



Physical Education Policy

Signed: _____

Date of Signature: _____

Dated: October 2019

Review Date: October 2020

Responsibility for review: M Bond

Ebor Academy Filey Physical Education Policy

Uniform/Equipment

All students should bring their full PE kit to all of their PE lessons unless told otherwise.

<u>Girls</u>	<u>Boys</u>
Ebor Academy PE top Ebor Academy shorts Ebor Academy football socks *Trainers **Ebor Academy rugby top **Plain black jogging bottoms/tracksuit bottoms **Plain black sports leggings, (must be worn with the correct socks) **Black underarm/base layer **Football boots and shin pads	Ebor Academy PE top Ebor Academy shorts Ebor Academy football socks *Trainers **Ebor Academy rugby top **Plain black jogging bottoms/tracksuit bottoms **Black underarm/base layer **Football Boots and shin pads
*Students must wear sports trainers that are supportive and with good grip in order to ensure their own and others health and safety in lessons. **Optional Teachers will inform students when they need to bring football boots, shin pads etc. to lessons. No hooded tops of any description to be worn for PE lessons	

PE kit is deemed as essential school equipment, therefore if for any reason a student does not have all/pieces of their PE kit without a note from their parent/carer explaining why, a warning will be given in the first instance. If the offence continues to be repeated students will receive a break/lunch/afterschool detention.

In each instance listed above, students will be required to borrow school PE kit in order to take part fully in the PE lesson. Failure to follow this procedure will result in an instant removal from the lesson and an afterschool PE detention.

Healthy and Safety

Jewellery

Jewellery must not be worn during PE lessons in order to maintain the health and safety of all students.

This includes:

Watches, rings, earrings, bracelets, charity wrists bands, sports bands, necklaces, belly bars and hair accessories.

Students wishing to get piercings should do so in the 6 week summer holidays, in order to leave enough time to heal so that they can then be removed for PE lessons on their return to school.

Chewing gum/Food

Chewing gum/ food should not be consumed in the changing rooms or during PE lessons. Any student found chewing gum will be asked to put it in the bin and will be given a warning on the

first instance followed by a break/lunch/afterschool detention. Similarly students should not eat in the changing rooms. Students found eating in the changing rooms will have the food confiscated from them and will be given a warning/break/lunch/afterschool detention. Students are allowed to bring bottled water (not fizzy drinks/energy drinks) with them into their PE lessons.

Hair

If a student's hair (male or female) is longer than the length of his/her chin, they are required to tie their hair up. For students for whom this applies, they must also bring a hair bobble as part of their PE equipment/uniform. Failure to do so will require the student to borrow a bobble/elastic band from the PE department and will result in a warning/break/lunch/afterschool detention.

Nails

In order to maintain the health and safety of themselves and others and in line with school policy students are NOT allowed to wear false nails, neither should they have long natural nails. Students who attend PE lessons with false nails will be given a warning in the first instance and asked to remove them/cut them for their next PE lesson. If this is not adhered to students will be asked to cut their nails and will be given a break/lunch/afterschool detention.

Athletics

During the summer term students will take part in athletics events during their PE lessons/extracurricular activities. During these lessons, they may be required to use heavy and sharp equipment e.g. shot puts and javelins. In order to ensure the health and safety of all students during these lessons, along-side the PE non-negotiable rules, further rules will apply.

Students must carry equipment as instructed by the member of staff.

When throwing the shot, discus or javelin students must stand behind/in the designated area and wait for their teacher to shout 'throw' and only then can students do so. Only when the teacher shouts 'collect' can students walk onto the field and collect their piece of equipment. Students who do not follow this rule will receive an instant afterschool detention.

Non-participation

All students should bring their full PE kit to all of their PE lessons. If for any reason a student is ill, injured or cannot take a fully active part in the lesson, they are still required to bring their kit and change into it (exceptions include limbs in cast.)

The student would be expected to take part in the lesson to a degree that their illness or injury permits, in most cases this would be in the role of official or coach and would involve organising and running small games, skills drills, refereeing and scorekeeping matches. In these cases a note from a parent is required to inform the PE teacher of the injury/illness and that the student cannot take a full part in the lesson. In cases where a student cannot take part for more than 2 weeks a note from the doctor or hospital is required and should be shown to the student's PE teacher before the start of the lesson.

If the weather conditions are such that a non-participant being outdoors is deemed not appropriate by the member of staff in charge, the student will spend the lesson in an indoor classroom where they can take as much of an active role in the lesson as possible.

Please note that being on their menstrual cycle is not a valid excuse not to take part in their PE lesson. Reception also stocks pain relief for students. In extreme circumstances students will be allowed to take on a different role, however, this requires a note from the parent/carer.

Behaviour

Physical Education lesson non-negotiables

1. ALL pupils will arrive on time to every PE lesson (PE kit should be collected from lockers at the start of the day/break/lunch – not during lesson time).
2. ALL pupils will bring/wear the correct PE kit for every lesson.
3. ALL pupils will get changed promptly in order to maximise lesson time.
4. ALL pupils will give 100% effort in every PE lesson.
5. Instructions given by members of the Physical Education staff will always be followed first time.
6. All pupils will follow the correct health and safety procedures when involved in Physical Education lessons.

Students who fail to follow these instructions will receive a warning stamp followed by a faculty removal if poor behaviour continues. This will result in an afterschool detention, all of which will be recorded in the student's planner.

Students who are removed from PE lessons will be provided with work to complete.

Any student who repeatedly breaks these rules will not be picked for school teams/fixtures/house events.

Mobile Phones & valuables

If students are seen with mobile phones on the PE corridor or in the changing rooms at any time during PE lessons (even when they are getting changed before or after the lesson, or when lining up outside) their phone will be confiscated. It will be handed to reception and students will be able to collect their phone at the end of the day. For second and subsequent offences a parent/carer will be required to collect the phone. Persistent offenders will receive a break/lunch/afterschool detention.

Changing rooms will be locked during lessons, lunchtime and afterschool practices. Students bring valuables (such as mobile phones jewellery etc.) into school at their own risk and the PE department will not be held accountable for any items which are lost or stolen during this time. Therefore, it is advised that valuable items are left at home.

Extra-curricular PE

The PE department encourages all students to take part in extra-curricular PE activities.

Students who choose to attend extra-curricular clubs/practices (including house events/sports day) are expected to follow the same procedure as a normal PE lesson. Failure to follow these procedures will result in the same sanctions as a PE lesson.

Ebor Academy Filey PE department have high expectations of all its students, never more so than when they travel beyond the school premises. Therefore, only students who can be trusted to represent Ebor Academy Filey to a high standard will be selected for school teams.

For students who are selected to represent the school at home/away fixtures the PE non-negotiable rules apply. Failure to adhere to these rules will result in the same sanctions as PE lessons; however, students will also risk permanent removal/ban from the club or team.

Permission/Consent

In order to attend away fixtures as part of school sports teams, students need written consent from parents/carers and must therefore sign the fixture consent stamp in the student planner on

the date of the fixture. Until this is completed with consent students will not be allowed to attend away fixtures.

Permission to leave lesson

In line with Ebor Academy Filey procedure, students will not be given permission to leave lessons in order to go to the toilet. Only students with valid toilet/medical passes will be given permission to go to the toilet during lesson time.

There are toilets available during the PE changing rooms for emergencies, however, in order to maximise lesson time students should go to the toilet at the allotted times (before school, break or lunch). Where students have double lessons students may be allowed to go to the toilet during changeover of lessons, if this is deemed appropriate by the teacher.

BTEC PE

Students who chose to take BTEC PE as an option in Year 10 & 11 are expected to act as role models to the rest of the school in every PE lesson. They are expected to demonstrate the highest standards in both theory and practical lessons and therefore must be fully equipped for every lesson with the correct PE kit, pen, pencil, ruler and exercise book.

It is the expectation of the PE department that students taking BTEC PE also take part in extra-curricular sports activities either in or outside of school.

Positive discipline

Whilst the expectations and rules of the PE department may seem strict, they have been put in place with careful consideration in order to improve and make consistent the learning, behaviour and health and safety of students in PE.

Similarly, it is important to the PE department to praise students who achieve and go beyond these expectations.

Therefore students will receive commendations for the following in their Physical Education lessons.

- Fully adhering to non-negotiable rules
- Helping to take out/bring in equipment
- Supporting others in the lesson
- Completing homework to a high standard
- Attending extra-curricular clubs
- Representing the school in fixtures