

# Habs

HABERDASHERS'  
GIRLS' SCHOOL

## PE Policy

Policy Type	Non-regulatory
Last Review	Autumn 2022
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## 1 Aim

The PE departments aim is to develop Students' skills and understanding and provide each Student with the opportunity to achieve to the best of their ability and beyond. This policy aims to give guidance on the safety of Students in Physical Education lessons and extra-curricular activities. It will set out clear standards and expectations which support the care and provision for our students.

PE is considered to be essential for a student's overall and well-rounded development in personal, social and thinking skills and does this effectively through the medium of physical activity; it is also therefore a significant contributor to physical health. Studies also highlight a connection between physical activity and academic performance.

## 2 Terminology

**the Head**, where not explicitly defined, means the Head of the Girls' School.

**the Parents** includes one or both parents, a legal guardian, or education guardian.

**the School** means Haberdashers' Girls' Schools

**Student** or **Students** means any student or students in the School at any age.

## 3 PE Objectives

Lessons are structured to:

- develop Student's competence, confidence, and ability in a broad range of physical activities
- promote physical skilfulness, physical development, and knowledge of the body
- give opportunities to be creative, competitive and face challenges as individuals and in teams
- encourage students to learn how to plan, perform and evaluate actions, ideas, and performance to improve their effectiveness
- help Students discover their aptitudes, abilities, and preferences and to make choices
- be physically active for sustained periods of time
- to be engaged in competitive sports and activities
- to lead healthy, active lives

## 4 PE Provision

Students are offered an innovative curriculum that covers a broad scope of activities to maximise opportunities to engage in a range of PE.

## **5 Start of Term Lessons and Kit Checks**

At the start of term, a kit check will take place in all years PE classes. This is to ensure all items of kit are clearly labelled with the student's full names. It is expected kit will be named with embroidery, sewn in labels or permanent marker pen. Items of kit are expensive, and a fully labelled set of clothes/equipment will enable lost property to be reunited with their owner.

L4 Students will participate in a swim competency test. This is to ascertain their swimming ability and to identify Students who may need further development at the start of term. Their PE teacher will give them notice of when this will take place. All middle school swim lessons will begin with a refresher competency test to ensure Students safety in the water.

## **6 Students excused from PE or clubs**

Students are not normally withdrawn temporarily or regularly from PE lessons. Withdrawal will be by special arrangement. Exceptions are routine, rotating music lessons. The PE department will include all Students in PE lessons regardless of their limits to physical participation. The teacher will liaise with Section Heads to discuss the most suitable activities or method of inclusion based on the individuals' limits. In most cases Students will be able to support peers with recording/umpiring/offering feedback based on the lessons learning objectives.

### **6.1 Medical Grounds – temporarily or prolonged**

A letter must be provided from parents/caregivers if temporary excusal is required. When an injury exceeds 2 weeks, a medical practitioners note must be provided. All long-term letters excusing a student from participating in PE will be passed on to the school nurse who will add the Students to the 'Off Games' List. Appropriate PE department staff will be made aware of the excusal.

### **6.2 Students excused during menstruation**

Students are encouraged to take part whenever possible, but should they wish to be excused from swimming during menstruation they should provide a letter from their parents.

## **7 Safety in lessons and clubs**

School PE kit is worn for all lessons including supportive trainers as opposed to a 'fashion' trainer or canvas pump.

Jewellery should not be worn. It will be removed by the Student and prior to the lesson. Students are expected to store their valuables safely during lessons. A Student who has recently had their ears pierced may temporarily wear tape which covers the piercing whilst it

heals. Religious bracelets (and other items) may also be worn in lessons provided the whole item is taped securely to the owner's body. Depending on the nature of the item it may be necessary for the item to be removed so that as far as possible health and safety of both the owner and others is not compromised. Students with a navel piercing must remove this before participating in trampolining.

Hair should be tied back.

Nails must be short for netball matches.

Mouth guards and goggles must be worn for lacrosse lessons, practices, and matches. If a Student does not have a mouth guard or goggles, they should participate in the lesson as much as is deemed safe by the member of staff in charge. This would normally mean all closed practice situations but not competitive play. Alternative roles should be adopted.

Students with EpiPens, inhalers and other medical equipment should bring these to all lessons where they can be easily accessed.

## 8 Extra-curricular trials

The department organises an extensive extra-curricular programme which runs at lunchtimes, after school and at weekends. Habs Students are encouraged to participate in these clubs which include recreational and team sports. The extracurricular timetable is distributed by the Director of Sport.

**Whilst we encourage all students to trial and audition for squads within their chosen extra-curricular activities, we would kindly like to ask for parents to support their child who experiences disappointment. The co-curricular programme is extensive, and everyone is encouraged to consider developing skills using alternative opportunities such as development and open practice.**

## 9 Sport Fixtures

All fixtures are shown on our sports website SOCs. SOCs is an online platform designed to help manage sport efficiently. It can be accessed through any device connected to the internet. SOCs can be found via the school website, where team sheets, fixtures and results can be found. It is recommended that parents and students check their playing commitments regularly throughout the season.

**It is an expectation that students and parents adhere to the fixtures policy as follows:**

- If students are unavailable to attend a fixture, one week's notice should be given (the exception would be illness or a family emergency). Failure to give one week's notice may jeopardise selection for a future match.
- Where the student is ill the day before the fixture or the day of a fixture, the relevant member of staff should be emailed as early as possible in the school day so that a replacement may be found.

- Students will use the transport provided by the school. Should parents wish to make independent arrangements to travel to/from the venue, 72 hours' notice is required, and this should be emailed to the appropriate member of staff. This ensures more cost-effective transport to be arranged and keeps the registers accurate at the time of travel. Where parents are collecting children from an away fixture, it is expected they arrive on time. For safety reasons unaccompanied students will not be left at a fixture venue; they will return on the coach.
- Students travelling to or from an away fixture in a car driven by another student/parent, an email from the child's parent is required. This must be sent to the PE teacher in charge of the fixture at least 72 hours prior to departure.
- Following a fixture, arrangements should be made to collect students from school promptly and at the time stated on SOC's. Students are not allowed to wait in the car park unattended. Should there be an unexpected delay, students will wait at the PE office until parents have arrived at the car park. Where students are late being collected on two consecutive occasions, this will result in deselection for the following match.
- After home fixtures, all students are expected to stay for refreshments and host the opposition. Parents are asked not request permission to leave directly after a match. If on the rare occasion this may be the case, please make direct contact with the member of staff concerned ahead of time.
- Students are responsible for ensuring that they have the necessary medication (inhalers, AAls etc.) with them for both home and away fixtures. The policy is to bring two AAls and/or one inhaler.
- If a fixture is cancelled, this will be communicated through SOC's and Microsoft Teams.
- In an emergency when at a Saturday away fixture a member of PE staff can be contacted on the following number: 07795 833742. Please note that due to umpiring commitments whilst at the fixture, the phone may not be answered immediately.