

MEATH GREEN JUNIOR SCHOOL

Safe Conduct in Physical Education Policy



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Plan Admin	
Review Period:	Annually
Status:	
Reviewed:	Autumn 2026
Next review date:	Autumn 2027

Purpose

This policy outlines the expectations and procedures for safe conduct during physical education (PE) lessons at Meath Green Junior School. Its aim is to ensure a safe and positive learning environment for all students during PE activities, including gymnastics, swimming, and general physical education lessons. All staff, children and their parents are expected to adhere to these guidelines for the safety and well-being of everyone involved.

Safety in Physical Education should be an integral part of physical activity at school. Young people should learn about the principles of safety as applied to themselves and to the care and wellbeing of others. This should be a planned and intentional aspect of the curriculum.

Clothing

- **Footwear:**
Children are required to wear appropriate footwear such as trainers for all physical education lessons. This is essential to ensure safety and comfort during physical activity.
- **Clothing:** The school's designated PE kit must be worn unless unavoidable circumstances prevent this. In such cases, the class teacher should be informed by an adult at home prior to the lesson(s). This is a house coloured top and dark green shorts or dark green or black tracksuit bottoms (winter uniform) with plimsols for indoor PE and trainers for outdoor PE.
- **Jewellery:**
For safety reasons, children should not wear any jewellery, including but not limited to earrings, watches, necklaces, or bracelets during PE lessons. If there is a specific reason for wearing these items, parents must send a written request to the Head Teacher to seek permission. If permission is granted, the child may wear the item(s). The taping of earrings or other jewellery is not allowed.
- **Consequences of Non-Compliance:**
Any child who does not follow the dress code will not be permitted to participate in PE lessons. If non-compliance becomes a long-term issue, communication with parents will be made to address the situation, as participation in PE lessons is mandatory from all children.

Swimming

- **Appropriate Swimming Kit:**
All children must wear suitable swimming attire. Board shorts and bikinis are not permitted. Girls should wear one-piece bathing suits, and boys should wear trunks. Goggles and swimming tops are allowed, but t-shirts are not permitted.
Hats: A swimming hat must be worn by all children in the pool.
- **Towel:**
A towel must be provided from home for drying off after swimming lessons.

- **Conduct and Safety:**

Children are expected to follow all school pool rules and conduct themselves appropriately around the pool. Any child failing to follow these rules may be asked to leave the pool and/or the pool area.

- **Foreign objects:**

Any foreign objects (items you would not expect to be in the pool) should be investigated by a trained member of staff (currently Jordan Dann, Rob Newell and Nigel Budd). The adults at pool-side should remove the children from the pool and send for a trained member of staff. This staff member should come and investigate the foreign object to decide whether the children are safe to continue swimming or if the pool must be closed for back-washing and level-correction if necessary.

- **Supervision:**

Swimming lessons will be supervised by at least two adults at all times. At least one of these adults must be trained in pool first aid.

- **Pool Levels:**

The pool levels will be checked at least twice a day, but ideally three times, by an appropriately trained member of staff to ensure safety during swimming sessions.

- **Asthma pumps:**

Asthma pumps must be taken to the pool by a member of staff in case a child needs this whilst swimming. If the pump is used at any point during swimming sessions the office must be notified in alliance with the asthma policy.

Gymnastics

- **Footwear and Attire:**

During gymnastics lessons, all children must remove their shoes and socks before participating. There will be no exceptions to this rule. All adults involved in the lesson must ensure this rule is adhered to.

- **Alternative Attire for Medical Reasons:**

If there are any reasons why a child cannot remove their shoes or socks (such as a medical condition), parents should notify the school in advance. The child will be expected to wear an alternative item, such as a verruca sock, provided from home. This must be arranged ahead of the lesson.

Injuries

- **Consideration of Injuries:**

Any injuries that may affect a child's ability to participate in PE lessons will be taken into account when planning lessons. If the injury prevents the child from fully participating, the child may take on a leadership or observational role during the lesson.

- **Communication of Injuries:**

Parents or guardians must inform the school of any injuries prior to the PE lesson. This can be communicated to the office or the class teacher. In some cases, additional documentation such as a doctor's note may be required.

- **Alternative Arrangements for Injured Students:**

If a child is unable to participate due to injury, appropriate arrangements will be made, which may include adapting the lesson or providing a non-physical role. The school reserves the right to make decisions in the best interest of the child's health and safety.

Asthma

All pupils with asthma must have an up-to-date asthma care plan filed with the school, and their reliever inhaler (blue inhaler) must be clearly labelled and accessible during all PE activities, including those held off-site. Staff are trained to recognise signs of asthma and respond appropriately, encouraging pupils to take their inhaler before exercise if required. If a child shows signs of asthma symptoms during PE—such as coughing, wheezing, or breathlessness—they should stop the activity immediately and use their inhaler. If symptoms persist or worsen, staff will follow the school's emergency procedure and contact the appropriate medical help and the child's parent or carer. Pupils are encouraged to communicate how they are feeling and will never be expected to push through asthma symptoms.

Please see the school's asthma policy for more details and procedures.

The safety of our children during physical education lessons is of paramount importance. By adhering to these guidelines regarding clothing, swimming attire, gymnastics rules, and injury procedures, we aim to maintain a safe and supportive environment for all students. Parents are encouraged to work closely with the school to ensure that their child is properly prepared and able to fully engage in physical activities. If you have any questions or concerns, please do not hesitate to contact the school.