

Physical Education information

Dear Parent/Guardian,

The majority of our pupils always arrive for PE lessons with their correct PE kit and this is to be commended, however when a pupil does not it can interrupt the start of the lesson and disrupt the learning of all pupils whilst the teacher follows this up. The information below is intended to answer some regularly asked questions and to help your child arrive for their PE lesson ready to learn.

Kit requirements

Pupil name must be present and visible on every garment on the inside tab.

<u>Everyone</u> – compulsory for all pupils		
YGGIC P.E. Shorts	-	Black and red.
YGGIC P.E. Polo or T-Shirt	-	Black and red with school badge.
Long sport socks	-	Red.
Socks	-	Short white.
Small towel	-	For wet lessons and/or shower.
Shoes	-	Suitable trainers (no plimsolls or converse).
YGGIC P.E. sweatshirt (<i>optional</i>)	-	Recommended for cold outdoor lessons.
Plain black fleece (<i>optional</i>)	-	No hood or desinger logos – for cold days.
<u>Boys</u> - compulsory		
YGGIC rugby shirt	-	Black/red reversible with school badge.
Rugby shorts	-	Black.
Games shoes	-	Rugby/football boots.
<u>Girls</u>		
YGGIC P.E Skort	-	Black and red.
YGGIC Rugby shirt (<i>optional</i>)	-	Black/red reversible with school badge.
Leggings (<i>optional</i>)	-	Plain black and only for cold outdoor weather lessons.
<u>Recommended safety items</u>		
Shin-pads	-	For football and hockey.
Gum shield	-	For rugby and hockey (preferably fitted by a dentist).

Most of the PE kit, is acquired via Direct Schoolwear’s website www.directschoolwear.co.uk. Further details are on the school website.

Throughout the year the weather plays a large part in the PE lessons that we teach. Students will regularly have one indoor and one outdoor lesson per week. Students will go outside for their outdoor lessons – wind, rain or shine - and should dress accordingly. We would encourage students to wear warm clothing under their PE kit. Thin long sleeve tops ('skins') are acceptable, providing the top layer is the YGGIC PE kit. If a student wears a 'base layer' with their short sleeve t-shirt it must be the same colour as their polo-shirt that is either black or red. Students are not allowed to wear tights or 'hoodies' for PE lessons, but can wear a black fleece and/or plain black leggings **underneath** the regular kit during cold weather. When the weather is particularly cold and wet, students are encouraged to bring a towel and a change of underwear as it is likely the lesson will be outside. Students should always prepare for their lesson to be outside.

Students must have appropriate trainers, meaning no Converse or canvas trainers are worn by any students for any PE lessons. When students are outside on the field, they are encouraged to wear football boots or boots with studs. Jewellery is not permitted during any PE lesson for health and safety reasons, and we take this guidance from all national governing bodies. Students will be asked to remove any earrings and jewellery that they may be wearing. For this reason we advise that any ear piercings take place at the start of the school holidays so as earrings can be removed during PE lessons. Furthermore, students with long hair must use a hair band to avoid any loose hair affecting their field of vision during physical activities.

We do lock the changing rooms during PE lessons – however we cannot guarantee the safety and security of valuables. For this reason we would advise students not to bring anything of value into school on the days that they have PE.

If a child has a problem with their kit please send a note in with them and we will lend them the required items where possible. If kit has been lost, then the pupil needs to check around school and with the lost and found where **named kit** will be handed in. Your child will not receive a sanction if they bring a note.

If your child forgets to bring any item of their kit or a note from a parent explaining why they have not brought their kit they will receive a ten minutes break or lunch time detention. If they continue to forget their kit the length of detention will increase.

If your child has not brought the correct kit and does not have a note excusing them from taking part the school will make a clean spare unisex kit available to them with the expectation that they wear it. If pupils do not participate, we do not have arrangements to supervise pupils other than in the PE lessons. Therefore, they will have to be present and will be given suitable work to complete.

Injuries and medical conditions - What do I do if my child is injured or ill?

Pupils must bring a written note to the lesson. For longer term or ongoing medical conditions, pupils should provide a medical note.

Pupils will not be excused from PE for the following reasons: illness*, period, fasting, asthma.

***Illness:** if pupils are well enough to attend school, then the expectation from the school is that they are well enough to try all of their lessons, including PE. If this is not the case, then they **must** bring a note.

Pupils are expected to bring their full PE kit for all lessons, even if they are not participating due to an injury. We expect all pupils to get changed if they are physically able to do so. This allows them to

participate and engage in the lesson by taking part in the areas that they are able to such as coaching, leading, officiating and evaluating work. This means that their learning continues and that they are less likely to be as far behind when they are able to fully recommence their participation. If their injury or health means they are unable to take part as outlined above parents are requested to send in a note outlining the reasons for this and attaching their doctor/hospital's recommendations for them regarding any physical activity. If the weather is poor and your child is outside they should wear suitable clothing for the weather i.e. a water proof jacket, track suit trousers etc.

Emergency Medication for PE lessons and fixtures

Students are expected to take responsibility for any emergency medication that is prescribed to them, and should ensure they have this with them for all PE lessons and fixtures. Pupils' spare inhalers may be kept in the main office if requested by the student's parents. Pupils should make the main office and the PE teacher aware of any problems in advance to their PE lesson/fixture.

Asthma

It is vitally important that pupils with asthma warm up slowly so their bodies are able to adjust to the increase in intensity. This means they may need to walk in the first few minutes of their warm-up before they start to jog gently. There is some excellent advice and guidance on the Asthma UK website:

<http://www.asthma.org.uk/knowledge-bank-living-with-asthma-exercise>

Remember, being active can help your asthma

"I feel much better now that I'm fit, and I've noticed my reliever inhalers last a lot longer because I don't need to use them as much."

Eight out of ten people with asthma aren't doing enough exercise, often because they're worried it will trigger their symptoms. But actually, exercise can help your asthma, so don't let it hold you back! If your condition is stopping you from exercising see your GP or asthma nurse. They'll be able to check your medicines and help you find ways to get more active.

Exercise can help you:

- improve your lung capacity, which will help you to manage your asthma better when you exercise.
- cope better with everyday chores as you'll have more stamina.
- worry less about your asthma, and give you the confidence to manage your condition.

Continuous Running activities

During PE lessons all students will gradually build up to 5 minutes of continuous running as part of their warm-up. We actively encourage pupils to supplement their fitness through additional participation in physical activity. There are a multitude of extra-curricular opportunities available to all pupils, or they may prefer to choose to do more activity in their own time, or both! (for further information, please see 'Extra-Curricular' section on the website).

Pupils will participate in several continuous running activity challenges throughout the year. This activity involves a short period of continuous running - pupils are always given a choice of time or distance to provide them with a challenge that is appropriate to their individual needs. However, the maximum time would rarely exceed 15 minutes.

NHS guidelines state that the minimum level pupils should be able to achieve should be:

Year 7 run continuously for 12mins

Year 8 run continuously for 15mins

Year 9 run continuously for 20mins

Year 10 upwards, run continuously for 25mins

<http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-running.aspx>

The following link outlines the expected physical literacy skills in relation to the age of a pupil.

<https://www.youtube.com/watch?v=R8PIXqp3JpA#t=24>