



Loreto Secondary School Bray

Policy on Participation in Physical Education

“Our School is a caring Christian community in which pupils have the opportunity to achieve academic excellence and to grow spiritually, emotionally, socially, creatively and physically in a healthy environment.”

1.1 Introduction

Loreto Secondary School, Bray, is committed to promoting the health and wellbeing of its students through physical activity. A programme of Physical Education is provided for all years and a comprehensive co-curricular programme is also made available, subject to the timetabling restrictions and the constraints of the facilities available.

1.2 Rationale for a Participation Policy

The aims of this policy are to provide clear guidelines to all students and parents on participation in P.E. classes in Loreto Bray, to maximise numbers participating in P.E. classes and to maximise the teaching and learning time available to students within their weekly P.E. classes.

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.

It is the intention of this policy to reduce the amount of time spent by the teacher at commencement of class processing notes which

may be unnecessary. The clarity provided by this policy will increase the level of learning and participation time for the majority of students who are prepared and willing to be actively involved in class.

1.3 Participation

- All students must participate in P.E. class to the best of their ability.
- All users of the Sports Hall must wear white-soled, non-marking runners.
- All students should arrive with suitable P.E. gear, whether or not excused from the physical elements of PE. Essential for 1st, 2nd, 3rd and 4th year students are the following:
 - white aertex polo shirt (with crest if representing Loreto Bray in a match/sports event),
 - black school hoodie with school crest,
 - plain black or navy tracksuit bottoms.
- All jewellery should be removed prior to engaging in any activity.
- If a student has a minor illness (common cold, sore throat, etc.) which reduces her ability to participate she must still get changed and participate to the best of her ability. If she is too ill to do this then she should not be in school. A note signed by a parent / guardian explaining the nature of the minor illness will be required.
- If a student has an injury or a condition that affects her ability to get involved in the physical elements of P.E. class then she must bring in their P.E. gear and a note from her parent/guardian, stating the nature of the injury or condition. If the injury/condition is likely to affect her involvement in successive P.E. classes then a doctor's letter will normally be required, specifying range of dates affected (see template letter on page 4 of this policy). If possible, the student can participate in whatever elements of the class that are suitable, for example the low impact parts of the warm-up and elements of the class which focus on flexibility.
- The P.E. teachers will modify their lessons so that, if possible, a suitable role will be given to the student with the injury/condition.
- If the student feels uncomfortable during any part of the class she may be allowed to opt out of the physical part of the class. She may then be asked to engage in a more theoretical based lesson, usually by recording information about the relevant topic being covered in class.

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- 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.

1.4 Participation by Students with Special Educational Needs

All teachers are informed of students with Special Educational Needs at the start of every academic year. The P.E. teachers 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 co-ordination skills and a differentiated P.E. programme devised, if necessary. Any such assessment is subject to parental consent.

1.5 Indoor/Outdoor Classes

At times, P.E. classes may be held outside. Students should come suitably attired for outdoor weather conditions.

This policy was adopted by the Board of Management on

Date: 24 March 2014

Signed: _____ Blathnaidh Colhoun _____
(Chairperson)

April 2014



Letter Certifying Inability of a Student to Participate in Physical Elements of Physical Education Class in Loreto Bray

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: _____