Physical Education Checklist

1. A child can only miss a PE lesson if they inform the class teacher directly. If they need to miss PE they must be withdrawn from any form of physical activity, e.g. playtimes etc.
2. If a child hasn't got their kit, they are to take part in clothing worn, if clothing is suitable.
3. Before leaving the classroom, shoes are tied and hair that touches the shoulder must be tied back. Ear rings are taped up using surgical tape or removed and children have appropriate footwear on.
4. All other jewellery to be removed in the classroom or if cannot be removed for religious reasons, must be covered with a sweat band.
5. When in the Small or Large Hall if children have not got the appropriate footwear they are to participate in bare feet.
6. Dance and Gymnastics need to always be done in bare feet.
7. Before and during lessons, the work area is checked to ensure it is safe for student participation (Looking for obstructions, work surfaces and the equipment being using).
8. Children to be taught the specific skills of handling each piece of equipment. When ready children will take equipment to their designated workplace. A minimum of 2 children to take a bench, minimum of 4 children to take gymnastic mats.
9. Apparatus to be at least 1-2 metres away from a wall or an unrelated piece of apparatus. Children to be encouraged to check for themselves that the apparatus is correctly assembled, but the teacher to do a final check.
10. If the PE lesson is on the playground, teacher to have a mobile phone.
11. An adequate Warm Up and Cool Down is essential. The teacher to be positioned where they can see the whole class, usually operating from the edges of area looking inwards.