



## St Mungo's High School

### Creative & Aesthetic Faculty

# Policy on Pupil Participation in P.E.

## Information for Parents

“The case for PE at one level is a very simple one – all children and young people in Scotland **need** to have a Physical Education.

Scottish Executive Review Group on Physical Education, 2004

**Physical Education is a core subject in St Mungo's High School inline with government guidelines.**

The Scottish Executive Education Review group on Physical Education stated in 2004 that *"evidence indicates that the health and wellbeing of children affect their ability to achieve and their confidence to learn. When children and young people are fit and healthy, they are more able to concentrate, learn and do well in school."*

*They go on to state that,*

*"A good quality physical education can:*

- *include all children and young people whatever their cultural background and physical or cognitive abilities;*
- *enhance social inclusion and engagement in school life;*
- *develop pupils' confidence and self-esteem;*
- *contribute to the social life of the school and its ethos; and*
- *provide foundation skills and knowledge for a lifetime of activity and perhaps a future working life in sport, physical activity, culture and leisure.*

Our commitment to our pupils is to provide a quality experience of Physical Education. In doing so we make every effort to give pupils a broad range of experiences over a wide variety of Physical activities making use of all the facilities available to us. Consequently we are a successful department where pupils chose P.E. in large numbers and are rewarded with exam success.

In return our pupils must participate in Physical Education classes that are a core, compulsory element of the curriculum from S1 to S6.

Pupils in classes from S1 to S4 participate in two periods of Physical Education per week. Pupils in S5 & S6 participate in one period per week. Pupils with a particular interest in Physical Education can choose to study in more depth through Standard Grade and National Qualification courses.

As parents we hope you appreciate the importance of regular physical activity and look for your support in ensuring your child participates regularly in Physical Education and benefits for the experiences Physical Education offers.

## **Acceptable P.E. Kit**

Where possible, pupils should wear the following kit;

**Indoor Lessons** – Plain white T-shirt.  
Dark shorts or tracksuit bottoms.  
Trainers.

**Outdoor Lessons** – As above but may include appropriate clothing for cold or wet weather. Pupils may wear football boots if appropriate.

- Pupils should also bring a towel and full change of underwear and socks.

## **Swimming**

Boys should wear plain swimming shorts or trunks. Shorts should not go below the knee.

Girls – preferably a one piece swimsuit.

## **Participation Policy**

**It is deemed that all pupils who attend school will normally be able to participate in Physical Education.**

All pupils must bring P.E. kit as part of our extended school uniform policy.

Pupils must bring P.E. kit to school in a bag and should change before and after every lesson.

Pupils should not arrive or leave school with P.E. kit underneath school uniform for health and hygiene reasons.

Pupils must change for every lesson. **Where a pupil is injured they should change into P.E. kit and explain the problem to their class teacher who will give them a suitable role in the lesson, i.e. umpiring, contributing to peer observation tasks etc...**

Where a pupil has a serious injury or illness that would not allow them to participate in P.E. for an extended period, parents should inform the Faculty Head in writing who will make suitable arrangements.

Pupils are expected to participate in the full course including lessons in the swimming pool.

**Repeated non-participation in Physical Education without a reasonable excuse is detrimental to your child's health and well-being. Should this occur the school will investigate and take further action.**

## **Valuables**

The PE changing rooms are open at the beginning and end of each period and are under staff supervision at these times. They are locked throughout the duration of lessons.

Pupils', who leave valuables in the PE changing rooms, do so at their own risk. It is recommended that pupils do not bring valuable items to school.

Jewellery does not form part of appropriate P.E. kit and is considered a health and safety hazard. Any pupils wearing jewellery will be asked to remove it prior to the lesson. Pupils will be responsible for the safekeeping of jewellery.

## **Parents should note that:**

All pupils will be required to participate in swimming lessons unless unable to do so for appropriate medical reasons.

All classes scheduled to be out doors when the weather is poor will go ahead as planned. Pupils should come appropriately prepared. Class teacher will only cancel outdoor lessons where extreme conditions/weather is deemed to present a danger to pupils' health and/or safety.

## **Where a pupil has a minor ailment:**

Pupils will not be required to provide a note when they have a minor ailment. They should follow the procedure outlined:

- **Bring P.E. kit as normal.**
- **Change for P.E. class.**
- **Inform class teacher of the problem.**

The class teacher will accept the pupil's reason and make every effort to include the pupil in the lesson as appropriate.

The class teacher will keep a record of any reported ailments. Where these appear regular and persistent you will be notified of our concerns for your son/daughters wellbeing.

## **What happens when a pupil does not bring P.E. Kit?**

Pupils will be given the opportunity to borrow freshly laundered kit from the P.E. Department. This will avoid the school having to invoke any form of disciplinary sanction and will enable the pupil to take part positively in the appropriate activity.

You will be notified by text message that your child has reported for P.E. without appropriate P.E. kit. By using this method you will be kept fully up to date on your child's progress in P.E.

If the option to borrow school kit is refused the pupil will report wearing the normal school uniform to the activity taking place and will be given a written task to be completed during the lesson. School disciplinary sanctions will be applied to those refusing to participate in PE lessons.

Should your child continue to refuse to bring P.E. kit or participate in lessons, you will be informed. You may be asked to attend a meeting to discuss your child's progress and the school will proceed with disciplinary sanctions if appropriate.