

Health & Safety in  
Physical Education  
Policy



Mrs Forrester  
September 2015

## Sedgley Park Community Primary School

### Health & Safety in Physical Education Policy

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#### Aims

It is the aim of our school that staff are aware of potential safety hazards in PE and they do everything possible to prevent accidents happening. We also aim to make children aware of safety procedures for themselves, so that they can make every effort to be responsible for their own safety. Good habits should be adopted early.

#### Clothing

Indoor PE -

Red school t-shirt, navy shorts/tracksuit bottoms, black pumps

Bare feet are recommended for indoors although some activities that put pressure on the feet will require pumps to be worn.

Veruccas should be covered with a sock or plaster.

Outdoor PE -

Red school t-shirt, navy shorts/tracksuit, pumps, trainers.

Teachers will also dress appropriately for PE - pumps, trainers or bare feet and suitable clothing so that moves can be easily demonstrated.

#### Jewellery

The school has a strict no jewellery rule, as outlined in the school uniform policy. This is repeated in "The Association for Physical Education Guidelines", (of which the school follows) that no jewellery should be worn, during PE lessons. However, where this rule conflicts with cultural practice a compromise will be reached eg bangles being secured by a sweatband.

#### Changing

All children will get changed for PE within their classroom area. We do not have facilities to provide separate changing areas for boys and girls although we do endeavour to provide this provision for children in Y6.

## **Sickness**

No child will be excused from PE without a doctor's medical note. If there is any reasonable doubt about their authenticity, staff will make enquiries.

## **PE Equipment and Safe Activity**

All children will be taught to get out and put away their own equipment safely and efficiently. It is the responsibility of the class teacher to ensure that the equipment being used is safe for the activity it is intended for. We aim to teach the children the importance of lifting, carrying and placing equipment sensibly and safely.

When using apparatus the following should be considered -

- Ensure fire exits are clear
- Apparatus should be arranged so children are not working towards a door, window or other furniture
- Mats are for landings not to prevent an accident
- Staff ensure that apparatus will not move out of position
- Children should respond quickly when asked to stop working on apparatus

It is also important that children understand the importance of warming up and cooling down in PE lessons and this should be built into short term planning.

We will also make children aware of the rules in PE -

- How to enter the hall
- How to avoid collisions and to use each piece of apparatus safely
- Knowing what level of noise is acceptable for safe working
- Know what signal or command means stop and dismount
- Whole school approach to behaviour and discipline in PE -  
Warning - yellow card  
Time out - red card

## **First Aid Procedures**

In the case of an emergency where medical attention is required, the teacher will signal to other pupils that they should stop what they are doing, dismount and sit down.

The teacher will then deal with the injured child. If further assistance is required then there is a red triangle situated in the hall which should be sent to the office. Mrs Kemp is our qualified first aider and all other staff will receive an update on first aid at work on a regular basis.

If working outside, a sensible child will be sent to the office to get help. First aid cabinets are situated by the Key Stage 1 and 2 entrance doors. All accidents will be recorded in the accident book.

### **Swimming**

Staff visiting the baths will make themselves aware of emergency procedures in the event of a fire alarm, bomb scare or an accident in the water. Staff should carry a mobile phone for easy contact to school and ensure they take with them any medicines required eg inhalers.

### **Maintenance of PE Equipment**

The PE Coordinator will make an annual check of small equipment although staff noticing any defects in equipment should report them straight away,

Larger apparatus and mats are checked on an annual basis. Equipment that does not meet the required standards will be withdrawn until repaired.

This policy will be reviewed in September 2018