education each week within class time.*

### Who will give me my PE lessons?

*A specialist PE teacher will prepare and teach you a lesson and your class teacher will deliver another lesson. Occasionally a specialist coach will deliver some activities along with the class teacher.*

### Where will PE take place?

*Lessons will take place outdoors or indoors. Some lessons will also take place at other venues such as community halls, sports centres or swimming pools.*

### What do I need to wear?

*For indoor activities pupils should wear shorts, plain t-shirts and gym shoes or clean training shoes. For gymnastics and dance pupils should be in bare feet or gym shoes. Some schools have specialist PE uniforms.*

*For outdoor activities pupils should also wear a tracksuit or jogging bottoms and sweatshirt, extra socks and outdoor trainers. Rain jackets, hats and gloves should be worn when appropriate*

## Parents/Carers: How can I support my child to participate enthusiastically in Physical Education?

- *Find out from your school which days your child has regular PE.*
- *Ensure your child is prepared with appropriate clothing for indoor and outdoor activities, taking account of the weather.*
- *You should encourage your child to take part, work hard and persevere in more challenging tasks in physical education.*
- *You can contribute to your child's health and well being by encouraging your child to be active out of school*
- *If your child is unable to take part in PE due to injury or illness a note should be given to the class teacher stating the reason and how long they will be unable to take part in PE.*