



**Schola Europaea**  
**European School of Brussels IV (Laeken)**

**INTERNAL RULES**

**PHYSICAL EDUCATION**



# Internal rules for Physical Education

## SECONDARY CYCLE

Physical Education lessons follow specific rules that have been established for safety, security and hygiene reasons. They apply to every student enrolled from s1 to s7.

1. **Access** to the gym hall and sports halls is only possible in the **presence of a teacher**. Unaccompanied students must wait outside the gym hall, in front of the entrance, until a teacher lets them in. Please, **be on time** to avoid disrupting the lesson.
2. When Physical Education lessons take place **indoors**, the following **outfit** must be worn:
  - a. The **blue t-shirt** of the school is **mandatory**. The student's **surname or first name must be printed** in the back.

Please, order the new t-shirt on this [webshop](#). Students who still have the "old" t-shirt may use it until they grow out of it, and then the new one should be ordered.

When ordering online, the student's surname or first name must be provided. Using a nickname or names other than the student's official surname or first name is not allowed. Any t-shirt printed with something other than the student's official surname or first name will not be accepted and will have to be purchased again.

Orders as from 50€ will benefit from free shipping.
  - b. Any **black sports shorts, trousers or leggings** can be worn. Printed options are available on the webshop.
  - c. Indoor gym **shoes** (non-marking).
3. When Physical Education lessons take place **outdoors**, the following outfit must be worn:
  - a. **T-shirt**: Idem 2.a. (see above).
  - b. **Black sports shorts, trousers or leggings**: Idem 2.b. (see above).
  - c. Outdoor sport **shoes**.
  - d. In case of cold or rain:
    - i. Tracksuit, a printed option is available on the webshop.
    - ii. Rain jacket
4. **Hygiene**:
  - a. Students are encouraged to **change into fresh clothes** after each lesson.
  - b. In the changing rooms, we kindly ask students **not to use deodorant sprays**, and instead use **only rollers or sticks**.



5. For safety reasons, students are **not permitted** to wear **jewelry** (necklaces, bracelets, watches, etc.) during Physical Education lessons. Please, keep your valuable belongings in a safe place. The school will not be held accountable for lost or stolen items.

Students with **long hair** should **tie it back**.

6. Students are **not allowed** to **listen to music**, use their **phone** or **study** during Physical Education lessons, even if they do not take an active part in the lesson.
7. Maintaining discipline is crucial for the proper functioning of the school. Disciplinary measures will be undertaken according to the school rules: Any breach will be reported to the relevant educational advisor for further proceedings (E.g.: being late, bad behavior or language, etc.).
8. In the event of **exemption** from Physical Education classes, the student must hand a **medical certificate** to the Physical Education teacher. This certificate is compulsory and must clearly indicate the exact length of the exemption. After a period of 3 months, the certificate must be renewed. When a student is excused from Physical Education classes, s/he must still present herself / himself at the beginning of each lesson. The teacher will decide on a case-by-case basis whether to let the student stay in class. Under no circumstances is the student allowed to leave the school premises.
9. To justify an **occasional exemption** from a lesson (no longer than one week), a **written request** must be signed, and dated by the parents. This request must be handed to the teacher before the start of the lesson. The student must stay with his/her class throughout the lesson. To be **excused from a test**, the student must produce a **medical certificate**.
10. In the interest of the students, parents are asked to **notify the teacher** at the beginning of the school year of any **health problems, illnesses or accidents** their child has sustained, or **medical treatment** s/he is undergoing, which might exempt the student from certain exercises.
11. **Assessment**  
The student will receive A grades based on his/her classroom work (including participation, motivation, progress, etc.) and B grades represent the overall test scores for each sport taught.

These regulations will be brought to the attention of students by their Physical Education teacher at the beginning of the school year.

Yours sincerely,  
The Physical Education department