

HAZELDENE LOWER SCHOOL



Physical Education and Activity Policy June 2015

SIGNED DATE.....
HEADTEACHER

SIGNED DATE

CHAIR OF GOVERNORS

TO BE REVIEWED June 2017

HAZELDENE LOWER SCHOOL

Safe Practice In Physical Activity and Education

Safe Practice

The school is committed safe and effective exercise procedures. Staff are aware of the need for safety and good practice when presenting physical activity and the curriculum in physical education.

The school uses the following publications 'Safe Practice in PE and School Sport' and PE Safety and Good Practice' provided by (Central Bedfordshire's Council's policy)

The P.E. risk assessment is held with the P.E. Co-ordinator and each member of staff has a copy.

Teaching and learning

- Regular lessons are necessary for children to develop awareness, skills and responsibility. Agreed routines and the safety principles for different activities need to be understood and practised by both teachers and pupils.
- Appropriate behaviour needs to be taught ,established and reinforced with the pupils.
- Pupils need to learn the reasons for changing into appropriate clothing and footwear.

Teacher

- Each teacher is a role model and should demonstrate their good practice with regard to clothing, footwear and jewellery.
- They should be in an appropriate position for observation and intervention, usually on the edge of the activity.
- They should have sufficient knowledge of the subject matter to plan and set tasks that avoid unnecessary hazard to the body.
- Pupils should be taught the elements of warm up and become increasingly responsible for this section of the lesson. The importance of warming down should also be developed.
- Teachers should ensure that planning includes the use , moving and positioning of apparatus.
- They should aim to develop positive attitudes in pupils, towards their own safety and that of others.
- When supporting children particularly in gymnastics it is essential that child protection principles are followed. Staff need to explain to the child what will happen and what physical contact may be made. Support must be in accordance with common and accepted good practice

- If a supply teacher is to teach PE it is essential that they are fully aware of the school policy and guidelines. It is recommended that they teach using only the basic equipment to safeguard the pupils and themselves.
- The head teacher must be satisfied that all teachers who are required to teach PE are able to do so in a safe environment, with an understanding of the needs and stages of development of all the children in their class.
- Students On teaching practice or other trainees should always be supervised by qualified teachers. They can not be given 'duty of care' until they have qualified. The teacher retains this responsibility.

Pupils should learn

- The need for safety in being physically active- warm-up, warm-down; landing correctly: working co-operatively and the use of correct posture and skills.

Teaching Area

- The teacher is to ensure that the working environment is free of danger e.g. piano stool, school furniture or equipment, wet playgrounds, large puddles, mud or slippery grass.
- The use of unsecured hoops on hall floors is discouraged, throw down spots are the best alternative.
- Lighting, ventilation and heating must be adequate to enable pupils to work safely.

Emergency procedures

In the event of an emergency the following procedures should be followed:

- In the swimming pool there is a mobile phone and a red band which needs to be taken to the reception area by a responsible person where appropriate action will be taken by the office staff.
- In the hall the children will go out of the fire exit in the hall and line up as usual on the playground
- On the playground or field if the alarm should go off the children will immediately walk to the usual place on the playground.
- All accidents or near misses should be reported following the school's accident procedure.

- All the details of children with specific health, medical problems or allergies are displayed in the school office and teachers should be familiar with them.

Kit

Parents should be informed on an annual basis of the regulations the appropriate dress for PE, the policy of the school on wearing jewellery.

- Children should change into appropriate clothing for the activity.
- Jewellery should not be worn. No ear rings or jewellery may be worn in the swimming pool.
- Long hair should be tied back.
- For gym and dance children should work in bare feet unless there is a medical reason then they may wear plimsolls.
- In doors once the children have warmed up they should work in shorts and t-shirt to allow unrestricted movement.
- When working outside the children should have suitable clothing particularly during cold weather. The children are required to have a pair of joggers, extra sweatshirt and if necessary may wear a coat and gloves. No scarves should be worn.
- Religious and cultural issues need to be taken into account. The wearing of a sweatband to cover bracelets is permitted during different types of physical activity.

September 2014