

Portmarnock Community School



Physical Education Department

Policy on Participation

Introduction

All students of Portmarnock Community School are timetabled for a double period of PE per week. Although this is not sufficient time to provide an adequate programme to meet the physical activity needs of students in the 12 to 18 year category, it is however an acceptable amount of time given the timetable restrictions of the curriculum. The PE Department acknowledges this, and are grateful that all students, regardless of their year, are given one double period per week.

Rationale for a Participation Policy

As students only have one double period per week, it is vitally important that they participate to the best of their ability in all PE classes.

Many international studies cite a reduction in levels of physical activity in older adolescents, particularly female adolescents. The aim of our participation policy is to act as a preventative measure against this decline happening by ensuring all students participate in PE classes.

In order to optimise the time for participation within all PE classes, it is necessary to have a formal participation policy in operation. Students and teachers need to make the best use of the class time available and students who do not participate cause an unacceptable delay to the commencement of the class and a loss of learning time for everyone. We celebrate the culture at PCS whereby the majority of students are prepared for full participation in the PE class and this policy aims to protect that culture of positive participation.

Participation Policy

All students must participate in PE class to the best of their ability.

All students should arrive with a suitable PE uniform. This includes non-marking runners, school tracksuit-bottoms or shorts, a T-shirt and a school tracksuit top. Outdoor football boots may be worn when students are engaging in activities on the sports field.

If a student has an illness (common cold, sore throat, etc.) which reduces their ability to participate, parents should provide a note stating the nature of the illness. Students must still get changed and participate *to the best of their ability*.

If a student has a minor injury, they must bring in their PE uniform and a note from their parent / guardian, and, where relevant, a letter from a medical professional/physiotherapist stating the nature of the injury and advice on suitable rehabilitation exercises. The student can participate in whatever elements of the class are suitable, particularly the low impact parts of the warm-up and the elements of the class which focus on flexibility. This can prove beneficial to the student, as the PE teacher can implement the advice of the medical professional/physiotherapist which will help the student in the rehabilitation of the injury or on stretches suitable for preventing the injury reoccurring in the future.

The PE teachers will modify their lesson so that, if possible, a suitable role will be given to the student with the injury.

If the student feels uncomfortable during any part of the class, they will be allowed to opt out of the physical part of the class. They will then engage in a more theory based lesson, usually by recording information about the relevant topic being covered in class.

If a student has a serious injury which makes it unsafe for them to participate in the PE class (such as a broken limb), the student will participate in learning about the theory elements of the current activity being covered in PE class. This will be achieved by reading and taking notes from an information sheet given to them by the PE teacher. The student must present the notes to the teacher at the end of the class for inspection, and must then file the notes safely.

Special Circumstances:

Students with Additional Educational Needs (AEN)

All teachers are supplied with an AEN register at the start of every academic year.

All PE teachers will consult with this document in order to become aware of students who might need extra attention/ support during PE classes.
When Individual Learning Plans (ILP's) are in place, these will also be consulted.
The general school policy is to be inclusive in the teaching of all students, including those with AEN. This policy will also be followed by the PE department.
Students with coordination and physical difficulties, such as dyspraxia, will be assessed for coordination skills in line with the PE schedule, and if results deem necessary or appropriate, will be given advice on how to improve in this area.
A differentiated PE program will be devised for some students while completing some activities. In cases when full integration is more suitable, this strategy will be pursued.
Communication links will be maintained with the AEN department in identifying, supporting and monitoring progress.

6th Year Students

All schools are required to ensure that a double class period (totalling 80 minutes per week), or its equivalent, of Physical Education is timetabled for all senior cycle students. P.E. is therefore a key part of the weekly timetable for all Senior Cycle students.

6th Year Students who request permission to use their Physical Education class time to work on official Leaving Certificate project work in subjects such as Art, Construction Studies or Engineering, must have an excellent record of participation and attendance. If students have not participated in more than two classes from the previous January of 5th Year, they will not be given permission to use their Physical Education class for project work, regardless of deadlines.

Physical Education Classes held during Assessment Weeks and during the mock exam times will take place outside. Students should use the outdoor changing facilities on the school pitch. Students should come suitably attired for outdoor weather conditions.
Classes will only take place in a classroom if it is raining or snowing. This decision will be made by the Physical Education teacher, therefore students must always come prepared for outdoor class.

This policy has been created in order to maximise Learning & Teaching time and to support full participation in Physical Education Classes, for the health and wellbeing of all students.

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"I acknowledge that I have received a copy of the Physical Education Participation Policy
and am aware of the learning expectations that apply to all students in all year groups"

Signature of Parent / Guardian: _____

