



## Physical Education Department

### Introduction

Physical Education at Perth High School aims to provide learners with a platform from which they can build physical competencies, improve aspects of fitness, and develop personal and interpersonal skills and attributes. It aims to enable learners to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance, outdoor learning and in the workplace. It also aims to enhance their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.

Learners will encounter a variety of practical learning experiences, including working on their own, with a partner and in small and large groups. Learners will understand the importance of cooperation and competition and the ability to evaluate their own and others' performance.

For health, safety and freedom of movement, pupils must wear the appropriate kit for Physical Education. This ties in with the Perth High School rules of "Ready, Respectful, Safe", whilst also promoting our values of Ambition, Respect and Equity.

Learners must have a complete change of clothing for PE and not use part of their uniform as PE kit. Appropriate kit is as follows:

#### **Ready**

*Black or Navy Shorts/Tracksuit bottoms/leggings to ensure that learners are able to move freely and feel comfortable when doing so*

*A plain white T-shirt to minimise the use of branded clothing, therefore promoting equity*

*If pupils are on an outdoor activity, they should come prepared with, for example, tracksuit bottoms/a hoodie/a waterproof jacket along with suitable footwear.*

#### **Respectful**

*Clean sports trainers (with non-marking soles where possible) to ensure the facilities are kept clean and in good condition.*

#### **Safe**

*Watches and all items of jewelry must be removed. Long hair must also be tied back. Asthma sufferers must have their inhalers with them at all times.*

# **Notes are no longer required – just bring your kit every time!**

**All learners are expected to get changed into PE kit (including those with a minor injury).** This will allow every learner to be included in the lesson and for their learning to continue to develop. For example, this might involve them providing feedback to one of their peers, leading a small section of the class or umpiring/refereeing a match.

Parental notes to excuse a learner from PE are no longer expected. Instead pupils are encouraged to speak to their PE teacher about the reasons why they are unable to participate fully. Obviously, exceptions will be made for pupils with major injuries that would prevent them from changing into PE kit, e.g. a broken leg.

Pupils must always bring the appropriate PE kit for all lessons. Failure to do so will result in pupils being issued with PE kit supplied by the department.

Should anyone have difficulty in providing PE kit, they should contact the school and we will be able to help.

We look forward to your cooperation. #weAREphs

Perth High School Physical Education Department

