

Comeragh College PE policy

Introduction

Comeragh College is committed to promoting the health and wellbeing of its students through physical activity. A programme of Physical Education is provided for all year groups.

Overview

PE is mandatory for all students in Comeragh College.

Rationale

The Department of Education and Skills, Rules and Programme for Secondary Schools 2004/05 (p.7/141) instructs all schools to offer Physical Education. Students are required to participate in P.E. as they would in any other class.

PE is a vital part of the curriculum that challenges students physically and cognitively. It forms an important part of the holistic development of the students at Comeragh College. Research has shown that participation in physical activity during adolescence leads to much more positive physical activity and health outcomes as adults. In addition, physical activity has been shown as an effective tool in the management of stress and in the improvement of concentration levels. Hence PE is included as a compulsory segment of the curriculum.

Participation Policy

- Participation in PE is compulsory for all students.
- Students are expected to apply themselves to the best of their ability.
- All students should arrive with suitable PE gear-

Options include

1. School tracksuit and runners- new 2018/19.
2. School tracksuit and runners- older version 2017
3. Own PE clothes for PE class only

- In the event of a student not being able to participate due to illness or injury, parents are expected to inform the PE teacher of such through the appropriate "Note to PE/Games teacher" section of the student journal.
- Long term absence from PE should be excused through a medical certificate from a GP/Physiotherapist to be given to the Principal and PE teacher
- In the event of a minor injury, the PE teacher will modify the lesson where possible to allow such a student to participate.
- Should a student not participate in PE without an appropriate note the PE teacher will sanction the student by administering written work to be completed in class.
- If a student fails to present themselves in full PE uniform

School tracksuit and runners- new 2018/19.

School tracksuit and runners- older version 2017

Own PE clothes for PE class only

- the teacher will give the student a sanction of extra work or detention
- If a student has an injury/condition which makes it unsafe for her to be physically involved in the P.E. class (such as a broken limb) she will participate in other ways e.g. by learning about the theory elements of the current activity being covered in P.E. class. This will be achieved by the P.E. teacher giving the student an information sheet or text which she will be asked to read and, if asked by the PE teacher, take notes from. In the latter instance the student must present the notes to the teacher at the end of the class for inspection. The student should then keep these notes safely. ▣ As with any other subject students are liable to sanction for non-compliance with the requirements of P.E., according to the school's Code of Behaviour and Discipline.
- Repeated violations of the participation policy will be dealt with in accordance with the school's code of behaviour and discipline procedures.

PE Clothing / Equipment

Students are required to wear

- School tracksuit and runners- new 2018/19.
- School tracksuit and runners- older version 2017
- Own PE clothes for PE class only

and runners WITH WHITE SOLES for PE

Students without appropriate clothing will not be permitted to partake in PE and will be dealt with in accordance with the code of behaviour policy.

First Aid/Injuries

Students are required to report all injuries to the PE teacher immediately and first aid will be administered and recorded where necessary in compliance with the Health and Safety procedures in the school by the PE teacher.

Differentiated Learning & Participation by Students with Special Educational Needs

All teachers are informed of students with special educational needs at the start of the academic year. The PE teacher will be invited to contribute to the formation of an Individual Education Plan (IEP) where appropriate. Students with co-ordination and physical difficulties, such as dyspraxia, may be assessed for coordination skills and a differentiated PE programme devised, if necessary. Any such assessment is subject to parental consent.

The PE class at Comeragh College is an inclusive environment, and every effort will be made by the PE teacher and school management to accommodate and integrate students with varying levels of ability including those with Special Educational Needs (SEN).

In the case of students with SEN, the PE teacher will adapt games and activities and also use the resource of a Special Needs Assistant (where applicable to an individual student) to ensure that they take as full a part as possible within class.

Where it is not possible to integrate a student fully into a particular activity, that student will then be encouraged to assist where possible and to observe and learn various

tactical and skill components of the activity. This helps to ensure that each student has a role to play within the PE lesson.

Changing Room Policy

High standards of behaviour are expected from students within the changing areas and all the rules contained within the Comeragh College Code of Behaviour and Anti-bullying procedures apply.

The PE teacher will not enter the students changing area unless:

- (a) The teacher feels that there has been a breach of the school rules resulting in a compromise of student safety and/or dignity;
- (b) School or student's equipment is being damaged;
- (c) A student requires first aid.

Use of mobile phones, cameras or any other recording equipment is strictly prohibited within the changing rooms and any student caught doing so will be dealt with in accordance with the school's code of behaviour.

Letter Certifying Inability of a Student to Participate in Physical Elements of Physical Education Class
in Comeragh College

I certify that _____ (student's name) will be unable to

participate in the physical elements of Physical Education class from

_____ (date) to _____ (date).

Doctor's name: _____

Doctor's signature: _____

Doctor's address: _____

Date: _____

Signatures:

Signed: Nauman Samke

(Chairperson of Board of Management)

Signed: [Signature]

(Principal)

Date: 23/5/18

Date of next review: _____