



Request to Withdraw from P.E. or Adventurous Activities



At St Lawrence CE Primary, Physical Education (which includes swimming) and adventurous activities such as 'Forest School' and hiking, form part of the curriculum and therefore all pupils who are in school should take part in the associated lessons. As a general rule, children who are well enough to be in school are well enough to take part in all curriculum activities. We do appreciate however, that there could be rare occasions when pupils are well enough for all school lessons but have conditions or injuries that prevent them from being physically active and/or by taking an active part, this could worsen their condition or injury. Examples of conditions or injuries that we would regard as preventative to full participation in P.E. and adventurous activities are as follows:

- Broken bones/musculoskeletal injuries
- Healing wounds following surgery
- Menstruation
- Soft tissue injury
- Severe respiratory infection

If a pupil has been absent from school for a number of days and by avoiding physical exertion, it enables that pupil to return to school earlier than would normally have been possible, we will consider a parent/carer request favourably - providing an alternative worthwhile activity can be easily arranged.

Additionally, we will always follow the recommendations from a medical professional (GP, Physiotherapist, School Nurse etc.) and would appreciate this advice being in writing.

The attached form should be completed (at least one day in advance of the planned activities) and sent or handed to the school office for a request for withdrawal from an activity to be considered. Until approval has been given by the headteacher or deputy headteacher, parents/carers should presume that full involvement in activities will be expected (if child is in school).

N.B. Pupils who do not have full kit for activities will still be required to take part using kit loaned to them by the school. All loaned kit will be clean and where necessary washed by the school after use.

Those pupils who are not taking an active part in a lesson will be required to still join in passively (e.g. timing or measuring). Where this is not possible, pupils will undertake another activity or task whilst remaining with the class or if this not safe or practical (e.g. when on a hike), with another class in school.

If a parent/carer wants to take a pupil offsite for a single lesson or part of the day, then this will need discussing and authorising with the headteacher or deputy headteacher at least the day before. There may be occasions when this is a sensible approach (e.g. if a swimming lesson at the end of the school day). Keeping a child off school for medical reasons is likely to be authorised, but if this is solely to avoid participation in a physical activity, then the decision is likely to be challenged.

Pupils who have an Education Health and Care Plan (EHCP) for Special Educational Needs & Disability (SEND) may have agreed adjustments to timetabled activities already in place. For these pupils, discussions with the SENCo (Special Educational Needs Coordinator), class teachers and support assistants may lead to decision for a pupil not to participate in an activity or join in for some and not all of the activity (e.g. a pupil with a physical disability might complete only part of a hike and be transported by car for the rest of it).

Any pupil missing too many sessions of P.E. (i.e. more than two in a term), unless for a known ongoing condition/injury will be a cause for concern and our Family Support Worker will be asked to look into the matter and provide help/guidance where necessary. Sadly, some children do get abused and one of the signs/indicators that staff are trained to be vigilant to is the non-participation in P.E. where unusual bruising or another injury might be observed.

This approach to managing parental requests for withdrawal from activities has been approved of by the full governing body (December 2023).

Request to Withdraw from PE or Adventurous Activities

Child's name:

Class:

I wish to withdraw my child from:

Date of lesson/activity:

Time/duration of lesson/activity

Please explain the reason for your request:

How long will this to be for and how many sessions/lessons will be missed?

Are you providing a letter or notification from a medical professional? If yes, please provide details below and attach a copy of the document.

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If a verbal recommendation only has been made, please provide name and telephone number for the medical professional.

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Are you happy for us to contact and liaise with this professional? Yes / No

Parent/carer signature: Name:

Date:

This form will be passed to the headteacher or deputy headteacher for authorisation.

We will contact you if we require more information.

This request is authorised

This request is not authorised

Instead of the activity/lesson will be partaking in the following:

Headteacher/Deputy Headteacher signature: Date:

Date form copied and returned/mailed to parent: