



WHS PE Department Participation Policy

Rationale

We believe, in line with government recommendations, that PE and School Sport plays an important role in not only meeting the physical health benefits but also developing social and mental health. It is therefore, imperative that we help to sustain interest and development across a broad spectrum of sports and physical activities to ensure that each student will be fully equipped to access a healthy, active lifestyle.

Uniform suitability

We want every student to be active in their learning in every lesson. Experience and shared practice across a number of schools has identified uniform as a key role in achieving this. The PE Department have taken time to select and stock an appropriate modern PE kit which is fit for purpose for physical activity, durability and warmth.

Participation

Students are expected to attend every PE lesson with the correct PE uniform as outlined in the uniform policy.

As a basic guide, if a student is suffering from a short-term, non-weight bearing injury, for example a sprained wrist, they are expected to get changed for PE and will be used in the lesson as a coach, official, manager or other suitable roles which helps to develop their learning and understanding.

If the injury is longer term or weight bearing, then a discussion will be had with the class teacher to see how they can be effectively planned for in the lesson.

Head injuries – if a student has experienced concussion then they will follow the RFU Headcase guidelines. We will adopt the Graduated Return To Play (GRTTP)

http://www.englishrugby.com/mm/Document/MyRugby/Headcase/01/30/49/57/returntoplayafterconcussion_Neutra1.pdf

Students with an illness such as mild flu symptoms/colds/period pains etc. should still bring in their PE kit as they can experience an active role in the lesson.

This policy is set as a guideline and will be applied sensitively based on an individual's needs and where appropriate the class teacher, or another member of staff will make suggestions to help the student to remain active in the learning. It is not an expectation that every child is to participate practically in the lesson but there is an expectation to be involved in the lesson.

Supervision

Injured or ill students will remain with their class and teacher. Students cannot be removed for private study or moved temporarily into another class. Any such agreement will be discussed by the Head of Department, Year Group Team and SEND department. Students may therefore, find that they are outside with their class. PE uniform is required as this is a warm uniform (students can wear the optional WHS jogging bottoms and a long sleeve top). It also means that during periods of inclement weather, wet PE kit can be changed out of, whereas wet school uniform cannot be so easily.

Enforcement of the policy

Direct communication between the student, school and home helps to reduce the impact of an injury or illness. We therefore ask that parents write a signed note in the planner to explain the reason of illness or injury to be considered. If the nature of the injury is such that an explanation is not appropriate in the student planner, then parents should endeavour to email the school using the PE email link on the website, outlining in greater detail further particulars. A guideline of time is useful to help the teacher to plan suitable subsequent lessons. For longer term illnesses, which are not visibly evident (e.g. a broken leg) professional medical advice should be shared with the PE staff.

At times, if this procedure is not followed then students may receive a consequence. Typically, a C2 will be given which is a break time 'check-in' where the class teacher can spend more time finding out about the specific details to help apply the participation policy appropriately. A consequence is used to help the continuation of the lessons and allow the other students to maximise their learning time.