

Policy on Fasting and Participation in PE Activities during the Muslim Month of Ramadan

AIMS

1. To provide a safe environment for students who wish to fast during part or all of the month of Ramadan;
2. To ensure that our broad and balanced school curriculum is maintained for all students;
3. To continue to provide all students with their entitlement to regular physical exercise;
4. To fully embrace the understanding and celebration of the different faiths represented within our school population.

IMPLEMENTATION

According to guidelines for those choosing to fast (Muslim Council of Britain), students will be expected to take part in a normal daily routine. Therefore, they will be expected to take part in a full school curriculum, including PE.

For Health and Safety reasons, those students who are fasting will be advised to take part in PE lessons at a lower level of impact. We expect our students to be responsible enough to do the following independently:

- to make use of shaded areas on the playing fields in the event of hot or very sunny weather;
- to remain seated between any activities in order to conserve their energy;
- to partake in a sensible and responsible manner, for example by warming up gently for activities and by limiting the number of repetitions, laps or circuits they attempt;
- to listen carefully to and to follow the teacher's instructions and advice;
- to give due consideration to carrying water with them during activities.

In event of a fasting student becoming unwell during PE, the school may consider providing them with something to eat or drink, unless their parent has informed us in advance that they do not wish this to happen.