



Covid-19 P.E Outdoor Lesson Policy

Policy updated on: 9th September

Date of review: Covid Interim Policy

Responsible person: Leadership Team

This policy aims to outline clear guidance that teachers must enforce in order to deliver safe and practical Physical Education lessons in response to the government guidance for school reopening in September 2020.

Staff must enforce all procedures identified throughout and ensure that all students are safely following the recommended guidance at all times.

The opportunity for physical activity is vital to the mental health and wellbeing of students but must follow clear guidance ensuring that social distancing is enforced when required and equipment is not shared across year group bubbles without sufficient cleaning.

The guidance below relates to practical outdoor activity only and ensures that both staff and students are responsible for enforcing clear expectations during the following times;

- Lining up
- Changing
- Physical Activity
- Use of equipment
- First Aid

During all times, staff should carry out all elements of the P.E lesson at least 2 metres apart from all students unless there is a need to carry out essential first aid in which case the identified guidance must be followed.

Teachers must pay specific attention to the distancing between pupils and pay scrupulous attention to cleaning and hygiene. This is particularly important in a sports setting because of the way in which people breathe during exercise.

This policy focuses on two groups of students; those students that are participating in P.E activities within year team bubbles and as such do not require social distancing and those who are not in year team bubbles requiring a social distancing of 2 metres at all times.

It is the responsibility of the class teacher to ensure they are fully aware of the requirements of each class they teach and ensure appropriate actions are enforced.

Lining Up

Before activity or changing can commence all students must line up outside their designated changing room. Students that are not in year group bubbles must maintain a two-metre distance when lining up.

All students must be briefed clearly regarding expectations and the procedures that will be undertaken to ensure activity can be completed in safe way.

All students should use hand sanitizer prior to entry to the changing rooms.

Students should enter the changing rooms in a staggered manner and those students not in year bubbles must remain at a 2-metre distance both inside and outside the changing room.

When leaving the changing rooms and prior to activity taking place students should return to their designated point prior to commencing the lesson.

Changing Rooms

During changing for practical P.E, staff should remain two metres away from students and the number of students in each changing room should be limited to the guidance below.

Students requiring social distancing should enter the changing rooms in a designated order with the student changing furthest away from the door entering first.

The number of students in each changing room must not exceed the allocated limit. Students must change on their designated mark and should place all clothing in their bag following changing.

Students must remain seated in their designated changing area until all students are changed and follow the teacher instructions.

When entering and leaving the changing room the teacher must ensure the door is wedged open and no students touch the door upon entry or leaving the room.

Following physical activity all students must follow the same process to re-enter and leave the changing room ensuring that students change on their allocated mark. Staff and students should apply hand sanitizer following the lesson.

Following the end of the lesson, all changing rooms should be appropriately cleaned before reuse.

Physical Activity

Schools must only provide team sports that are on the list of approved sports found on the 'Return to recreational team sport framework' available at www.gov.uk.

Teachers should ensure that specific government body guidance for the sport they are teaching is rigorously followed.

Pupils should be kept in consistent groups, sports equipment throughout cleaned between each use by different individual groups.

Students that are participating in year team bubbles are not required to socially distance during physical activity but appropriate distancing should be enforced where required.

Spitting is not permitted under any circumstances and any student violating this will be in breach of the school's behaviour policy and the leadership team should be informed.

All planned activities must be authorised by P.E line management at least 48 hours prior to delivery for approval.

Social Distanced Activity

Students that participate in P.E that are not in year team bubbles are still required to maintain social distancing throughout their P.E lesson. Activity undertaken must ensure that students remain at a minimum of two metres is maintained at all times.

Activities should not allow students to come into close contact with each other or share the same piece of equipment. Activities should be planned to ensure students are participating within their capability and planned for contexts where the two-metre rule can be enforced.

Teachers should follow guidance and ensure that any activities undertaken are in line with authorised activity only.

Social Distanced Activity Guidance

Any activity that ensures students are maintaining social distancing and not sharing equipment can be delivered, this includes but is not limited to;

- Structured practices for example football drills such as shooting where social distancing is enforced.
- Tennis, ensuring that the game is limited to singles. Students will be required to serve using their own set of tennis balls to reduce contact shared through the handling of tennis balls.
- Foot golf, ensuring that all students have access to their own football.
- Athletics activities involving individual use of equipment.
- Teacher led activities such as dance, yoga, or aerobics.
- Individual orienteering activities on the school site.

Prohibited activity

Competitive team games such as rugby, football, netball.

Activities with multiple students using the same piece of equipment such as cricket, rounder's, softball.

Any structured practice that does not enforce social distancing.

Use of equipment

Students across different year groups must not share equipment unless it has been stored for a minimum of 72 hours or appropriately cleaned. Preferred guidance is that each year group has their own allocation of equipment to be used and therefore is not shared with other year groups.

Bibs, bands or spare kit should only be used within year groups and must be washed weekly.

Teachers must source all equipment prior to the lesson starting, ensuring that if social distancing is required that this is set up in a way to allow all students to access without coming into contact with each other.

Students that are required to socially distance must not share or pass equipment within the lesson.

First Aid

First aid equipment must be carried by all staff delivering practical activity and PPE must be available for applying first aid.

Where possible an initial assessment must be made following the 2-metre social distance guidance before applying any further first aid. Should additional first aid be required then appropriate PPE guidance must be following.

If contact with the child or young person is necessary, then disposable gloves, a disposable apron should be worn by the supervising adult.

Any first aid carried out must be recorded in the central record book.