



7 September 2020

Dear Parent/Carer

Standard operating procedures in PE

At Plymstock School we recognise the vital role sport and physical activity play in ensuring physical and mental wellbeing and therefore believe that access to quality PE lessons is crucial, now more so than ever. The Active Lives survey conducted by Sport England has given us strong evidence that active children are happier, more resilient and more trusting of others, as well as having increased concentration levels and better behaviour. During these uncertain times it is key to continue to develop positive relationships with sport and physical activity.

Our first priority is to ensure students' safety so we have completed extensive risk assessments in order to provide the necessary mitigations to enable physical activity to resume. Students in all year groups will be following a carousel of four carefully chosen activities: Football, Netball, Hockey and Table Tennis. These are activities where our staff have particular strengths and experience, and each one has a National Governing Body (NGB) which has developed guidance that has been approved by the government. Our updated risk assessments mirror those advised by the NGBs. In addition, there will be strict protocols in place related to sanitising hands and equipment before, during and after lessons.

Students will not be permitted to use the changing rooms. All students will be required to wear their PE kit to school on days that they have PE. The PE kit has not changed (details of which can be found on the school website), but we appreciate that on colder days students may need to wear additional layers. Where necessary, because students do not own a school hoody or tracksuit bottoms, they will be permitted to wear plain black or navy tracksuit bottoms and tops with a small unobtrusive logo. We are also very aware of the problems with the supply chain at present. There will be an extended period of grace for those who have purchased kit and are waiting for it to be delivered. Please communicate with your son/daughter's class teacher via letter if this applies and ensure that a suitable plain black or navy alternative is worn.

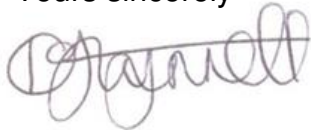
As students will no longer be able to change after the lesson, we fully understand the importance of keeping them warm and dry, therefore wet weather lessons will be carried out in the classroom. All students will have a classroom timetabled for each of their PE lessons. They must meet their teacher at this classroom at the start of each lesson where they will be registered and informed of whether the lesson will be practical, or classroom-based. This decision will be made on a lesson by lesson basis by the teacher. Students should wear their PE kit to school regardless of the forecast.

Under the current guidelines we will not be able to loan kit to students. If students arrive to PE without kit, they will not be permitted to take on a practical role in the lesson. There are also increased restrictions on the alternative roles we might normally expect students to carry out like coaching and officiating. On occasions where there are no safe alternative roles to take on, students will be expected to read.

Unfortunately at present, the PE department will not be running any extra-curricular clubs and activities. Most of our sessions require the mixing of year group bubbles and therefore are not permitted. This is something that we are keen to get back up and running as soon as it is safe to do so. We will re-evaluate our extra-curricular provision at half term.

I fully appreciate that this may be an anxious time for some students and parents. Please feel free to contact me should you require any further information or clarification on issues related to PE.

Yours sincerely

A handwritten signature in black ink, appearing to read 'K Tyrrell', written in a cursive style.

Kelly Tyrrell (Mrs)
HEAD OF PE

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