



Physical Education Changing Policy 2026

St Saviour's Church of England Junior School

Policy:	Physical Education Changing Policy
Review Period:	Two Years
Ratified by Governing Body:	January 2026
Date of next review:	January 2028

Purpose

All members of the St. Saviour's Church of England School community are unique in the eyes of God and, as such, should feel safe and secure when preparing for a P.E lesson. Getting changed for sport can make us all feel self-conscious and vulnerable. Being present when children are getting changed places adults in a position of trust with other people's children and places them, professionally, in a potentially vulnerable situation. We want those engaged with a getting ready for a P.E session to be able to focus on enjoying the lesson and not feeling uncomfortable in any way. Having a clear policy for getting changed for P.E informs parents of our procedures and also provides clarity of expectations of staff.

Good Practice

- Children come to school wearing their PE kit so, under normal circumstances, children are not getting changed in school.
- However, if circumstances mean that children need to change into a PE or sports kit (for example, if they are playing in a sports fixture after school)
Year 6 girls get changed in the cloakroom areas within classrooms. Cloakroom areas are set back slightly from the main classroom and separated from view by a curtain. Year 6 boys get changed in the main classroom area.
Years 3,4 and 5 girls and boys get changed together in the classroom but children can request to get changed in a toilet if they wish to do so.
- Adults should always get changed in a separate area to children. At St. Saviour's, teachers get changed for P.E at lunchtime, there should not be a need for teachers to change clothes in the presence of children.

- School staff, leaders and governors should be sensitive to a range of cultural and religious attitudes towards changing and be willing to make reasonable adjustments to practice where possible, provided that such adjustments are in line with our safeguarding policy and practice. The safety and welfare of children should always be our first concern.
- Families are welcome to discuss gender identity with the school, if this presents an issue with any changing for sport; we will work with families to find an acceptable way forward. In this first instance, we will always comply with the law and national guidance.
- Younger children sometimes require help with dressing and undressing. Where such help is provided it should take place in the presence of other adults. Such help should be as minimal as possible; children should be encouraged to be independent. Where children have a documented physical need for personal care or regular / more intrusive help with changing, a risk assessment should take place and parents / carers should be consulted and informed.

Other staff entering the classroom

All classroom doors at St. Saviour's include a glass panel, therefore adults can check if children are getting changed before entering the room. Before entering the room, the visiting member of staff should knock on the door or announce themselves to alert those inside that they are about to enter.

Swimming

- St. Saviour's children use a public swimming pool or pop-up swimming for swimming lessons. The public do not have access to changing rooms while they are being used by our children. Staff do not and should not get changed in the presence of children.
- If a change of clothes is needed (if, for example, a teacher enters the water unexpectedly) the adult should get changed in a private area or cubicle.
- During swimming lessons, boys and girls get changed separately and a staff member of the same gender supervises each group.
- Staff members should stay with children while they are in the changing room to supervise any contact with KCC Your Leisure staff who may need access to the changing room.

Residential visits

- Children stay in rooms with their own gender. The genders are separated into different areas of accommodation, generally on separate corridors or ends of a floor. Staff accommodation is in close proximity to provide appropriate supervision, day and night.
- Children use gender separate toilets and bathrooms and do not need to get changed in public at any point.
- If staff need to intervene or help children during the night, they should be appropriately dressed (ie. not in their underwear / nightwear).
- Staff use their own toilets and bathrooms and should not be undressed in public (within view of children) at any time.