

## Standards & Expectations

ITEM	DETAIL
Changing procedure before and after lesson	<p><b>Lesson beginning:</b></p> <ol style="list-style-type: none"> <li>1. Changed and out to teaching area within 10 minutes of lesson start.</li> <li>2. You will get changed even if you are excused.</li> <li>3. Valuables handed in to your teacher at the time of registration with them.</li> <li>4. School allowance of jewellery accepted only. No mobiles / MP3's etc.</li> </ol> <p><b>Lesson end:</b></p> <ol style="list-style-type: none"> <li>1. Collect valuables before you go to get changed.</li> <li>2. You will not be allowed to go unless you are properly dressed.</li> <li>3. You will be given 10 minutes to do this.</li> </ol> <p style="text-align: center;"><b>WET WEATHER BRING A PLASTIC BAG FOR WET KIT</b></p>
Medical Conditions	<ol style="list-style-type: none"> <li>1. Must be explained by a note from your parents / guardians.</li> <li>2. <b>You are expected to wear PE kit even if you have a medical condition does not allow this e.g. a broken leg, severe eczema..</b></li> <li>3. Only notes from parents / guardians will be accepted. These will be confirmed by phone call home to your parents at a later stage in the day.</li> <li>4. Phone calls from parents / guardians must be prior to the lesson.</li> <li>5. Long term medical conditions will require a doctors note.</li> </ol>
Kit	<ol style="list-style-type: none"> <li>1. <b>You are expected to wear a minimum of the basic sports college kit: shorts, polo shirt, house socks and trainers / appropriate footwear – safety being the bottom line.</b></li> <li>2. <b>No note of explanation from parents / guardians explaining any lack of this = detention.</b></li> <li>3. Students may purchase and use other sports college items for specialist activities BUT they must still have the basic kit outlined above.</li> <li>4. If this is not possible, for whatever reason, then a note must be forthcoming from your parents / guardians explaining why.</li> <li>5. As a short term solution, a suitable alternative should be worn of a plain and navy blue or dark design for shorts or tracksuit trousers and a plain white t-shirt.</li> <li>6. Sporting coats appropriate to the activity may be worn but not the same one you wear around school.</li> <li>7. Hats and gloves may be worn dependant on the activity.</li> </ol>
Piercing & Jewellery	<p><b>All piercing must come out.</b></p> <p><b>All jewellery comes off.</b></p>
Clubs and school teams	<ol style="list-style-type: none"> <li>1. Check the P.E clubs lists regularly to keep up with what is on offer.</li> <li>2. With Early bird clubs don't forget to pick up your breakfast voucher after.</li> <li>3. For related fixtures those who regularly attend clubs will be given priority of selection over those that just offer themselves for the fixture.</li> <li>4. Students must represent themselves in school positively to be allowed to represent the school in fixtures no matter how good you are at your sport!</li> </ol>
Rewards	<p><b>Students are rewarded for consistent commitment, positive behaviour, positive attitudes, improvement beyond basic standards, excellence and endeavour.</b></p>
Improvement	<p>Students are expected to know their PE national curriculum level and how to progress on to the next level.</p>

## Participation in PE and medical records

1. PE is a National Curriculum subject and, as such, **all students** must take part. By its very nature, PE is a practical subject necessitating Physical involvement. Regular participation is therefore encouraged and indeed expected of all pupils. It is only through taking part that levels of performance can improve.
2. The aim is to involve 100% of all students in the learning process within PE. For this reason all students get changed for PE, regardless of being

medically excused. This is also about learning to meet a professional standard. Those for whom medical reasons, cannot get changed, will be involved in officiating, organising, analysis and coaching duties.

3. Unless medically excused i.e. the student brings in a note from a parent, who states precisely what is wrong with them; every pupil must take an 'active' part in PE. This note must be initialled, dated &, if necessary, checked for authenticity by the PE teacher. It is the PE teacher who decides how this affects the level of participation in the lesson, in conjunction with the recommendations put forward in the note.
4. Medical notes should be kept at the front of the register, for the duration of the academic year, for easy reference. Long-term notes are kept on file in a central folder.
5. **N.B: A MEDICAL NOTE FROM A DOCTOR MUST BE SOUGHT FOR ANYTHING**
6. **LONG-TERM IE OVER THREE WEEKS**

### **Changing and Registration & Valuables**

1. Teaching staff on should be ready to meet and greet.
2. Teaching staff should be divided equally amongst the spare kit store, changing room and the corridor.
3. Allow students 10 minutes to arrive and get changed and be ready to learn.
4. Follow school procedure on registration process.
5. Paper copies are at the discretion of the teacher.
6. Students take valuables to their site of teaching and the t/ic collects them in there.
7. Staff will accept the school recommended amount and type of jewellery.
8. Staff do not accept mobile phones / or MP 3 players.
9. The school policy states a minimum amount of jewellery is to be worn to school. Pupils are encouraged not to bring particularly valuable, either monetary or sentimental, belongings to school.
10. In the interests of health & Safety, **absolutely no jewellery is to be worn in PE.**
11. Any form of 'body piercing' is 'extremely hazardous' in PE.
12. Pupil should not have piercing done in term time leaving them unable to participate in PE lessons.
13. Pupils unable to remove such jewellery may take a standard letter home to parents which, once signed, serves as a 'disclaimer' i.e. that the school is not responsible. The parent accepts this for a period of 4 weeks or such time as the piercing can be safely removed, and agrees to supply the appropriate tape and padding etc.
14. Failing that the piercing must come out.
15. Students should be encouraged to use the lockers and a padlock on the day of their PE lesson to keep clothing and items of value safe and take the key to their lesson.

16. The school does not accept liability for items of value providing reasonable measures were taken to provide for the safety of these items as outlined above.
17. Allow students 10 minutes at the end of the lesson to get changed and be ready to leave.

**N.B: Staff should supervise the students at the end of lessons until the bell goes, ensuring they stay inside the changing area until this point.**

### **Showering and Hygiene**

1. Showers are encouraged and available to all students after each lesson in the sports hall changing rooms and the showers in the main changing rooms.
2. Although the majority of students choose not to have showers, the department promotes these on a health and hygiene basis, especially after particularly strenuous activities such as aerobics; cross-country etc.
3. Aerosol deodorants may not be used in the changing rooms.
4. Students must change and are not allowed to put school clothes on over PE kit.