



## Physical Education information for students returning to school in September 2020

Please ensure that you and your child have read this document prior to their first PE lessons in September. Please contact the PE department if you have any further questions.

### Further Information

The Association for Physical Education released updated guidance on safe practice in physical education at this time and can be found here: <https://www.afpe.org.uk/physical-education/updated-covid-19-guidance-interpreting-the-government-guidance-in-a-pesspa-context/>.

This guidance gives clear instructions on arrangements that schools should consider to ensure safe practice in physical education. The information and changes to routines around physical education are detailed in this document and are all in line with this guidance.

### Minimising contact between individuals

Minimising contacts and mixing between people reduces transmission of coronavirus (COVID-19). Along with the whole school approach, we will keep year groups separate (in bubbles') as much as possible and **students should maintain distance between each other where possible.**

When changing, the students will remain in their respective classes and will continue in those groups throughout the lesson. Students will be required to line up outside the designated changing facility as usual and will be required to use the hand sanitiser on offer prior to entering and leaving that facility.

### PE Kit

Pupils will be required to bring their full '**Aldridge school PE kit**' for every lesson. This includes if they are excused (a tracksuit is permitted to wear over the top if excused for warmth if needed). There will be no borrowing of PE kit during this time, so failure to bring appropriate kit will result in sanctions in line with the whole school behaviour policy. Students who fail to bring kit will be used for other roles within the lesson as if they were excused.

Students who have PE Period 1 on any day, will be allowed to attend school in their PE kit but must change into their uniform after the lesson. Students who have PE Period 5 on any day must change into their PE kit at the start of the lesson, but will be allowed to leave in their PE kit at the end of the day. **It is the student's responsibility to keep their kit and uniform organised and to not leave anything behind.**

Jewellery must not be worn on days when students have PE. This is for normal health and safety reasons but to also reduce the need for students to touch parts of their face or head. Staff will **not** be taking in any valuables. We advise that students leave all valuables at home, staff will not be held responsible for any valuables and any valuable brought in to the PE facilities are at the owners' risk.

### **Changing Facilities**

For core PE during this period, only the changing facilities at the sports hall and swimming pool gym will be used, with a maximum of two groups in any one changing room at a time and students from the same year group bubble. Students will be required to line up outside the changing room prior to the lesson and use the hand sanitising gel on entry and exit from them. The changing rooms will be fully cleaned and sanitised between lessons which meets the guidelines set out by AfPE. Students will be required to enter and exit through the same door and will be required to leave on time to ensure no cross overs with other groups attending PE.

### **Lessons**

In line with AfPE guidelines, pupils will be kept in their class groups at all times. Activities will be based on the development of health, fitness and skill development and will mostly take place outdoors. Contingencies are in place to use the sports hall and swimming pool gym for wet weather lessons and these will take place with AfPE guidelines in mind. Adjustments to intensity of lessons will be made based on teacher observations through the lessons.

Equipment used during lessons will be minimised until further guidance is released, equipment sharing will be avoided and cleaning/sanitizing of equipment will happen at the end of each lesson. During this period, contact activities will not take place and team sports will have a focus on skill development.

When government and Swim England guidance is updated, swimming lessons will restart during curriculum time. As it stands currently, swimming has not been timetabled in PE until after October half term. This will be reassessed at this date based on guidelines from government, AfPE and Swim England.