



PHYSICAL EDUCATION

Safety Guide

School Education

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KEY BENEFITS

Physical Fitness

Improves cardiovascular fitness, coordination, and strength through structured movement.

Teamwork Skills

Builds teamwork, leadership, and fair play through cooperative and competitive activities.

Mental Health

Supports mental health by reducing stress and increasing positive mood.

Lifelong Habits

Encourages lifelong physical activity habits and goal setting.

KEY HAZARDS & CONTROL MEASURES**Collisions & Falls**

- ✓ Clear rules of play explained and enforced
- ✓ Adequate spacing between activity areas
- ✓ Age and ability appropriate activities
- ✓ Mats and padding where required

Equipment Hazards

- ✓ Regular equipment inspection schedule
- ✓ Faulty equipment removed immediately
- ✓ Correct setup procedures followed
- ✓ Pupils trained on safe equipment use

Medical Conditions

- ✓ Medical information accessible to staff
- ✓ Inhalers and medications available
- ✓ Modified activities where needed
- ✓ Staff trained on common conditions

Changing Room Safety

- ✓ Appropriate supervision arrangements
- ✓ Clear behaviour expectations
- ✓ Private changing options available
- ✓ Non-slip flooring maintained

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Facility

- | | |
|---|---|
| <input type="checkbox"/> Playing surface checked | <input type="checkbox"/> Area free of hazards |
| <input type="checkbox"/> Weather suitable (outdoor) | <input type="checkbox"/> Changing rooms ready |

Equipment

- | | |
|---|---|
| <input type="checkbox"/> Equipment inspected | <input type="checkbox"/> Correct setup verified |
| <input type="checkbox"/> First aid kit accessible | <input type="checkbox"/> Faulty items removed |

Pupils

- | | |
|---|--|
| <input type="checkbox"/> Appropriate kit worn | <input type="checkbox"/> Jewellery removed |
| <input type="checkbox"/> Medical needs noted | <input type="checkbox"/> Warm-up completed |

Supervision

- | | |
|---|---|
| <input type="checkbox"/> Ratios appropriate | <input type="checkbox"/> Rules explained |
| <input type="checkbox"/> Boundaries set | <input type="checkbox"/> Emergency plan known |



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