



St Francis of Assisi Catholic College

13th August 2020

Dear Parent/ Carer

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

The Association for Physical Education released updated guidance for safe practice in physical education at this time and as a result we are formulating plans to maintain hygiene and safety in PE.

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 letter and are all in line with this guidance.

Minimising contact between individuals

Minimising contact and mixing between people reduces transmission of coronavirus (COVID-19). Along with the whole school approach, we will keep each year group separate in bubbles.

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 **'SFA school PE kit'** for every PE lesson. This includes if they are excused. There will be no borrowing of PE kit during this time, so failure to bring appropriate kit will result in non participation and alternative work being set. Students who fail to bring kit will be used for other roles within the lesson as if they were excused. **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 practical PE during this period, the changing facilities will be used as normal, with 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

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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 athletics, fitness, individual racket sports and skill development within team games. Most activities will take place outdoors, but indoor sports will take place with AfPE guidelines in mind. Adjustments to intensity of lessons will be made based on teacher observations throughout the lessons.

Equipment shared during lessons will be minimised until further guidance is released. Equipment cleaning/sanitising 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.

Yours faithfully

Nathan Gould

Head of PE