

# Physical Education, Swimming and Outdoor Education

## Physical Education:

Secondary students must wear the correct kit to all PE and swimming lessons. A house t-shirt, purchased from the Uniform Shop and black shorts for boys and girls and white socks, make up this kit. IGCSE PE students are expected to wear a grey PE polo shirt. Students should not wear the same shoes for PE as they do for general school use. If you have any questions regarding the PE programme or kit, please contact the PE staff. See [Appendix10](#)

## Swimming:

Swimming lessons are part of the curriculum in Key Stage 3, students must wear suitable swimwear. Girls must wear a one-piece swimsuit. Boys must wear trunks or Lycra cycling shorts. No Bermuda or long baggy shorts are permitted and students with long hair must wear swim caps. These are important rules and regarded in the same way as normal daily uniform.

Participation in all P.E and swimming classes is compulsory, unless a note is delivered from parents seeking exclusion on medical grounds. The shower arrangements are by individual cubicles. Jewellery is not permitted in PE or swimming lessons for reasons of safety, and the school cannot be held responsible for items of value which are lost during these lessons. Valuable items such as mobile phones should be placed in teacher storage boxes at the beginning of each lesson. See [Appendix10](#)

## Outdoor Education and Educational Visits

The Outdoor Education program is not running currently, but the intention is to resume soon.

In Key Stage 3 each Form Group spends four days at our outdoor education centre. Outdoor Education is a compulsory part of BISJ curriculum. They are accompanied by trained outdoor education staff. The programme varies but makes use of our unique geographical setting to combine academic, social and sporting activities.

Students can derive considerable educational benefits from taking part in activities outside the classroom. Educational trips play a significant role in the education and development of all young people. They can contribute to the development of subject and cross curricular skills and are valuable in supporting our students in their personal and social education through the use of problem solving, teamwork and approaches that encourage responsibility, self-confidence and self-reliance.

At BISJ we believe that educational visits provide a variety of 'real-life' opportunities for our students. In so doing they are exposed to opportunities to achieve a greater understanding of the world around them through experiential learning. Educational visits are an essential part of good school practice.

Class related educational visits are organised by subject teachers and are designed to enhance the teaching that takes place in the classroom and include visits to the beach, to factories, to the desert, museums and other places of educational interest. Some of these trips are directly related to student coursework and are an important part of school work. This is particularly the case for students studying IGCSE and IB examinations. Each year a number of overseas trips are also organised.

## Appendix 10: PE & Swimming Uniform Policy

### BISJ Secondary School Physical Education & Swimming Uniform Policy

- Students are required to wear a house t-shirt and black shorts to all PE lessons.
- Appropriate athletic trainers should be worn to all PE lessons (not school shoes).
- Boys should wear swim trunks (no board shorts) and girls a one-piece swim suit to all swim lessons.
- House t-shirts and black shorts are available for purchase at the uniform shop. Swim suits and trainers should be purchased externally.
- A refillable water bottle should be brought to all PE & swim lessons.
- School issued sports attire and extra-curricular uniforms should not be worn in PE lessons. Students in IGCSE may be permitted to wear extra-curricular uniforms for assessment identification.
- In a situation where a student is sick or injured, PE kit should still be worn. Sick or injured students should participate in lessons but may have a less active role at the discretion of the class teacher.
- Students are not permitted to wear any form of jewellery in PE and swimming. These items may be left in the class teacher's valuables box at the beginning and collected back at the end of the lesson.

### Consequences for incorrect or no kit

- Students should provide a written note from home in any situation that prevents them from having their PE kit/ swim costume. Parents may be contacted by the class teacher if a genuine reason is not stated within the note.
- Students will receive one warning per academic term in any case where they have incorrect or no PE kit / swim costume.
- In the second instance (and any thereafter) where a student has incorrect or no PE kit/ swim costume, an incident report will be issued by the class teacher.
- Parents will be contacted for a meeting with the Director of Sport after the third instance of incorrect or no PE kit/ swim costume.