

COVID-19 Guidelines

Physical education teaching in schools and settings

Prepared by

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This document has been based on Public Health England guidelines to support schools in the management of Physical education, School sport and Physical Activity during the phased return to schools, along with the advice shared by The Association for Physical Education (AfPE).

This document provides ideas for physical education or physical activity contexts to support physical distancing when equipment or sports gear cannot be shared between children, and they must be 2m apart.

These suggestions have been based upon the most up to date information released by UK Government.

These recommendations are based on the types of movement typically found on school grounds, during Physical Education lessons, breaks, playtimes and lunchtimes, School Sport, Physical Activity and incidental movement

There should be no pressure for staff to teach to ‘a catch up’ model. Schools should be confident that exceptions/adjustments can be made.

This should then nurture a growth environment as the academic year rolls out.

Guidance	Recommended good practice in school
<p>Equipment should not be shared.</p> <p>This means no sports kit or equipment that travels, or is passed from one student to another using their hands should be used (ropes, balls, sticks, bats, rackets, gym mats.. etc).</p>	<p>If you have a small number of students, and there is enough kit – clean the equipment, and label it for each student. Have a place where this can stay isolated, and only be touched/returned by that student. This kit becomes ‘theirs’ and theirs alone whilst they are in the lesson. After the lesson, all equipment should be cleaned/sanitised before the next class</p>
<p>There should be no organised contact activities (including team practices or training).</p> <p>High risk activities or new skills beyond the children’s capabilities should be avoided. I.e. gymnastics where you cannot spot or support children that are inverted.</p>	<p>Individualise activities as much as possible.</p> <p>Safety is paramount – if the child can do a skill safely and it is well within their ability, then allow it.</p> <p>Discourage activities that are physically challenging for the child, which might require adult intervention or physical support, or could result in injury.</p>
<p>Non-contact sports, or games where children are close (within 2m) should not take place.</p> <p>Fixed Playground equipment cannot be used.</p> <p>Outdoor fields, playgrounds, courts, or artificial surfaces are ok but 2m physical distancing is required</p> <p>No shared gym equipment is to be used.</p>	<p>Plan activities and contexts where children can be 2m apart and do not need to touch or use equipment.</p> <ol style="list-style-type: none"> 1. <i>Walking & running</i> <ul style="list-style-type: none"> • Physical distanced follow-my- leader. • Creative/rhythm walking. • Running/jogging/skipping activities. • Free running. • Personal challenges (distances and times). 2. <i>Individual orienteering activities on the school site</i> 3. <i>Teacher led activities where children copy or mirror</i> <ul style="list-style-type: none"> • Yoga • Dance • Aerobics 4. <i>Personal physical challenges, strength-based challenges or flexibility-based challenges.</i>

<p>The 2m social distancing regime must be respected when children are changing for PE lessons</p>	<p>When there are timetabled Physical Education lessons, consider encouraging children to wear PE uniform all day. This would enable safer management of young people, when they would normally be changing before or after PE lessons. Under social distancing regimes, it may be necessary for classes to be split into smaller groups to change safely. Allowing children to remain in kit all day would minimise this issue.</p>
<p>Robust hygiene regimes before and after Physical Education lessons or movement/physical activity breaks.</p>	<p>Children and adults wash their hands with soap and water for 20 seconds before and after activity.</p> <p>Use of hand sanitizer should be available.</p> <p>All equipment with a hard surface should be cleaned/sanitised after use – any soft equipment, should also be washed?</p> <p>For some equipment used as part of an activity there may be a value in wiping down surfaces during an activity.</p> <p>Have a bag to contain any tissues, wipes used during an activity and dispose of according to current guidance.</p>
<p>Do not share drink bottles/whistles/bibs/bands etc.</p>	<p>Avoid using Whistles unless in emergencies. Use non-verbal cues, or clapping signals for gaining attention.</p> <p>Lock away kit and equipment that is ‘tempting’ to grab habitually.</p> <p>Bibs and bands should not be used or shared.</p>
<p>Clear, visual signage in open spaces reminding students to stay apart and wash their hands.</p>	<p>Non ‘threatening’ Posters that clearly indicate the guidance are ideal – the less words the better! Normalise don’t traumatise</p>
<p>First Aid Kits</p>	<p>First aid kits to be carried and contain both gloves and face masks and if possible disposable apron and eye protection.</p>