

Physical Education Kit Policy

(Non-Statutory Policy)

At Burghfield St. Mary's CE Primary School, we recognise that Physical Education is a key area of learning within the National Curriculum. Physical Education kit is essential in ensuring that pupils access the National Curriculum to its full potential and participate safely and comfortably in physical activity at school. We believe that a uniform Physical Education kit encourages our children to have a sense of belonging to our school community and promote a feeling of pride and equality.

1 POLICY OUTCOMES

- Pupils are taking responsibility for their learning; by bringing their Physical Education kit and discussing any issues they have with the staff member; we are encouraging a more mature approach to their education.
- All pupils are participating in the lesson as much as they can, even if they cannot physically do everything.
- All pupils are in kit for Physical Education lessons creating a sense of unity - no-one stands out as being different, just like in their school uniform.
- All pupils are always prepared to participate whether they are indoors or outside.
- All pupils are involved and contributing to the lesson.
- Different types of learning will occur when pupils take different roles such as coach, umpire, referee or leader.

2. PUPILS PHYSICAL EDUCATION KIT.

All pupils are to have full and correct Physical Education kit for every lesson. It is understood that there are occasions when pupils will be unable to take a full active part in a lesson due to a medical condition or as they recover from illness or injury. When this happens, staff endeavour to keep such pupils as involved as possible so that they can continue their learning alongside their peers.

If a pupil is injured or unwell, then they will be required to still bring their Physical Education kit into school. The member of staff leading the lesson will then discuss what they are able to do; sometimes this will be taking part in some of the lesson, other times this will be taking on alternative roles within the lesson such as leadership, officiating or evaluating peer performance. Pupils will change into their Physical Education kit to carry out these jobs. Where movement is limited, additional clothing may be worn outside so that pupils are kept warm and dry when not being physically active e.g. a coat, hat, gloves.

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Pupils' Physical Education Kit – Indoor (Gymnastics and Dance):

- Royal blue embroidered school logo t-shirt or plain royal blue t-shirt
- Navy blue shorts with no logo
- Navy blue skorts with no logo
- Royal blue jumper or cardigan with or without embroidered school logo
- Children will be in bare feet for gymnastics and dance lessons

For gymnastics and dance lessons, children will perform in bare feet, as this is safest whether on the floor or apparatus. Participating in socks is not allowed on a polished floor or on apparatus due to the level of grip provided being poor, which can result in injury.

Latest guidance from "Safe Practice in Physical Education, School Sport and Physical Activity, 2020 Edition"

In gymnastics and dance, barefoot work is safest, whether on the floor or apparatus, because the toes can grip, unlike trainers. Barefoot work in both gymnastics and dance can improve aesthetics by allowing the foot and toes to move through a full range of flexion and extension, which in turn strengthens the muscles, bones and joints.

Latest guidance from SportSafe.

Pupils' Physical Education Kit – Outdoor (Games):

- Royal blue embroidered school logo t-shirt or plain royal blue t-shirt
- Navy blue shorts with no logo
- Navy blue skorts with no logo
- Navy blue jogging bottoms with no logo
- Navy blue leggings with no logo (no tights)
- Blue jumper or cardigan with or without embroidered school logo
- Trainers – different pair to school shoes

Long hair must be tied back to prevent entanglement in apparatus and to prevent it obscuring vision. The school wish to be sympathetic to cultural and religious dress, however, it is crucial that children meet our expectations of suitable clothing and footwear. Hijabs must be tied tightly to the head. If a shawl is worn, this must be secured tightly at the back and must not be loose at the front as this may compromise safety when participating.

As cloakroom space is very limited, we ask that pupils use the smallest bag possible for their Physical Education kit.

Items not to be worn in Physical Education lessons due to health and safety reasons:

- Plimsolls
- Hooded tops
- Zip tops
- Tights
- Cycling shorts (worn on their own)

3 STAFF PHYSICAL EDUCATION KIT.

All staff will wear suitable clothing and footwear for Physical Education lessons acting as role models for the students with what is appropriate to wear for different sports/ activities. Members of staff will not wear clothing that could have implications for the health and safety of themselves, or others in their care.

During Physical Education lessons, all jewellery worn by staff will be removed other than simple rings or stud earrings. Long hair will be tied back.

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the head. If a shawl is worn, this must be secured tightly at the back and must not be loose at the front as this may compromise safety when teaching.

4 PERSONAL EFFECTS, INCLUDING JEWELLERY AND CULTURAL OR RELIGIOUS ADORNMENT.

All personal effects should be removed. Staff should always give a verbal reminder to students and, where necessary, visually monitor the group and/or individuals.

If items cannot be removed, staff need to take action to try to make the situation safe. In most cases, this may mean adjusting the activity in some way or, where a risk assessment allows, making the item in question safe.

Earrings/Ear studs: If an individual's ears have been pierced within a 6 week period, then they will not be required to remove the earring/stud. Students unable to remove earrings/studs should be required to make them safe by taping, front and back, which may offer a measure of protection. The taping should be sufficient to prevent the stud post penetrating the bone behind the ear should an unintentional blow be received (e.g. from someone or from equipment such as a ball). It is advised that ears are pierced during the school summer holidays to allow for the 6 week period.

This taping may be done at home for younger children or prior to the lesson for older students. It is the responsibility of the individual to provide tape. Staff are not required to remove or tape earrings/studs for students.

Where taping is utilised, the teacher supervising the group maintains the legal responsibility to ensure the taping is effective for purpose. Where staff consider the taping to be unsatisfactory to permit safe participation, they will need to consider alternative involvement in the lesson for the student.

The use of retainers (flat studs that retain the piercing when earrings or studs are removed) is becoming more common as a form of acceptable substitution where total removal is not possible. Provided these are flat and cannot cause damage if a blow or ball hits the side of the head, the level of risk is clearly reduced.

This is in accordance with the latest guidance from "Safe Practice in Physical Education, School Sport and Physical Activity, 2020 Edition".