

Spalding Academy P.E. Participation and Kit Policy

Why are school PE lessons so important?

Here at Spalding Academy we believe school physical education is key to promoting healthy and active lifestyles for our pupils, both whilst attending school but also when they leave school and education. It also allows pupils to develop physically, socially, technically and psychologically whilst giving pupils a platform to achieve at school and club level or maybe higher. Many of our pupils choose to go on and pursue a career in Sport through KS4 and KS5, to which school core PE lessons give pupils the basic knowledge, skills and understanding to help follow these pathways in education.

The government states...

“Playing sport helps to keep people healthy and is good for communities. Playing sport at school or in a local club is also the first step to competition at the highest level, which helps improve our reputation as a sporting nation, and contributes to economic growth.

But when people leave school they often stop playing sports, which means people can't fulfil their sporting potential, and can lead to a less healthy lifestyle. We want to get more people playing sport safely from a young age, and help them keep playing sport throughout their life, no matter what their economic or social background.” (Government sports participation policy, 2015)

The UK Government also make the following recommendations to the amount of physical activity young people should undertake a week. Spalding Academy core PE lessons contribute a large part to our pupils meeting these recommendations.

“To maintain a basic level of health, children and young people aged 5 to 18 need to do:

- at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis*
- on three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running” (UK Physical activity guidelines, 2011)*

With this in mind the Spalding Academy P.E Department have a Participation and PE kit policy for all pupils to follow and we appreciate parents help and support in ensuring all pupils follow this policy.

Spalding Academy P.E. Participation and Kit Policy

- PE lessons are compulsory for all students at Spalding Academy. Refusal to take part will be dealt with in accordance with the school's behaviour policy.
- All pupils are expected to wear the correct PE kit for all lessons as bought from the Uniform shop
- If your child is unable to take part in a physical way, they are **still expected to bring their kit** also with a dated note to explain. They will still get changed and participate in the lesson in other roles such as a coach or an official. This means that they are still involved in the lesson along with the other pupils as well as protecting their school uniform from getting dirty or wet.
- If the circumstances are such that getting changed is difficult due to the injury, then the class teacher will obviously take this into consideration. Also, if it is cold outside the class teacher may decide to let the inactive student bring a coat out to keep warm. This must be agreed with the class teacher at the beginning of the lesson.
- In the case of a long-term medical issue that prevents physical participation in PE lessons for an extended period of time (2 weeks or more) a signed medical note from a doctor is required to explain the issue and how long they will be unable to physically participate.
- If pupils cannot bring the correct PE kit then they can bring an alternative kit which is appropriate for their lesson (black or blue colours, no large logos/designs or football shirts), **with a dated note to explain.**
- If your child attends their lesson without a kit or note then they will be issued with a detention and a kit mark.
- Spare kit will be provided if necessary. Refusal to wear the spare kit will be dealt with in accordance with the school's behaviour policy.
- Jewellery is not allowed under any circumstances and must be removed for all lessons, therefore, should students wish to get their ears pierced this should be completed at the start of the summer holidays so earrings can be removed in September. Covering the earrings in tape is not an alternative to the earrings being removed and refusal to do so will be dealt with in accordance with the school's behaviour policy.
- Should students require the use of an inhaler they must have it on their person for the lesson and pass it to their teacher whilst they are participating in the lesson.
- Spalding Academy does not take responsibility for valuables lost during PE lessons. All valuables should be left in student's bag or locked in their locker. Changing rooms will be locked during PE lessons.
- If there are any issues with participation in PE, please contact the school so we can help support/resolve the issue.

Remember - All pupils must bring PE Kit with them and get changed, even if they are injured or unwell.

PE Kit Sanction process

Kit marks (No kit or item missing)

- **1st kit mark** – 10 mins break/lunch – No PE kit behaviour log
- **2nd kit mark** – 20 mins break/lunch – No PE kit behaviour log
- **3rd kit mark** – 30 mins lunch – No PE kit behaviour log
- **4th kit mark** – Period 6 with class teacher – Set on SIMS/Letter home. Class teacher to ring home and discuss.
 - **Persistent offender (4+)** – HoD Period 6

Spare kit

- If a student has, their whole kit or a part of their kit missing spare kit will be provided
- **Refusal to wear spare kit/take part** – On call - Internal isolation plus Class teacher lunch detention/Period 6 (or 2 x lunchtimes) – Behaviour log
- If it happens again, another period 6/lunch detention. Class teacher to ring home and discuss.
 - **Persistent offender (3+)** – HoD/JLE Period 6

Period 6/Lunchtime detention

- Period 6/Lunch time detentions will be at the teacher's discretion.
- Period 6 Letters will be sent home giving at least 24 hours' notice (email)
- **Missed detention** – Class teacher to reset another period 6/lunchtime - HoY/Pastoral team informed to help attendance
 - **2nd missed detention** – HoD Period 6
 - **Missed HoD Period 6** – passed up to HoY