

St. John's C of E (VA) Primary, Cliviger.

Lancashire Education Awards



Monday 7th October

PE and Safeguarding

Dear Parents,

I am writing to inform you that our policy around PE will change as we return from half term on Monday 28th October.

PE has safeguarding rules and the new version of Safe Practice in Physical Education, School Sport and Physical Education now states:

Getting Changed for PE The new Safe Practice Guidance recommends that children should get changed for PE.

This is for a few reasons:

- *Safeguarding – it is the responsibility of school staff to remain alert to any safeguarding concerns by ensuring any evidence of physical abuse is reported on.*
- *Health and Hygiene – children should be vigorously exercising in PE and so therefore should become hot and sweaty and will need to change into dry clothes*
- *Life skill – it is an Early Learning Goal for children to be able to dress and undress. To be able to change quickly and confidently at primary and secondary school for PE and swimming lessons*
- *Secondary school transition – We currently have several Year 7 and Year 8 pupils that refuse to change at secondary school as they have not been changing at primary school and have become extremely body conscious or struggle to change in the time required.*

Over recent years our children have come to school in their PE kit on their PE days as it is important to ensure they have at least 2 hours of PE a week, but nothing is more important than safeguarding our children.

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From **Monday 28th October** every child will need to bring their PE kit in a bag and they will change on site for their lesson.

The bags should be able to fit in the lockers for y3, Y5 and Y6 and will be hung on the pegs in the New Building classrooms.

This also means that full school uniform should be worn everyday with no trainers. **Please ensure shoes are black with black shoelaces.**

The children in Y5 and Y6 will have their PE on the same day so that we can change the boys and girls separately at 1pm on those days.

Here is a reminder of the PE lessons in school:

Monday	Year 6 and Year 5
Tuesday	Year 4, 2 and 1
Wednesday	EYFS, Year 6 and Year 5
Thursday	Year 3 and Year 1
Friday	EYFS, Year 2, Year 3 and Year 4

How can you help?

Please help your child to become independent by practising changing at home, doing their own buttons/zips and tying their shoelaces.

I know that initially the children are going to take a while to get changed for PE and we don't want them to miss out on their essential 2 hours of PE a week.

Thankyou for your continued support,

N.R.Healey

Mrs N R Healey
Headteacher



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