

LORETO ABBEY SECONDARY SCHOOL, DALKEY



PARTICIPATION IN PHYSICAL EDUCATION POLICY

'Our school is a caring Christian community in which pupils have the opportunity to achieve academic excellence and to grow spiritually, emotionally, socially, creatively and physically in a healthy environment.'

1.1 Introduction

Loreto Abbey is committed to promoting the health and wellbeing of its pupils through physical activity. A programme of Physical Education (at Junior Cycle, Transition Year, Senior Cycle and Leaving Certificate) is provided for all years and a comprehensive co-curricular programme is also available. Students in Junior Cycle and Transition Year are offered a double period of PE per week. Students at Senior Cycle are offered one hour of PE per week, separate from the LCPE programme.

1.2 Rationale for a Participation Policy

The aims of this policy are to provide clear guidelines to all students and parents on participation in PE classes in Loreto Abbey, to maximise numbers participating in PE classes and to ensure sufficient teaching and learning time available to students within their weekly PE classes.

The Department of Education and Skills, Rules and Programme for Secondary Schools 2004/05 (p.7/141) instructs all schools to offer Physical Education. Students are required to participate in PE as they would any other class.

Students who cannot participate and who bring in notes/email excusing themselves from involvement, cause an unwanted delay in the commencement of class. This results in a reduced amount of

learning and participation time for the majority of students who are prepared and willing to be actively involved in class.

1.3 Participation

- All students must participate in PE class to the best of their ability.
- All students should arrive with a suitable PE uniform. This includes school tracksuits (or shorts/hockey skorts), school fleece, school PE t-shirt and suitable runners. (Sport specific attire will also be required in line with the curriculum, e.g grip socks for gymnastics).
- Students are expected to change into their PE gear at the beginning of the class and then change back into their full school uniform after PE class is concluded. Changing rooms are provided for this purpose.
- If a student fails to have PE gear it will be noted on VShare. If a student fails to have full PE gear on three occasions the relevant year head will be contacted and appropriate action will be taken.
- For health and safety and insurance reasons, all jewellery should be removed prior to engaging in any activity.
- If a student has an illness (common cold, sore throat, etc.) which reduces their ability to participate, they must still get changed and participate to the best of their ability. If they are too ill to do this, then they should not be in school.
- If a student has an injury, they must bring in their PE uniform and a note/email from their parent/guardian, stating the nature of the injury. The note must be presented to the teacher at the beginning of the lesson. The student can then participate in whatever elements of the class that are suitable.
- The PE teachers will modify their lessons so that, if possible, a suitable role will be given to the student with the injury.
- Students must sign in/out on a 'Bathroom Record Sheet' in order to monitor attendance.
- Students must not leave the sports grounds/Sports Hall at any time without permission from their PE teacher.
- Showers are available.

1.4 Participation of Students with Special Educational Needs (AEN)

All teachers are informed of students with Special Educational Needs at the start of every academic year. The PE teachers will be invited to contribute to the formation of an Individual Education Plan (IEP) where appropriate.

1.5 Indoor/Outdoor Classes

At times, PE classes may be held outside. Students must come suitably attired for outdoor weather conditions.

1.6 Leaving Certificate Physical Education

Students have the option to study Physical Education as an examination subject in Fifth and Sixth year. The guidelines regarding participation in PE remain the same. Students can find more detailed information regarding LCPE on the NCCA website.

This policy will be reviewed within three years in 2026.



Signed:

Date: 22/02/2023