

PHYSICAL EDUCATION GUIDELINES



Reviewed: July 2016

Physical Education Curriculum

At St Peter's we have a boys' group, a girls' group and a mixed group. Students are grouped so they are working with others of broadly similar ability but are challenged to pursue continuous personal improvement. All groups carry out similar activities but in different orders throughout the year. These groups are not fixed and students may be moved group according to progress and attainment as we continue to assess them throughout the year.

PE and School Sport Extra Curricular Timetable

<u>Winter Sports</u>	<u>Summer Sports</u>
Rugby	Athletics
Football	Cricket
Hockey	Tennis
Basketball	*Rounders
*Netball	
*Girls only	

All students are welcome, attendance is essential for selection for school teams. All training/clubs start at 3.20pm and finish at 4.30pm.

Information regarding fixtures will be up on the sports noticeboard (outside PE office), it is the responsibility of students to check these details including pick up time, kit and venue. Students will be transported by school minibus to away fixtures and back to St Peter's for collection. For alternative arrangements (such as walking home) students must have permission written in their journal.

Remember to check the Student Bulletin every Monday and on the school website, schedules change due to fixtures. Please refer to the Uniform List for the required PE kit.

Health and Safety in Physical Education

- Jewellery is not permitted during PE lessons - earrings may not be covered with plasters.
- All long hair must be tied back for both boys and girls, long fringes must also be moved away from the face using clips or a sports headband.
- Studded boots are compulsory safety footwear when being taught and competing in Football and Rugby (moulded studs are appropriate for both).
- If your child is not participating regularly in these sports, we recommend these are purchased a few weeks before they start the activity, to avoid them being too small.
- Shin pads are compulsory safety equipment when being taught Football and Hockey and when competing competitively in these sports.

Wearing the correct footwear in PE

It is important to wear the correct footwear when taking part in any type of physical activity. Incorrect footwear can lead to injuries such as heel pain, shin splints, shin pain, back pain, sore calf muscles and ankle sprains and breaks. By wearing the correct footwear, injuries are less likely and your sports performance may even be improved.

In order to protect the health of our students all trainers with velcro straps, flat soles and flat insoles (fashion trainers) are banned within PE. Suitable Athletic shoes which offer the correct support must be worn for the health of the students.

Tips for buying athletic shoes for PE

We would advise that you start by buying yourself a good pair of general-purpose running shoes. These do not need to be expensive as long as they provide good cushioning and support. There is some basic information you need to consider before you purchase your sports shoe:

- Your activity
- Your foot positioning on standing
- How you have worn out your previous shoe



There are four shoe features which can be simply tested when in the shoe store:

Torsion

The greater the twist of the shoe, the more the foot will roll. You want a shoe with minimal movement. To test, grasp the sole and the front of the shoe near the ball of the foot and twist lengthways.

Flexion

The shoe should bend right at the ball of the foot. If it doesn't, neither will your foot. The shoe should remain stiff from the back of the heel to the ball of the foot. Grasp the heel and toe of the shoe and push together.

Heel counter

With your thumb, squash down on the heel counter. The strength of the heel counter is important in keeping your heel upright. Make sure the heel counter is made of plastic, not cardboard. Plastic provides more support and will last longer.

Midsole Density

With your two thumbs, compress the rubber of the midsole. If it compresses by more than a third it may be too soft. Soft shoes with lots of cushioning are only good for walking. If you are a pronator (foot rolls inwards when you walk) you may need a shoe with dual-density midsoles - where the sole on the inside of the heel is soft and the sole on the outside of the heel is hard. If you are a supinator (foot rolls outwards when you walk) you may need a neutral midsole.

We would strongly advise buying your trainers from a specialist sports or running shop, which can offer expert advice on the right shoe for you.

Personal Protective Equipment – Mouthguards

When it comes to protecting your mouth, a mouthguard is an essential piece of equipment which helps to minimize the risk of broken teeth and injuries to your lips, tongue, face and jaw. They typically cover the upper teeth and are a great way to protect the soft tissues of your tongue, lips and cheek lining.

In order to protect the health and safety of all our students' mouthguards are essential for those being taught Rugby, Hockey and Lacrosse and when competing competitively in these sports. We recommend looking at the Physical Education Curriculum Map (which can be found on the school website and is displayed in the Sports Hall and Gym) to find out when you will need your mouthguard and plan accordingly.

While collision and contact sports, such as Rugby, are higher-risk sports for the mouth, you can experience a dental injury in non-contact activities too, such as Gymnastics. Students are encouraged to wear mouthguards in many sporting environments.

There are three types of mouthguards:

Custom-fitted: These are made by your dentist for you personally. They are more expensive than the other versions, but because they are customized, usually offer the best fit and protection.

Stock: These are inexpensive and come pre-formed, ready to wear. Unfortunately, they often do not fit very well. They can be bulky and can make breathing and talking difficult.

Boil and bite: These mouth protectors can be bought at many sporting goods stores and may offer a better fit than stock mouth protectors. They are first softened in water (boiled), then inserted and allowed to adapt to the shape of your mouth.

A properly fitted mouthguard may be especially important for people who wear braces. A blow to the face could damage the brackets or other fixed orthodontic appliances. A mouthguard also provides a barrier between the braces and your cheek or lips, limiting the risk of soft tissue injuries.

Talk to your dentist or orthodontist about selecting a mouthguard that will provide the best protection. Although mouthguards typically only cover the upper teeth, your dentist or orthodontist may suggest that you use a mouthguard on the lower teeth if you have braces on these teeth too.

If you have a retainer or other removable appliance, do not wear it during any contact sports.

Some tips for caring for your mouthguard:

- Rinse before and after each use or brush with a toothbrush and toothpaste
- Occasionally clean the mouthguard in cool, soapy water and rinse thoroughly
- Transport the mouthguard in a sturdy container that has vents
- Never leave the mouthguard in the sun or in hot water
- Check for wear and tear to see if it needs replacing