

**Sgoil Lionacleit**

**Physical Education  
Department**



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**Participation Policy**

# **Physical Education participation policy:**

At Sgoil Lionacleit we believe it is very important for young people to have access to Physical Education (PE). While we are aware that many pupils already possess physical skills e.g. swimming, it is still important that they take part. The benefits of taking part in PE are numerous and have a huge impact on other areas of learning. Some of the benefits are listed below:

## **Improves physical health**

Somewhat unsurprisingly, PE is known to have a positive impact on your physical well-being. Physical education teaches young people the importance of remaining active. Getting into the habit of exercising regularly comes with a whole swathe of health benefits: it improves your immune system, heart health, and lowers cholesterol – and that's only scratching the surface.

## **Psychological benefits**

While the physical benefits of PE may not be too shocking, the psychological benefits may surprise you. Research shows that PE has a positive effect on mental health and cognitive abilities. The endorphins released when exercising help combat a whole host of mental health issues, including depression and anxiety.

## **Social and emotional benefits**

PE lessons are normally group-focused. They typically involve working together in group exercises and team sports, often requiring effective communication to reach a common goal. PE is unlike any other subject in school – it is perfect for building social and leadership skills. A lesson from a capable PE teacher with the right tools will improve the self-confidence of students, create friendships, and enhance communication skills.

## **PE improves sleep**

Exercise reduces the time it takes to fall asleep and increases the amount of time spent in deep sleep each night. Deep sleep is the most important part of the sleep cycle for children, as it is the most physically restorative phase.

## **Improved cognition**

Physical activity gives your cognitive abilities a boost. Memory, focus, self-control and general brain function are improved – potentially leading to better grades and performance.

## **Improves academic performance**

According to the World Health Organisation, the link between physical activity and academic performance is closer than you might think. PE has been shown to improve focus, self-discipline, and brain development. The benefits of an improvement in cognitive development and boost to self-esteem have a knock-on effect on grades.

## **PE can help with anxiety and lowering stress**

Regular aerobic exercise reduces tension, stabilises mood levels and boosts self-esteem. The endorphins released while exercising have a positive effect on your mood; PE is a fantastic outlet for reducing anxiety and stress. Keeping physically active generally leads to better mental health.

### **Swimming:**

We are aware that some pupils may be anxious about swimming so after discussion with pupils the PE department have come up with several strategies to try and accommodate everyone.

- Boys and girls will be in the pool at separate times where possible unless the class votes otherwise.
- Pupils may wear a t-shirt/rash vest or whatever makes them feel comfortable into the pool but please bear in mind that this may restrict movement in the water. Alternatively, a t-shirt or towel can be worn over kit onto poolside and removed before entering pool.
- The focus of the classes will be on improving water confidence through stroke technique, we will also include fun activities such as water polo, volleyball and some lifesaving games.
- Frosted sheeting which covers the windows to ensure more privacy has been put in place as a direct request from young people.

We hope you will agree that swimming is a very important life skill, given that we are surrounded by water. We are also aware that lots of extra-curricular activities involve water confidence and the ability to swim such as paddle-boarding which is becoming an increasingly popular activity in our Islands.

### **PE Kit interventions flowchart:**

Having the correct kit (reminder of appropriate kit at the end of the document) to take part in PE is really important for a number of reasons, including, health and safety, hygiene and comfort. At Sgoil Lionacleit we always have a supply of clean, high quality kit for your young person to use if they forget theirs. If they borrow our kit then there is no issue at all. It is also important to note that not bringing kit may have an effect on subject choices in S3 and S5. If young people forget their kit and do not wish to borrow ours, the following flowchart will apply for the academic year:

### Forget kit first time

- PE teacher will remind young person of the importance of bringing kit.
- PE teacher will record missing kit in their register.

### Second time

- PE Teacher will record missing kit in their register and let young person know that they are passing it on to their principal teacher (PT) via a referral.
- PT will meet with young person within a week and once again reinforce the importance of bringing kit for PE.

### Third time

- PE Teacher will record missing kit in their register and let young person know that they are passing it on to their Guidance teacher (PTG) for them to let home know that this is the third time. PE teacher will email PTG that day.
- PTG will contact home either that day or the day after to let home know that their young person has forgotten kit 3 times and the next step (if there is no improvement) will be a parental meeting. This will be recorded in pastoral notes.

### Fourth time

- PE Teacher will record missing kit in their register and let young person know that they are passing it on to their Guidance teacher (PTG) again, for them to let home know that this is the fourth time. PE teacher will email PTG that day.
- PTG will work with Head of Year to arrange a meeting with parents/guardians to seek their support in ensuring that their young person takes part in PE. If there are any barriers to participation that have not been highlighted, this meeting will seek to address them.

#### **Medical issues/anxiety:**

As a PE department we appreciate that sometimes young people pick up injuries or are unwell. If it is a short-term illness/injury please provide a note explaining what is wrong. This way we can advise your young person what they can help with in class for instance measuring distance/times or arranging equipment (where suitable). This allows your young person to feel part of the class even if they are unable to take part in the activity. If it is a long-term medical issue we require a doctor's letter and we will provide suitable written work for your young person, to allow them to continue to receive their statutory health and well-being input from the PE department.

Sometimes young people are anxious around an activity and feel nervous about taking part. If this is the case then please contact us so we can meet and discuss how best to support your young person. We can make lots of adjustments to allow pupils to participate in a way that they feel comfortable and this is much better than not participating at all and missing out on the benefits listed earlier.

**PE Kit:**

Shorts or tracksuit bottoms/leggings (a change from those worn to school)

T-shirts, with long or short sleeves (no vest tops)

Change of footwear where appropriate, ie outdoor activities

Clothing should be clearly identifiable with name tags sewn on or name printed on the label (not required)

Please note - for Health and Safety reasons, all jewellery should be removed apart from stud earrings are restricted to the stud type, especially when undertaking practical activities. Pupils wearing very large earrings will be asked to remove them.