



# St Peter's RC High School

St Peter's Catholic High School and Sixth Form Centre  
Stroud Road Tuffley Gloucester GL4 0DD

[www.sphs.uk.com](http://www.sphs.uk.com)

[Enquiries@sphs.uk.com](mailto:Enquiries@sphs.uk.com)

**High School Tel:**  
**01452 520594**

**Sixth Form Centre Tel:**  
**01452 509206**

## PE Kit Policy

Our aim as a PE department is to ensure that every child has a positive experience of physical education and can use their PE lessons as a means of enjoyment, psychological well-being and physical development. Physical Education is a mandatory subject therefore we have a duty to make sure all pupils in our school regularly participate in physical education. The benefits of this include well document health benefits, increased attendance and improved cognitive function to name but a few. For these reasons I am asking for your full support to ensure participation in PE is a priority.

Therefore, I would like to provide you with updated information regarding our policies and procedures in relation to participation in PE lessons. The amended policy came into effect during the Summer Term last year. We will be working on the basis that if you are well enough to attend school, you are well enough to participate in physical education in some capacity. Failure to bring kit is contrary to the schools ready to learn policy and disruptive to teachers at the start of lesson.

The only exceptions will be students in the following categories.

- Students with pre or post-operative care plans.
- Students with long term medical conditions.
- Students with serious musculo-skeletal disorders that have been diagnosed.
- Students following a concussion protocol.

In these case's we will expect confirmation of the condition from a health care professional with timescales and a treatment/care plan for the condition. We have expertise in the department that can assist in the rehabilitation of injury and PE lessons are an ideal opportunity for this work to be carried out. Students in this category will be expected to arrive at PE lessons with independent study work or a reading book so learning can continue.

### Physical Activity during the Menstrual Cycle

As I'm sure you are aware, physical activity is a vital part of young people's health and wellbeing. This is even more evident during a girl's menstrual cycle. We appreciate and understand that energy levels may reduce, along with strength and stamina. However, the advantages of movement and physical exercise greatly outweigh these. Therefore, if your daughter is on her menstrual cycle it is expected that she arrives ready to learn with PE kit and takes an active part in the lesson. Students need to inform their PE teacher who will then amend the intensity/content of the lesson to an appropriate level. We hope that this will provide our female pupils with routine, support and educate them that the menstrual cycle does not have to hinder them in their physical activity journey and support the creation of healthy habits which they can take into adulthood.

If a pupil fails to bring their PE kit, the school's "Behaviour for Learning" policy will be followed with the issuing of a '1,' resulting in a lunchtime detention. If your daughter is consistently not ready to

*Principal*

**Kevin McDermott BTh, MA**

*Acting Chair of Governors*

**Mr Kofi Obheng**

learn and does not bring her PE kit to school for any reason this will result in a removal from the lesson due to persistent defiance. Again the Behaviour Policy will be followed in regards to sanctions.

### **Illness & Injury**

If you feel your son/ daughter is unable to participate in PE due to a current/recent illness or minor injury we ask that you provide them with a note which they present to their PE teacher on arrival to the lesson. Pupils will be expected to be ready to learn in full PE kit for each lesson. Their teacher will provide them with amended activities/ intensities based on the level of injury or illness. If their illness limits them from taking part they will be involved in the lesson in an alternative way to ensure there are no gaps in learning. This may be through officiating games, coaching peers or being an assistant the teacher.

If a pupil fails to bring their PE kit, the school's "Behaviour for Learning" policy will be followed with the issuing of a '1,' resulting in a lunchtime detention. If your son/ daughter is consistently not ready to learn and does not bring her PE kit to school for any reason this will result in a removal from the lesson due to persistent defiance. Again, the Behaviour Policy will be followed in regards to sanctions.

### **General forgetting of kit**

If pupils forget their kit and are not Ready to Learn then a '1' will be issued. If we do not have the capacity to supervise pupils who have forgotten their PE kit, pupils may be asked to attend St Katherine's. The original sanction of a '1' would not be escalated in this instance.

Pupils who persistently forget their kit will be removed from the lesson and the Behaviour for Learning policy will come into place. This removal will result in their attendance in St Paul's for two lessons and automatically trigger an after school detention the following day.

**Due to PE being a mandatory and compulsory subject, all pupils are required to bring their full St Peter's PE Kit for every lesson and participant to a level which is suitable for their situation.**

If you would like to discuss individual cases, please contact your son/ daughter's PE teacher directly.

Many thanks for your continued support and interest in your son/daughter's physical wellbeing.



**Mr S Crabb**  
**Director of Sport**