



File IFO-R

PHYSICAL EDUCATION

Instruction and Supervision Guidelines

The following guidelines are established for the instruction and supervision of all Physical Education classes and activities:

1. Supervise all activities; never leave a class unattended.
2. Warn students of dangers that may be inherent in an activity or environment.
3. Establish safety rules and regulations and discuss them with students. Safety rules and regulations are to be posted in an appropriate location.
4. Keep abreast of the latest safety procedures.
5. Be knowledgeable of spotting techniques and provide adequate spotting when necessary.
6. Assign activities that are within the abilities of the students.
7. Teach skills progressively - from simple to complex.
8. Provide adequate conditioning before having students attempt skills requiring good physical condition.
9. Do not instruct or have students participate in activities in which *you are not knowledgeable*.
10. Inspect all equipment at regular intervals. Immediately report defective equipment to the Principal. Do not use or expose students to injury by using defective equipment.
11. Provide adequate instruction before permitting performance.
12. Conduct activities in safe areas.
13. Continually analyze teaching methods for suitability.
14. Attempt to foresee possible danger and injury and act in a prudent manner in supervising all student activities.
15. Provide adequate protective equipment.



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16. Conduct outdoor winter activities only after careful consideration of temperature, wind chill factor, appropriate clothing and physical well-being of all concerned. Caution is to be used when the temperature and/or wind chill factor reaches -17°C . Formal outdoor activities are to be postponed when the wind chill factor reaches -27°C . See also: EBB
17. Conduct outdoor summer activities only after careful consideration of the temperature and humidity combination. Vigorous activity should be limited during times of high temperature and humidity.

Potentially Dangerous Exercises

For many reasons the following exercises are potentially dangerous and must be critically examined before they are included in a general exercise program:

- Deep knee bends
- Straight leg sit-ups
- Back arches
- Double leg raising (with legs straight)
- Four count burpees
- Duck walking
- Toe touching with legs straight
- Standing on toes
- Ballistic stretching (fast rotation or movements)