



Compass Learning Centre

Physical Education, Health & Wellbeing & Games Policy 2026-27

Statutory Policy: NO	Governor Action: NO			
Governors' Committee Responsible:	Teaching & Learning Committee			
Link Governor:	Chair of Committee			
Link SLT:	Deputy Head			
Person Responsible:	Deputy Head			
Date Reviewed:	January 2026			
Next Review Date:	January 2027			
Key Link Policies / Documents: <i>This list is not exhaustive and further policies / documents may also need to be consulted in addition to these dependent on circumstances</i>	This policy should be used in conjunction with 'Getting changed for P.E. and School Sports – additional safer working practice guidance' Child Protection Policy & Procedures Intimate Care Policy (If necessary) Staff Code of Conduct Guidance for Safer Working Practice Student Mental Health Policy			
Policy Suite:				
HR	Curriculum	Student Behaviour & Welfare	Finance	Premises & Health & Safety
	✓			

Inspire, Transform, Excel and Succeed

Signed: *Alison Glazier*

Headteacher

Date: 18/01/2026

Signed: *Cate Field*

Link Governor

Date: 12.02.26

Equality Impact Assessment – initial screening record

<ul style="list-style-type: none"> What area of work is being considered? Upon whom will this impact? 	Physical Education & Games Policy																																						
	Students																																						
<ul style="list-style-type: none"> How would the work impact upon groups, are they included and considered? <table border="1"> <thead> <tr> <th>The Equality Strands</th> <th>Negative Impact</th> <th>Positive Impact</th> <th>No impact</th> </tr> </thead> <tbody> <tr> <td>Minority ethnic groups</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Gender</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Disability</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Religion, Faith or Belief</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Sexual Orientation</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Transgender</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Age</td> <td></td> <td>√</td> <td></td> </tr> <tr> <td>Rurality</td> <td></td> <td>√</td> <td></td> </tr> </tbody> </table>				The Equality Strands	Negative Impact	Positive Impact	No impact	Minority ethnic groups		√		Gender		√		Disability		√		Religion, Faith or Belief		√		Sexual Orientation		√		Transgender		√		Age		√		Rurality		√	
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<ul style="list-style-type: none"> Does the initial screening highlight potential issues that may be illegal? No <div style="border: 1px solid black; padding: 5px; min-height: 40px;"> <p>Further comments:-</p> </div>																																							
Do you consider that a full Equality Impact Assessment is required? No																																							
Initial screening carried out by																																							
Signed: <i>Mark Fisher</i>		Dated: 18/01/26																																					
Comment by Headteacher: Reviewed with no changes																																							
Signed: <i>Alison Glazier</i>		Dated: 18/01/26																																					

Compass

Physical Education, Health & Wellbeing and Games Policy

We firmly believe that there are positive links between participation in physical activities and academic success at school. Consequently, PE and Games are seen as an important part of our school curriculum. Participation is not optional and parents are expected to support our approach.

The school timetable is written to attempt to ensure that all students take part in a minimum of two PE, Health & wellbeing sessions per week plus one double enrichment session that is normally activity based (Friday afternoon). PE, health & wellbeing sessions are supplemented by break & lunchtimes when sporting activities are on offer. Students can participate in football, table tennis, netball, basketball, crazy catch, spikeball or use the outdoor gym, all activities are supported and supervised by staff. The PE staff offer BTEC Sport and/or GCSE PE at KS4 for those students who opt to take this as part of their studies. These lessons are separate to the games lessons and therefore will be additional PE time for those that choose it in their options.

Some students prefer to invest their time to wellbeing activities and this is built into the PE curriculum. Students are able to remain in a safe environment that is comfortable for them and complete mindfulness tasks or take part in organised and supported walks to improve their wellbeing, quite often involving exploring the local area.

It is recommended that students come prepared for warm weather by wearing appropriate clothing and bringing sun lotion, a sun hat and a drink to school on the days that they have PE, health & wellbeing.

In cold weather we would ask that all students are properly prepared for outdoor PE lessons with appropriate clothing. As a PRU and therefore serving the local mainstream schools, we do not have a fixed PE uniform so the expectation is that students bring in or wear appropriate clothing for PE and Games on the day.

If students are dressed appropriately for the weather they will remain comfortable and enjoy their PE, Health & wellbeing/ Games session.

The location of the PE lessons varies from Compass/ Osprey Leisure Centre, Steps youth centre, Redlands Leisure centre, Weymouth College and many other suitable venues to ensure the quality of PE remains high and reflects the weather conditions at the time of year. The walks tend to be at local landmarks and visitor spots.

We appreciate parental support in this matter.

For some students that are referred to Compass, PE will be a source of anxiety and could be part of the reason they were referred in the first place. While every effort is made to push these students outside their comfort zone and to participate in PE, it is not always the right thing for all students. Alternative arrangements will be made for these students. This could be an alternative activity, mindfulness activities, wellbeing walks or PE based theory work to be completed.

Illness or Injury

The school operates a 'parental note' policy by which we mean a parent may withdraw their child from PE or Games if a doctor has given specific advice that a child should not participate at all in PE or Games.

Students must therefore bring appropriate clothing and expect to get changed as normal as an appropriate role will be established on that day.

Students who are ill or injured could be given a suitable role to carry out in the lesson such as refereeing, scoring, coaching, timing, equipment management or observation and analysis work. This means they still

have an understanding of the activities that are taking place but will not be physically involved thus ensuring they do not worsen injuries or illness. This may also be wellbeing or mindfulness activities.

If a child has a doctor's note and cannot participate at all we will find alternative work for the student to do until they are fit enough to come back to PE and Games.

If students are asthmatic it is unlikely they will need to be excused from lessons, as they should always have an inhaler with them, and be able to use it correctly at the beginning and if necessary during the lesson. Where this is the case, please ensure that the school have been made aware of this in advance.

Jewellery

No jewellery is to be worn during lessons which includes earrings. Students must remove all piercings during PE and Games. Putting a plaster on as a cover will suffice if the teachers deem it to be safe.

Why physical activity is important

At Compass Learning Centre we want to provide high quality teaching that supports high quality learning. We want our students to enjoy coming to school and to develop the skills to play a full and active part. We also want to promote and maintain a dynamic and challenging environment where everyone is valued and has the opportunity to maximise their potential. Physical activity is an important part of this aim as it is a significant method of preserving general health. At Compass, the aim is to educate students so that they lead healthy active lifestyles.

Physical activity has the following benefits:

- 'Relieve stress, tension, anxiety and aggression'.
- Helping us to live longer.
- Acquiring new skills, knowledge and understanding about a variety of activities.
- Being challenged either on an individual level or through competition against others.
- Developing social and interpersonal skills.
- Taking on leadership responsibilities and becoming independent in the physical activity environment.
- Experiencing fun, enjoyment and excitement.
- Learning or developing sports that can be continued long after school.

Aims of physical activity at Compass

- to ensure that students have access to a broad and balanced curriculum whereby they can learn, progress and achieve at a level suitable to their ability.
- to develop positive physical characteristics by participating in physical activity.
- to offer a range of physical activity programs for students and staff working alongside outside agencies to offer variety and stimulation.
- Offer a variety of accredited qualifications that will help students once they leave the School.
- Encourage students to become involved in local community clubs to further their participation in sport.

In order to achieve this the PE and Games staff will:

- Adapt the PE & Games programme to suit the groups needs and ability in terms of time and content allowing for a more flexible approach and a broader experience relevant to them.
- Monitor students levels of involvement in physical activity inside and outside of school and in enrichment and extra-curricular activities.
- Ensure all students are aware of and have access to appropriate community activities.
- Develop inter class and school-based competitions.

PE is backed on the timetable against an intervention support network. This means that some students may spend some time working on any 'need' they may have in school as an alternative for a period of time. This can also help with any medical or anxious students who are not ready to engage in PE lessons upon entry to Compass. SEN students should not be disadvantaged by interventions.

Contact/ touch

While staff make every effort not to use touch in PE to support students, it may be necessary depending on the activity to do so with student permission.

Activities offered in curriculum time

These include: netball, hockey, football, dodgeball, basketball, health-related fitness, Spikeball, badminton, volleyball, rounders, tennis, cricket, and athletics as well as more casual plans such as Lasertag, beach sports, walking and observing, exploring and Climbing and water sports such as sailing.

Enrichment opportunities

These include many sports on a Friday afternoon organised on a rota as well as additional enrichments activities using different resources locally such as the ski slope, swimming, foot golf, bowls, laser tag and mountain biking to name a few.

Outside coaching in school time

Where students compete at a level which necessitates school-time coaching sessions, this must be discussed with the Headteacher or Deputy Headteacher. Permission to participate in outside coaching and/or lessons during school time and/or enrichment time will only be given where the student is deemed to have reached a high level of performance equivalent to at least county level and will come under the talented and gifted umbrella of which we do have students in this bracket.

Fixtures

Students are expected to compete in school fixtures where possible. The school will usually arrange transport to and from fixtures.

Implementation of policy

The Physical Activity Policy supports the Every Child Matters agenda, with particular reference to being healthy and enjoying and achieving. It ensures that staff and students at Compass are aware of the importance of physical activity in maintaining the health and well-being of the community.

Representing the School through sport

We offer all students the opportunity to represent the school through a wide variety of individual and team sports. It is our aim that a high percentage of our students represent the school.

Responsibilities

The PE teachers are jointly responsible for all aspects of Physical Education in school.

Tutors are responsible for supporting and helping to co-ordinate tutor group sports activities such as sports day and inter-school school sports.

All staff are responsible for supporting the school Physical Activity policy and for reinforcing positive messages about physical activity. Members of staff are encouraged to participate in school sports and enrichment activities wherever they are able.

Students are responsible for ensuring they have the appropriate kit for all PE and Games activities; for taking an active and enthusiastic part in PE & Games lessons, for enrichment / extra-curricular activities and for supporting the achievements of others.

Parents can contribute to and support the physical activity by ensuring their children are prepared for PE lessons and enrichment / extra-curricular activities and by supporting their children in out of school clubs or teams. We welcome parents to school fixtures but on the condition that they observe in an appropriate manner and in no way challenge decisions made by officials.