



Physical Education

Fasting Policy

During the academic year, many of our students partake in fasting for religious reasons. The school and the PE faculty understand that during this time the students will need extra considerations in order to allow them to have a positive experience of PE. The following policy will help students to continue to participate in PE and enjoy their experience.

- ✚ All students must arrive to PE lessons with their PE kit and be ready to participate in a role that is appropriate for them. This will allow all students to continue to learn, engage and improve their knowledge and practice of PE.
- ✚ Staff will collaborate with students who are fasting to determine the level of participation in the PE lesson. The level of participation will depend on the intensity of the lesson and types of activity involved. If a student begins to feel tired or unwell they can stop participating immediately and inform a member of staff. The staff will allow the students to perform in a role they are comfortable to partake in.
- ✚ If students do not feel well or are tired, they will still be required to change into their PE kit and participate in a non-performance role (organiser, official, scorer, leader, coach or assistant). This is standard practice and allows students to continue to learn and engage in PE.
- ✚ In certain circumstances students and staff may agree they are unable to participate in a non-performance role. In this situation they will need to change into their PE kit, observe other students performance and provide feedback to their peers.
- ✚ If students continue to feel unwell and experience a feeling of extreme discomfort the PE faculty will call for assistance from student support and they will administer the care the student requires.
- ✚ We are happy to discuss personal request from parents if they feel their child has any specific conditions that the PE staff need to be aware of and act on.
- ✚ If a student does not have their PE kit, they will be required to complete some written work that focuses on the learning taking place in the lesson