

BRAES PE

SPORTS TEAMS

S1 Boys Football - Mr Niven

S2 Boys Football - Mr Docherty

Girls Football - Mrs Bear

Senior Boys Football - Mr Smith

Boys Rugby - Mr Ledger & Mrs Ferguson

Girls Rugby - Mr Ledger & Mrs Ferguson

Boys Basketball - Mr Docherty

Girls Basketball - Mr Smith

Netball - Miss Hillcoat & Miss Potts

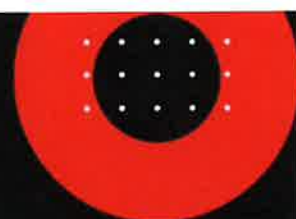
Dance Competition Team - Miss McCaffrey



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BRAES PE EXTRACURRICULAR



MON

Lunchtime:

Football - Astro
Trampolining - IF Studio
Table Tennis - Gym
St Futsal - Games Hall

After School:

Transition Dance
Dance Club 4-5pm -
Dance Studio

TUES

Lunchtime:

Football - Astro
Trampolining - IF Studio
Dance (Junior Lyrical
Team) - IF Studio

After School:

Rugby - Pitches
Cricket - Games Hall
Gymnastics - Gym

WED

Lunchtime:

Football - Astro
Trampolining - IF Studio
Dance (Junior
Commercial Team) - IF
Studio

After School:

Swimming - Pool
Badminton - Games Hall

THURS

Before School:

Girls Basketball - Games
Hall

Lunchtime:

Football - Astro
Trampolining - IF Studio
Dance (Junior Jazz
Team) - IF Studio
Netball - Gym

After School:

Basketball - Games Hall

FRI

Lunchtime:

Football - Astro
Trampolining - IF Studio
Dance (Senior Team) - IF
Studio
St Basketball - Games
Hall

After School:

Netball - Games Hall



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Physical Education Department

Policy on Pupil Participation in P.E.

"The case for PE at one level is a very simple one – all children and young people in Scotland **need** to have a Physical Education."

Scottish Executive Review Group on Physical
Education

Mission Statement

Physical Education is a core subject in Braes High School, in line with government guidelines.

Our commitment to our pupils is to provide a quality experience of Physical Education. In doing so, we make every effort to give pupils a broad range of experiences over a wide variety of physical activities, making use of all the facilities available to us throughout the year. Consequently, we are a successful department where pupils choose P.E. in large numbers and are rewarded with exam success.

In return our pupils must participate in Physical Education classes that are a core, compulsory element of the curriculum from S1 to S6.

Pupils in all classes participate in a minimum of two periods of Physical Education per week. Pupils with a particular interest in Physical Education can choose to study in more depth National Qualifications, Sports Leadership, NPA and SFA Refereeing courses in S4-6.

As parents we hope you appreciate the importance of regular physical activity and look for your support in ensuring your child participates regularly in Physical Education and benefits from the experiences Physical Education offers.

Braes P.E. Kit

Pupils in S1 – S6 should wear the following kit:

Indoor Lessons – Plain T-shirt with shorts or tracksuit bottoms/leggings, and appropriate trainers.

Outdoor Lessons – As above, but may include appropriate clothing for cold or wet weather. Pupils may wear football boots, if appropriate. Where the weather is poor, outdoor lessons will still continue, unless it is unsafe to do so.

No team colours are permitted as part of PE kit. Crocs are also not permitted footwear for PE lessons.

Swimming

Swimming is a compulsory part of the PE curriculum and an important life skill. All pupils are expected to participate, unless Mr Smith (FH) has been contacted directly, or a medical note has been provided.

Boys should wear plain swimming shorts or trunks. Shorts should not go below the knee. Girls should wear a suitable one-piece swimsuit. **This can be adapted to support pupil participation with a t-shirt or shorts, if required.**

Pupils should also bring a towel and full change of underwear and socks is advisable.

If you have any concerns regarding pupil participation in any block, please feel free to contact the FH directly, prior to the block commencing, to allow us to put the appropriate support strategies in place.

Participation Policy

All pupils must bring P.E. kit as part of our school uniform policy, even if unable to take part. Pupils should not arrive or leave school with P.E. kit underneath school uniform for health and hygiene reasons, as per whole school policy.

The P.E. department operates a 'no note' policy – this means pupils must always bring P.E. kit for every lesson. All pupils are expected to participate in every PE lesson in their kit, either practically or in a supportive role assigned by their teacher (if unable to take part). Where a pupil has a **serious** injury or illness that would not allow them to change and participate in P.E. in any way, parents should inform the Faculty Head in writing.

Pupils are expected to participate in the full course regardless of the activity. Pupils are repeated non-participation in Physical Education without a reasonable excuse is detrimental to our child's health and well-being. Should this occur the department will investigate, and the following sanctions may be imposed.



What happens when a pupil does not bring P.E. Kit?

Any time a pupil does not bring kit, this will be tracked using the departmental tracking system. If pupils persistently fail to bring kit, individuals may be removed from extra-curricular clubs/trips or events as per extra-curricular policy.

STAGE ONE – 1st or 2nd occasion

Any pupils who forget their kit will be offered PE kit to borrow for the period. If pupils are not able to borrow, they will be asked to participate in the aspects of the lesson they are able to in uniform.

STAGE TWO – 3rd occasion

If pupil fails to bring kit for a third time they will be given a break or lunch time detention. In addition, pupils will also receive an email home informing parent/carer of their failure to follow the school P.E. participation policy.

STAGE THREE

If pupil continues to forget PE kit consistently, Faculty Head contacts home to discuss with parent/carer the situation and issues arising – parental support sought. Pastoral teachers will also be informed.

STAGE FOUR

Faculty Head contacts home again and a parental meeting with Faculty Head may be arranged for pupils persistently failing to follow the school P.E. participation policy. This will allow us to put the necessary supports in place to support participation.

Changing Room Etiquette & Valuables

The PE changing rooms are open at the beginning and end of each period, and will be under supervision with regular spot checks taking place.

Pupils are expected to change quickly and demonstrate appropriate behaviour within the changing rooms to ensure it is a safe space for all. Any inappropriate conduct within these spaces may result in sanctions being imposed, including removal from the main changing room area.

Teachers will offer to store any valuables given to them for the duration of the period including phones, money, jewellery etc. Pupils' who leave valuables in the P.E. changing rooms do so entirely at their own risk. It is recommended that pupils do not bring valuable items to school and nothing of any value should be left in the changing rooms at any point. The changing rooms are used by a high number of pupils each period in mixed year groups. If your child chooses to leave anything of value in the changing rooms, this is against our advice and the department cannot be responsible for any losses.

Jewellery

Jewellery does not form part of appropriate P.E. kit and is considered a health and safety hazard. Any pupils wearing jewellery will be asked to remove it prior to the lesson and are advised not to bring it to school.