

Fitzharrys School Physical Education Medical Note Policy

1. Core Policy Statement

All students are expected to participate fully in Physical Education (PE) as part of a healthy, balanced curriculum. We recognise that illness or injury may occasionally prevent participation. To ensure student safety and academic tracking, specific documentation is required to excuse a student from physical activity.

2. Short-Term vs. Long-Term Medical Notes

The policy differentiates between short-term ailments and long-term medical conditions:

- **Single lesson:** A signed note from a parent/guardian is sufficient to excuse a student, if it is mild injury/illness the student will be expected to change into kit and take another role within the lesson.
- **Short-Term Excuse (More than a week):** A signed note and email from a parent/guardian is sufficient to excuse a student for up to 7 consecutive calendar days. The note must state the specific reason and the expected date of return.
- **Long-Term Excuse (Over 2 Weeks):** Students must produce an official doctor's note if an illness or injury prevents participation for longer than **2 weeks**.
 - The medical note must outline specific physical limitations (e.g., "no contact sports" or "no running").
 - Verbal requests or continued parent notes will not be accepted beyond the 14-day mark.

3. Annual Renewal Requirement

Medical conditions and physical capabilities can change. Therefore, **all medical notes must be updated and resubmitted at the start of every academic year.**

- Existing notes from a previous academic year automatically expire on the final day of that summer term.
- Long term documentation must be submitted to the PE Department and Student services

4. Continued Lesson Engagement ("Non-Participant" Role)

Being medically excused from physical exertion **does not mean exemption from the PE lesson itself**. Students can engage in the lesson via alternative roles:

- **Officiating & Refereeing:** Assisting the teacher with scoring, timing, or umpiring.
- **Coaching & Analysis:** Observing peers to provide tactical feedback or data collection.

Students will still be expected to bring PE kit and change when medically exempt, unless they are physically unable to.

5. Submission Procedure

- **Where to submit:** All medical notes must be handed directly to the Class Teacher. **Notes need to be a physical note, handed in on paper, on the first day of illness/ Injury, this is due to staff not always having access to emails during the school day.**