



## **Physical Education Policy**

### **Introduction**

Renfrewshire Council is committed to providing a safe, caring and supportive environment for all people in its educational establishments. The recommendations contained in this report are from Renfrewshire's Revised Code of Practice Report (August 2016) are made to provide, so far as is reasonably practicable, a healthy and safe environment in which teaching, coaching and participation in physical education can take place with the minimum danger of accident.

### **Safety in the Gym Hall**

A teacher or a coach involved in Physical Education lessons or a club should make themselves familiar with the safety regulations provided by the authority.

The teacher must check the conditions of facilities and equipment prior to use and ensure that equipment has been properly assembled and is only used for the purpose for which it is designed. Care should be taken to ensure that mats are distributed in appropriate situations in relation to the apparatus and the activity being undertaken, both indoors and outdoors. Apparatus and equipment other than floor space, must not be used if it has been condemned by Sports Scotland. The equipment will need repaired or will need to be removed from the gym hall. Apparatus must be placed with due regard to other groups and dangerous obstacles eg. Piano, doors, radiators. All equipment must be thoroughly checked by the teacher, with particular attention to stability, before use.

Good organisation, discipline and control are fundamental to a safe lesson. Potential danger is minimised when teaching an activity follows a carefully structured programme. Support staff who are there to support specific children should ensure that they are close by.

### **Health and Safety of Pupils**

#### PE Dress Code

Children should wear a tshirt/polo shirt and shorts/leggings for PE lessons. Children can use the changing rooms to change for PE. Jumpers, cardigans, hooded tops and ties should all be removed before the lessons.

#### Warm Up

Pupils must thoroughly warm up before engaging in strenuous activity. A warm up task should be included at the beginning of a lesson.

#### Jewellery

Watches, rings, chains and belts with metal buckles and other body jewellery must all be removed before the physical education lesson, as these may cause injury to the child or others. Long hair should be tied back as it could be a hazard.

#### Piercings

It is preferred that parents are advised that any child having body jewellery piercing wait until the summer break to allow them time to heal. However, parents wishing children to wear body jewellery during physical education should write to the school expressing their request. Children will be expected to provide medical tape and cover any such items of jewellery during the activity. Pupils will be responsible for the safekeeping of jewellery and should keep items in their classroom.

### Bare Feet

Bare feet are acceptable where conditions are suitable eg. Gymnastics, Judo, Tae Kwon Do. No pupil should be permitted to handling of apparatus unless they are wearing appropriate shoes.

### Medical

It is imperative that teachers of physical education be made aware of such medical information concerning pupils as is relevant to the activities being undertaken by them. Teachers should ensure that any child who requires medicine, should take this with them to the gym hall eg. Epilepsy rescue medicine or blood testing strips for Diabetes. The teacher must know what to do in the event of an accident.

- Have no hesitation in seeking medical advice from the school office.
- Know that medical supplies are kept in the First Aid room.
- Have appropriate telephone numbers to hand.

### **Equipment**

Equipment is mainly kept in the gym hall cupboard. Some resources that are not required frequently are stored in the lockers outside the gym hall such as cycling equipment, sports day equipment and school football/netball strips for tournaments.

Any condemned equipment should be removed from the gym hall. Sport Safe Scotland will visit the school yearly to check all equipment and will advise of the cost for repair. ([www.sportsafeuk.com](http://www.sportsafeuk.com))

### **Lesson Planning**

Physical Education planners are accessible on the school X drive for staff. These planners have been created in line with the Renfrewshire Primary Physical Education Framework materials created by Mark Breslin.

Victoria Collins our Active Schools co-ordinator supports planning tournaments, clubs and sports events throughout the year.

Craig Daziel our Bikeability co-ordinator supports our cycling proficiency programme and will plan bike checks once a year for our pupils.

### **Policy Review and Development**

This policy will be reviewed every 3 years as a minimum in line with national guidance. It is next due for review in 2028.