

Lever Edge Primary Academy



PE Safety Policy

Reviewed Autumn 2024



Safety in PE is part of the National Curriculum so it is important that we understand how to keep pupils safe in PE lessons.

To ensure safe practice, pupils should be taught:

- to be concerned with their own and others safety at all times;
- to recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events (see key elements of safety) in practice and during competition;
- how to warm up and recover from exercises
- to listen carefully and respond readily to instructions such as stop and stand still
- to ensure they are appropriately dressed for the lesson

- How to lift, carry, place and use equipment safely;

- Children should get out and put away all the apparatus that is used and the teacher should check it for safety. This can be done with the children working in PE groups. Each child should experience setting up and putting away all PE apparatus in the course of the year
- Benches - This really depends on the size of the children but the advice is:
 - Two KS2 children to carry one bench (encourage straight backs and bent knees)
 - Four KS1 children to carry one bench (encourage straight backs and bent knees)
- Mats - This really depends on the size of the children but the advice is:
 - Two children to carry one small mat
 - Four children (two on each long side) to carry one large mat
- PE Tables
 - Two children per small table
 - Four children per large table

- The safety risks of wearing inappropriate clothing, footwear and jewellery, and why particular clothing, footwear and protection are worn for different activities;

- Long hair should be tied back and children should not wear head bands during any PE lessons
- Spectacles: If children need to wear spectacles all the time asking them to remove them is unreasonable. However, the children will be encouraged to take more care with certain activities
- No jewellery is to be worn. Pupils should be able to remove jewellery for themselves. Where they are unable to, then the parent has responsibility to ensure they are removed. Teachers are not to touch, take out or help put back in children's earrings, for hygiene reasons. Children are advised to leave watches and earrings at home
- Headscarves **must** be removed before participating in PE lessons

These safe practice measures will be practised regularly to ensure swift and effective responses.

Key Elements of Safety

Many aspects of safety in PE are specific and relate to a particular task, skill, game or activity. The following section lists only key elements of safety: -

Gymnastics and Dance

In general ensure appropriate:

Space, ventilation, teacher supervision and participation;
Use of techniques and skills for development and maturation of pupils;
Planning, match of tasks and progression,

Warm up, awareness of fitness issues;
Clothing and footwear;
Equipment and use of mats in gymnastics (only use mats to indicate floorwork area);
Teaching methods;
Recording and assessment;
Confidence, attitudes and motivation of pupils.

Swimming

Qualifications;
Supervision and adult/pupil ratios;
Understanding of medical conditions and water safety;
Pupil behavior and swim wear,
Pool safety and equipment, pool temperature;
Changing facilities and supervision;
Planning, match and progression;
Teaching methods;
Recording and assessment;
Confidence, attitudes and motivation, pupil responsibility;
Emergency procedures.

Children must be given a clear set of guidelines by their teacher relating to the activities that they are to carry out on a regular basis. This should be introduced at the beginning of each activity and reviewed when and where appropriate, both in and out of lessons.

The afPE publication 'Safe Practice in Physical Education, School Sport and Physical Activity' is also available to all staff. 'Equipment must be fit for the purpose intended and should not be used should there be any risk to our children.' For example, the seven-a-side goalposts are to be used only for that purpose and are not to be climbed on in any circumstance, as recent cases have proven fatal, as goalposts have collapsed onto children.

PE Kit to be worn for Indoor Games

- White t-shirt (different from the one worn for school uniform)
- Shorts, leggings, tracksuit bottoms (must be navy blue or black)
- PE pumps

PE Kit to be worn for Outdoor Activities

- White t-shirt (different from the one worn for school uniform)
- Shorts, leggings, tracksuit bottoms (must be navy blue or black)
- Hoodie or Jumper (must be navy blue or black)
- Trainers

PE Kit to be worn for Gymnastics

- White t-shirt (different from the one worn for school uniform)
- Shorts
- PE pumps

In gymnastics, shorts **must** be worn at all times, so that pupils can safely grip the apparatus with their knees, in order to prevent falling. Leggings will **NOT** be permitted to be worn during gymnastics. No loose or long clothing should be worn as there is a risk of it getting caught on apparatus or by another child.

Kit Hygiene

PE Kits should stay in school until the class teacher/Parent feels that they need to be taken home and washed. PE Kits should be washed promptly and returned to school ready for the next PE lesson.

Emergencies

In an Emergency the school office should be contacted immediately an accident has occurred. A first aid box is available from the school office.

First Aid

A first aid bag is situated in the sports hall and first aid stations are located around the school (please see First Aid Stations and Body Fluid Box locations below). The first aid bag should be taken to **all** sporting activities, including the playing field, obstacle course and any out of school sporting competitions.

First Aid Stations and Body Fluid Box Locations

<ul style="list-style-type: none">• Reception Classroom – stock room
<ul style="list-style-type: none">• Dining Room – cupboard at the rear of the dining room
<ul style="list-style-type: none">• School Kitchen – manager’s office
<ul style="list-style-type: none">• Disabled Toilet – near dining room (contains shower)
<ul style="list-style-type: none">• Design Technology Room – cupboard on the wall
<ul style="list-style-type: none">• KS2 Playground Entrance – cupboard on the corridor
<ul style="list-style-type: none">• Caretakers Room – cupboard on the wall
<ul style="list-style-type: none">• Meeting Room (KS2 corridor)
<ul style="list-style-type: none">• Year 3 (Portakabin building) – stockroom
<ul style="list-style-type: none">• Sports Hall – toilet
<ul style="list-style-type: none">• Nursery – first aid room
<ul style="list-style-type: none">• Under Threes Nursery – baby unit and kitchen (contains shower)
<ul style="list-style-type: none">• KS1 Playground Entrance - disabled toilet (contains shower)

Defibrillator Location

<ul style="list-style-type: none">• Staff Room
<ul style="list-style-type: none">• Nursery (3 Year Old)

Inhalers

Children who require inhalers for asthma must ensure they bring them to the PE lesson and then return them to class at the end of the PE lesson.

Children who do not have their inhaler in school (but should have one) will not take part in PE activities.

Head Bumps

All head bumps should be recorded and a letter sent home to parents.

Accident Forms

Any accidents should be recorded in the accident books that are situated in the various First Aid Stations, positioned around school.