



Hall Green School An Academy

11 February 2025

Dear Parent/Carer,

PE Policy during Ramadan

Many of our community will soon be observing the month of Ramadan and I am writing to outline the many ways the PE (Physical Education) Department at Hall Green School will compassionately support pupils during this time.

Hall Green School fully recognises that fasting during the month of Ramadan is the fourth pillar of Islam; an act of worship of great spiritual, moral and social significance for Muslims. As such, we understand that there may be hardships for our pupils to endure during the fasting period. Therefore, we want to make you aware of the policy we will adopt during Ramadan to ensure all pupils are able to participate in Physical Education and School Sport safely.

Our approach has been devised with reference to the following position paper – Ramadan Guidance for Schools and Educational Settings: Physical Education and Physical Activity. The paper has been written by Dr Irfan Khawaja of Birmingham City University, in association with the Muslim Council of Britain, the Association for Physical Education (AfPE), the Youth Sports Trust, and the Chartered Institute for the Management of Sport and Physical Activity. A full copy of the paper can be found on the school website.

PE Department Policy

Shari'ah Law indicates there is no directive saying Muslims cannot be physically active during Ramadan and there is no evidence to suggest that fasting is harmful to the health of those who are healthy with no pre-existing conditions providing there are adequate levels of hydration during non-fasting hours (Muslim Council of Great Britain, 2023).

1. During Ramadan, all pupils will be expected, with reasonable adjustments where necessary, to take part in all Physical Education lessons for the following three reasons:

- a) Muslims are encouraged not to use Ramadan as an opportunity to avoid aspects of normal life, but rather to cope with normal life under a different set of guidelines.
- b) All children have an entitlement to access a meaningful PE programme that meets the requirements of the National Curriculum while seeking to respect any religious or cultural sensitivities involved wherever possible.

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c) The Muslim Council of Britain states that “the majority of pupils who are fasting are able to take part in most physical activities during Ramadan without putting themselves at risk or danger.”

2. Pupils will still participate in the curriculum set out for them, including swimming. The curriculum is available to view on the school website. PE staff appreciate that during fasting, normal energy resources may become depleted, and the risk of dehydration is increased. As a result, PE staff will ensure that intensity levels in activities are be lowered where necessary to a point where fasting pupils may continue to participate safely. We will remain responsive to pupils’ needs during Ramadan. This may also include more breaks from activity in lessons/extra-curricular clubs, or adaptations to the activities taught – for example we may do meditation in fitness or teach backstroke in swimming.

3. PE staff and parents should encourage pupils who are fasting to speak to their PE teacher as soon as possible if they feel that the intensity level in their lesson needs to be reduced.

4. Parents of fasting pupils are encouraged to speak to their child’s PE teacher or Head of Physical Education at the earliest opportunity if they have any concerns regarding fasting and Physical Education. We expect our pupils to be responsible enough to do the following independently:

- Make use of shaded areas on the playground or social areas in the event of hot or very sunny weather;
- Remain seated between any activities to conserve their energy;
- 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;
- Listen carefully to their body, and to follow the teacher’s instructions and advice;
- Consider carrying water with them during activities.

We would also recommend that pupils are encouraged to hydrate well following Iftar and before Suhur, and that they consume high energy, slow releasing foods for Suhur to help them remain focused and energised throughout the day. This is not only a sensible approach to support their PE lessons but will also be of benefit during the entire school day.

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

Please do not hesitate to contact myself if you have any questions regarding the contents of this letter. For all those observing, ‘Ramadan Kareem.’

Yours sincerely,

E. L. Smith

Ms E. Smith

Head of Physical Education

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