



Coláiste Mhuire, Askeaton

**Policy and Procedures
in the
Physical Education Department**

25th November 2015

PE POLICY

Introduction

Coláiste Mhuire is committed to promoting the health and wellbeing of its students through physical activity. A programme of Physical Education (PE) is provided for all year groups. PE is mandatory for all students and students are expected to apply themselves to the best of their ability. 1st, 2nd and TY students are timetabled for a double period of PE each week, with 3rd, 5th & 6th years timetabled for a single period.

Rationale

PE is a vital part of the curriculum that challenges students physically and cognitively. It forms an important part of the holistic development of the students. Research has shown that participation in physical activity during adolescence leads to much more positive physical activity and health outcomes as adults. In addition physical activity has been shown as an effective tool in the management of stress and in the improvement of concentration levels. Hence PE is included as a compulsory segment of the curriculum.

Participation by Students with Special Educational Needs

The PE class in Coláiste Mhuire is an inclusive environment, and every effort will be made by the PE teachers and school management to accommodate and integrate students with varying levels of ability including those with Special Educational Needs (SEN).

In the case of students with SEN, the PE teacher will adapt games and activities and also use the resource of a Special Needs Assistant (*where applicable to an individual student*) to ensure that they take as full a part as possible within class.

Where it is not possible to integrate a student fully into a particular activity, that student will then be encouraged to assist where possible and to observe and learn various tactical and skill components of the activity. This helps to ensure that each student has a role to play within the PE lesson.

Procedures for Physical Education class

- As with all classes in Coláiste Mhuire, students must arrive on time. Failure to do so will result in a late note in the student's journal.
- Students are expected to be lined up outside changing room with PE gear when the teacher arrives.
- Students enter the changing room only when the teacher gives permission.
- Students change in the changing room, following the changing room procedures.
- The roll call will be taken 7 minutes after the bell. Those who are not present for the roll call will be marked late.
- When changed, students must line up outside the PE hall or enter the PE hall if given permission by the teacher.
- Once inside the hall, students must listen to the outline of the class and follow the teacher's instructions.
- Students are expected to participate in all areas of class to the best of their ability.
- If directed to go outside, students must follow the teacher's instructions.
- At the end of class students go to the changing rooms when dismissed from the PE hall.
- Once changed in the changing room, students will wait in the area designated by the teacher until dismissed by the teacher when the bell goes.
- Horse Play, aggressive behaviour and vulgar / obscene language will not be tolerated at any time in the PE Class or changing rooms.

Policy & Procedures for use of the PE Changing Rooms

High standards of behaviour are expected from students within the changing areas and all the rules contained within the Coláiste Mhuire Code of Behaviour and Anti-Bullying procedures apply.

The PE teacher will not enter the students' changing area unless:

- A student requires first aid.
- The teacher feels that there has been a breach of the school rules resulting in a compromise of student safety and/or dignity.
- Equipment belonging to the school or students is being damaged.

Prior to entering the changing room, the PE teacher will knock loudly and state clearly that they are about to enter the changing room.

Changing Room Procedures

- Only students with PE gear are allowed into the changing rooms.
- Students who do not have PE gear or who are excused from PE must line up at P.E. hall door.
- Students should not bring valuables into the changing room. Any valuables should remain locked in their locker.
- **Mobile phones are strictly prohibited in the PE changing rooms. Bringing a mobile phone into a PE changing room will be considered as a serious breach of the Code of Behaviour. School management will respond appropriately in such cases and will have the full range of consequences, outlined in the Code of Behaviour, open to them.**
- Horse Play, aggressive behaviour or vulgar / obscene language will not be tolerated at any time in the changing rooms.
- Food or drink is not permitted in the changing room
- Glass containers are not permitted in the changing room.
- Aerosols / spray deodorants are not permitted in the changing rooms.
- All lost or stolen items must be reported to the teacher
- Changing rooms will be locked while classes are in session. Students should not be in the gym or changing room areas except during their PE class.
- Students MUST go to the changing room after class to change clothes and MUST remain in a designated area until dismissed by a teacher.
- Students MUST respect the rights and property of others. Students having problems with others, should let the teacher know.

Physical Education Dress Requirements

- The Coláiste Mhuire PE uniform is: plain navy/white/blue polo shirt/T-shirt and navy tracksuit legs, runners with non-marking soles. It is expected that students wear the appropriate clothing for Physical Education class.
- During cooler weather, when classes are going outside for activities, appropriate warm clothing is required for example school jacket.
- Jeans, canvas shoes, street jackets, clothing worn to school, torn clothes or clothes with profanity or beer logos WILL NOT be permitted.
- For the safety of all students, jewellery should not be worn during class.

Participation in PE class

All students are expected to apply themselves to the best of their ability in PE class. It is understandable that there are times when a student cannot participate in physical education class due to short term, unexpected illness or injury. Students unable to participate must bring in a signed note from a parent / guardian. If the excused absence is prolonged a medical note from a doctor will be required. The teacher will assign the student an alternative assignment that will not interfere with the student's medical problem. Students who become ill or injured while participating in physical education class must inform their teacher immediately. The teacher will then take the appropriate course of action and fill in an incident report form if applicable.

Student Code of Conduct for Physical Education class

- I will arrive on time.
- I will behave appropriately in the changing rooms.
- I will respect the rights, privacy and dignity of others.
- I will wear suitable clothing.
- I will remove jewellery.
- I will not bring a mobile phone into the PE changing room area.
- I will only enter the P.E. hall when accompanied by a teacher.
- If unable to do P.E. I will bring in a signed note.
- I will participate in all Physical Education activities to the best of my ability.
- I will not enter the store room or office area without the teacher's permission.
- I will ask suitable questions about the class topic.
- I will report any injuries that I have to the teacher before class.
- I will report any injuries that occur during class to the teacher.
- I will respect all equipment and use only with teacher's permission.
- If I forget my gear on more than three occasions I understand that will result in detention.

Signed: _____

Class: _____

Date: _____

This policy was adopted by the Board of Management on 25/11/15.

Signed: **Martin Hawkes**

Signed: **Norma O'Brien**

Chairperson of Board of Management

Principal