



*A journey of learning for all,
within God's guiding hands*

*Small School, Big Community,
Unlimited Potential*

Approved by: Full Governing Body Date: 16.03.2023

Last reviewed on: May 2024

Next review due by: May 2025

Physical Education Primary School

Dance

Activity: Primary school, including Foundation Stage, curriculum dance

Significant hazards / risks

- Injuries such as broken bones, sprains, strains, contusions
- Sprains from manual handling
- Electrocutation from electrical equipment
- Fall from heights from ropes, large apparatus
- Contact burns from ropes
- Splinters from benches
- Slips, trips and falls
- Toxic fumes and burns from inflammable mats with cellular (polyurethane) foam in the event of a building fire.
- Injuries of falling onto poorly maintained mats

Who could be harmed?

- Employees, children, Adults Supporting Learning (ASL), volunteers

Competence Requirement:

- Teachers in primary schools **must only** teach to the National Curriculum requirements, unless they are competent to teach to a higher level and the activity has been approved by the Head Teacher

Further advice and support on health and safety competency can be obtained from the Essex Schools Service (SIEY) PE Advisory Team

** For advice re continual professional development contact the Essex Schools Service CPD Team*

Control measures which should be in place:

- Clearly defined signal to inform class to stop working and pay attention to teacher
- Boundary working area clearly marked and defined, e.g. use of spots
- Teacher able to see the whole class / group at all times
- Adequate time and appropriate area / space for class to change in to and out of PE clothes to prevent risk of injuries associated with rushing, e.g. tripping over clothes
- Appropriate warm up and cool down periods
- No actions involving weight on heads, e.g. headstand actions, to be permitted
- Pupils to wear appropriate kit: tucked in t-shirts, shorts, leotards, soft rubber soled plimsolls, bare feet, shoulder length hair tied back with soft 'scrunchie'
- Teaching staff to wear appropriate kit, especially if demonstrating. The bare minimum would be bare feet, flat shoes, plimsolls or trainers
- All jewellery to be removed

Equipment:

- Electrical equipment to be checked as part of the establishment Portable Appliance Testing programme
- Equipment must be annually checked by a competent company and half yearly by a competent member of staff
- Equipment to be visually checked prior to use to ensure appropriate for purpose, fixed and stable
- Equipment deemed to be condemned or requiring repair must be marked, reported and removed from usage immediately, repaired / disposed of as appropriate
- Equipment stored safely and appropriately to minimise distance carried, e.g. benches, trestle tables, stools, and children shown how to use and carry equipment safely and appropriately
- Appropriate positioning of curriculum equipment, e.g. not near walls, sufficient space to work, and progressive use of equipment, e.g. floor, spots, ropes, mats, benches, low tables, mid level tables, stools, large apparatus
- Mats used as exit areas from apparatus. 'Impact' mats used as exit areas and to provide a cushioned area and protection from descent from apparatus
- Use of tape on large apparatus to restrict the height that children work to, e.g. 'feet no higher than here...', and in line with the height of other equipment used
- Trampettes and trampolines not to be used
- Inspection records must be kept for two years from the date of inspection

Additional Control Measures: Hints / tips for what needs to be considered as part of local /specific assessment:

- **Surface / flooring type need be considered**
- **Pupils with medical or special needs**

Physical Education Primary School

Games

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| Activity: primary school, including Foundation Stage, curriculum games |
| Significant hazards / risks <ul style="list-style-type: none">• Injuries such as broken bones, sprains, strains, contusions caused by unintended collision with other players or item of equipment, being struck by a hard object such as a bat / stick or ball, poor application of technique such as when tackling• Sprains from manual handling• Splinters from equipment• Slips, trips and falls related to surface or weather• Head injury or spinal damage from being struck by a hard object, ball or collision with other pupil• Injuries to or from other players, spectators or passers by inadvertently wandering in to the line of shot or collision with players or equipment being used e.g. ball. |
| Who could be harmed? <ul style="list-style-type: none">• Employees, children, Adults Supporting Learning (ASL), volunteers |
| Competence Requirement: <ul style="list-style-type: none">• Teachers in primary schools must only teach to the National Curriculum requirements, unless they are competent to teach to a higher level and the activity has been approved by the Head Teacher <p>Further advice and support on health and safety competency can be obtained from NGBs and the Essex Schools Service (SIEY) PE Advisory Team</p> <p><i>* For advice re continual professional development contact the Essex Schools Service CPD Team</i></p> |
| Control measures which should be in place: <ul style="list-style-type: none">• Clearly defined signal to inform class to stop working and pay attention to teacher• Boundary working area clearly marked and defined for organised sporting activity, e.g. use of spots / cones and areas to designate particular role, such as batting in small sided games• Teacher able to see the whole class / group at all times and position self near area of greater risk• Adequate time and appropriate area / space for class to change in to and out of PE clothes to prevent risk of injuries associated with rushing, e.g. tripping over clothes• Appropriate warm up and cool down periods• No heading the ball to be permitted or taught• Careful consideration of weather and surface conditions• Clear space to run off the area, pitch or court without danger of collision with objects or people |

- Pupils must wear appropriate kit: tucked in t-shirts, shorts, trainers tied and with gripping soles, track suit, shoulder length hair tied back with soft 'scrunchie'. In accordance with National Governing Bodies (NGB) / Association for PE (AfPE) guidelines footwear with sharp or jagged studs must not be used or worn
- Teaching staff to wear appropriate kit especially if demonstrating the bare minimum to wear appropriate footwear which would be plimsolls or trainers
- Some games require particular attention to personal matters, for example, in passing games, fingernails should be short to prevent injury to self and others and should be checked before the activity commences
- A number of games activities if in competitive situations, on the advice of NGBs, require specific personal protective equipment to be worn. Safety equipment should be fit for purpose and in good repair, e.g. shin pads
- All jewellery to be removed

Equipment:

- Equipment must be annually checked by a competent company and half yearly by a competent member of staff
- Equipment to be visually checked prior to use to ensure appropriate for purpose, fixed and stable. e.g. goal posts
- Larger items of non fixed equipment, such as netball posts, portable football goals, that can't be stored inside the building need to be secured at all times, correctly located and have protective coverings, where relevant, taking in to account NGB guidelines
- Equipment stored safely and appropriately to minimise distance carried and children shown how to use and carry equipment safely and appropriately
- Appropriate positioning of curriculum equipment, e.g. not near walls, sufficient space to work, and progressive / differentiated use of equipment, e.g. size, weight or shape of implements, lighter weight equipment for primary aged children
- Inspection records must be kept for two years from the date of inspection.

Additional Control Measures: Hints / tips for what needs to be considered as part of local /specific assessment:

- **Surface / flooring type need be considered**
- **Pupils with medical or special needs**
- **Outdoors - protection from the sun, heat exhaustion**

Physical Education Primary School

Gymnastics

Activity: primary school, including Foundation Stage, curriculum gymnastics

Significant hazards / risks

- Injuries such as broken bones, sprains, strains, contusions
- Sprains from manual handling from moving equipment
- Fall from heights from ropes, large apparatus
- Contact burns from ropes
- Splinters from benches
- Slips, trips and falls
- Head injury or spinal damage from headstands
- Toxic fumes and burns from inflammable mats with cellular (polyurethane) foam
- Injuries of falling onto poorly maintained mats

Who could be harmed?

- Employees, children, Adults Supporting Learning (ASL), volunteers

Competence Requirement:

- Teachers in primary schools **must only** teach to the National Curriculum requirements, unless they are competent to teach to a higher level and the activity has been approved by the Head Teacher
- Newly qualified teachers must attend Essex Schools Service Safety in PE Part 1 and 2 modules

Further advice and support on health and safety competency can be obtained from the Essex Schools Service (SIEY) PE Advisory Team

** For advice re continual professional development contact the Essex Schools Service CPD Team*

Control measures which should be in place:

- Clearly defined signal to inform class to stop working and pay attention to teacher
- Boundary working area clearly marked and defined, e.g. use of spots
- Teacher able to see the whole class / group at all times and position self near equipment of greater risk, e.g. large apparatus
- Adequate time and appropriate area / space for class to change in to and out of PE clothes to prevent risk of injuries associated with rushing, e.g. tripping over clothes
- Appropriate warm up and cool down periods
- No headstands to be permitted or taught
- No jumping permitted from large apparatus

- Pupils to wear appropriate kit: tucked in t-shirts, shorts, leotards, soft rubber soled plimsolls, bare feet, shoulder length hair tied back with soft 'scrunchie'. NB: trainers or only socks are inappropriate for gymnastics activities
- Teaching staff to wear appropriate kit, especially if demonstrating. The bare minimum would be bare feet, flat shoes, plimsolls or trainers
- All jewellery to be removed

Equipment:

- Equipment must be annually checked by a competent company and half yearly by a competent member of staff
- Equipment to be visually checked prior to use to ensure appropriate for purpose, fixed and stable.
- Equipment deemed to be condemned or requiring repair must be marked, reported and removed from usage immediately, repaired / disposed of as appropriate
- Equipment stored safely and appropriately to minimise distance carried, e.g. benches, trestle tables, stools, and children shown how to use and carry equipment safety and appropriately
- Appropriate positioning of curriculum equipment, e.g. not near walls, sufficient space to work, and progressive use of equipment, e.g. floor, spots, ropes, mats, benches, low tables, mid level tables, stools, large apparatus
- 'Impact' mats must be used as exit areas and to provide a cushioned area and protection from controlled descent from apparatus
- Jumping down from climbing frames or ropes is not recommended. Both these items of apparatus are concerned with climbing, traversing and descending and the equipment should be used for these purposes
- Mats should never be indiscriminately placed around the working area. Each mat should be placed with a specific purpose in mind, associated with developing confidence, comfort in working and developing changes in direction
- Mats should never be used to protect against the foreseeable outcomes of poorly developed skill. It is better that apparatus and task are modified to accurately reflect pupil need and capability, thereby minimising the risk of falling and poorly controlled dismounts
- Use of tape on large apparatus to restrict the height that children work to, e.g. 'feet no higher than here' and in line with the height of other equipment used
- Spring boards, landing mats, vaulting boxes not to be used unless teachers are appropriately qualified
- Trampetes and trampolines not to be used
- Inspection records must be kept for two years from the date of inspection.
- Straight ropes should be kept straight and not be knotted at the end of the rope

Additional Control Measures: Hints / tips for what needs to be considered as part of local /specific assessment:

- **Surface / flooring type need be considered**
- **Pupils with medical or special needs**

