



Physical and Health Education (PHE) and Extra-Curricular Sport Activities Policy

Academic Year 2015/16

Section 1: Uniform Changing Times Policy

Below is the timetable for Physical and Health Education (PHE) during the academic year 2015/16. Due to the nature of the subject and the fact that students need to change their uniform, OIS has established the policy of the uniform changing times, which states the right timings for each year group depending on the weekday.

This policy aims to maximize the time for PHE lessons and sport practices, and to avoid confusion for students, parents and teachers.

		Monday	Tuesday	Wednesday	Thursday	Friday
P1	8:30-9:20		Y 7 / MYP 1			Y 10 / MYP 4
P2	9:20-10:10	Y 12 / DPSEHS	Y 12 / DPSEHS	Y 11 / MYP 5	Y 12 / DPSEHS	Y 10 / MYP 4
P3	10:10-11:00	Y 9 / MYP 3	Y 12 / DPSEHS	Y 11 / MYP 5	Y 11 / MYP 5	Y 12 / DPSEHS
BREAK						
P4	11:20-12:10	Y 9 / MYP 3		Y 10 / MYP 4	Y 8 / MYP 2	Y 6 / MYP 0
P5	12:10-13:00	Y 7 / MYP 1	Y 8 / MYP 2		Y 8 / MYP 2	Y 6 / MYP 0
LUNCH						
P6	14:00-14:50				Y 7 / MYP 1	
P7	14:50-15:40	Y 6 / MYP 0			Y 9 / MYP 3	

- MYP Students with PHE during P1, P2 or P3** should attend registration at 8.20 am with their PHE kit on. The students will attend all lessons (P1 to P3) wearing their PHE kit since they will need to get changed back into the school uniform during break (except Year 9 on Mondays who will get changed back into school uniform at the beginning of lunch time, before eating).
- MYP Students with PHE during P4 or P5** must come to the school wearing the school uniform in the morning. Students need to change into the PHE kit during break and get changed back into school uniform at the beginning of lunch time, before eating. This means that, if the year group has a single PHE lesson, they will attend the other subject (either in P4 or P5) wearing their PHE kit.
- MYP Students with PHE during P6 or P7** must come to the school wearing the school uniform in the morning. Students need to change into the PHE kit during lunch time but after eating. If the year group has a single PHE lesson, they will attend the other subject (either in P6 or P7) wearing their PHE kit. After Period 7, students can leave the school with the PHE kit on.

Uniform Changing Times Policy - Special notes:

- If there is a reason why students should get changed back into the school uniform at the end of a PHE lesson (due to wet weather, sweating, etc.), teachers will be informed immediately by the PHE teacher since the students are supposed to wear the PHE kit in the next lesson(s). All efforts will be made to ensure students arrive on time for the following lesson.
- Regarding the **Extra-Curricular Sport Activities** and the short time between the end of the last school period (15:40) and the beginning of the first sport practice (15:45), students will receive a “**personal sport pass**” or will be registered in a “**sport pass list**” which will help the students to be on time for their sports activities after period 7.

Students can receive two different types of sport passes depending on the possible PHE lessons which they may have during the weekday of the sport practice. This will be addressed as follows:

- ✓ **“P6&P7 - Sport Pass”**: MYP and DP students **involved in a sport practice after school should get changed after having lunch and before Period 6**. Therefore, they will attend P6 and P7 with their PHE kit.
- ✓ **“Lunch - Sport Pass”**: MYP students who **have had a PHE lesson before lunch and are involved in a sport practice after school**, will stay in PHE kit after the PHE lesson. Therefore, they will have lunch wearing their PHE kit.

Section 2: Other regulations related to Physical and Health Education

- ❖ Students with a PHE lesson on a school day should always bring both the school uniform and the PHE kit. An additional bag will be required to put the clothes in which are not being used.
- ❖ Students should be fully aware of the composition of the PHE Uniform. This is described in page 14 of the *Students & Parents Handbook 2015-2016*. Some important updates from last academic year:
 - **Shorts can be grey or dark blue.**
 - **All students should wear sky blue socks (football type).**
- ❖ Students will need to bring their own shin pads, mouth guard or additional sport equipment when the unit of work or sport activity requires it.
- ❖ Black leggings are only allowed during dance or gymnastics. In that case, the PHE teacher will let tutors know at the beginning and the end of the unit to avoid confusion.
- ❖ Students **cannot leave any belongings inside the changing rooms** before, during or after the PHE lesson or hanging on the bench hooks outside the changing rooms. They should **keep everything inside their locker**.
- ❖ Students cannot be inside the Gym without supervision. This is particularly important during breaks and after school.
- ❖ **Students who cannot take part actively in a PHE lesson should also be prepared in the normal way. This involves:**
 1. The student should **wear the PHE kit** during the PHE lesson.
 2. The student should **bring a note** from home (if not medical) including date, name of the person writing with a contact number; name of the student and the reason for the non-participation in the PHE lesson.

Please, note that an email from parents after the PHE lesson in order to justify the non-participation of the student will not be taken into account.

In case of a student feeling sick or getting injured during the school day, the nurse is the only person who can justify the non-participation in the PHE lesson.

Section 3: OIS Extra-Curricular Sport Activities Programme: timetable, fixtures, selection process and parent's letters

- ❖ All students are expected to be involved in **A MINIMUM OF ONE team sport practice per week**. Parents should contact the Athletics Director if due to exceptional circumstances the student cannot fulfil the minimum requirements.
- ❖ Students need to be aware that they must commit to the sports at least **once a week for the whole sport season, which is published on the school website**.
- ❖ If a student wishes to join or change any sport activity, parents should email the Athletics Director who will make the necessary changes to registers and lists.
- ❖ **MYP students** who are participating in the Extra-Curricular Sport Activities Programme, should do so using the **PHE kit**. **Year 12 and 13 students** are encouraged to use the PHE kit (sky blue t-shirt would be ideal), or lacking that, they are required to wear a **plain t-shirt** (blue, black, grey or white) **with no emblems** or any kind of advertising. They are allowed to wear any colour of **shorts** but they still **should not have emblems** or be part of a team. No other type of clothing is permissible.
- ❖ Any student representing the school will be given an **OIS Sport kit** which can only be used during matches or tournaments. **This should not be used during practices**.
- ❖ All students representing the school in **away fixtures** must go to, and return from, the event wearing **school attire and ensure they have the necessary equipment**.
- ❖ Parents and students need to take into account that matches and competitions mean additional days of commitment and we need the support of all the OIS Community for our sports teams.
- ❖ Parents and students should consult the information related to sports on the school website (<http://www.oeirasinternationalschool.com/Sport-Activities>) and the school notice boards. This information includes:
 - The latest version of the *OIS Extra-Curricular Sport Activities Timetable*.
 - The dates of the main sport events.
 - The dates of the friendly matches scheduled.
 - Results
 - PHE and Sport Policy.
- ❖ Parents need to authorize their child's participation in matches and tournaments, either through the reply slip at the end of the letters or by email if they receive the information by email.
- ❖ All the students enrolled in a school team will receive an OIS Sports Kit together with the *Kit Liability Letter*, which should be signed by both the student and their parents and sent back to the Athletics Director. Students will keep the kit until the end of the competitive season for that particular sport. They should return all items in good condition on the due date.
- ❖ Selection process for matches and competitions will be made by the coaching staff in collaboration with the Athletics Director.