



St. Gerard's Catholic Primary
and Nursery School



Interpreting the Government Guidance in a PE Setting:

A practical self-review tool for risk assessment

(Following guidance document from AFPE)



“Guided by God, St Gerard’s Catholic Primary and Nursery School is an inspiring and aspirational community where we learn to love, hope, dream and achieve.”

Areas to consider	Suggested practice	Implications for the school/ department
Learning	<ul style="list-style-type: none"> • Activities taking place in PE lessons and Physical activity sessions should be strictly non-contact and these conditions shared with the pupils. • Agree what learning is appropriate (including the relationship between face-to-face and remote education), for example, identify curriculum priorities, agree revised expectations and required adjustments in practical lessons, and any approaches to 'catch up' support. • Ensure you have considered the impact on staff and pupils with protected characteristics, including race and disability, in developing your approach. 	<ul style="list-style-type: none"> - Any physical activity needs to take place within the 'bubbles' (classes) with the teacher/TA staying 2m apart from each other or 1m plus if 2m is not appropriate. Children to distance when appropriate. - Each bubble to be provided with own box of PE equipment. Larger equipment can be shared between bubbles as long as it is cleaned thoroughly between uses. Adult leading group is responsible for cleaning equipment in between uses. - Needs of children need to be known and met. Teacher/support staff to take an interest in finding out how active children have been

		<p>during lockdown.</p> <ul style="list-style-type: none"> - Ensure that SEN children have the same access to PE support as other children whilst following government guidelines.
Protective Measures and Hygiene	<ul style="list-style-type: none"> • Decide the physical and organisational structures needed to limit risks and limit movement around the building(s) (for example, classroom layouts, entry and exit points, staggered starts and break times, class sizes, lunch queues, use of communal staff areas). • Agree how safety measures and messages will be implemented and displayed around school. • Ensure there is sufficient tissues available for ensuring good respiratory hygiene – i.e. 'catch it, 	<ul style="list-style-type: none"> - PE lessons are to take place mostly outside, weather permitting. Go noodle (with limited movements) or mindfulness/ meditation can be done in classrooms. - Only one bubble (class) is to be outside at one time. - Children and adults will wash their hands before and after any physical activity and they will be reminded about the importance of this. Any equipment they have touched will be wiped down after use.

	bag it, bin it' approach.	
Changing areas	<ul style="list-style-type: none"> • If used, these should be cleaned after every lesson – Wiping of surfaces is a reasonable approach. • Attending school with PE kit on will limit the need to use changing rooms. • Ensure sufficient standard cleaning equipment is available in all changing areas. • Social distancing measures still apply and marking out areas which cannot be used will help you to manage the area effectively. 	- Children will not get changed for PE in classrooms. Instead, they will come into school in their PE kit and stay in it for the duration of their assigned PE day.
Teaching areas	<ul style="list-style-type: none"> • Encourage outdoor PE and PA to support social distancing. • Students should work in their own 	- Physical activity to be performed outside of the classroom on the playground or school field.

	<p>zone which may be marked out, depending on allocated teaching space. PE outside could be preferable to indoor PE.</p>	<p>- Areas will be marked out by the playground lines or cones.</p>
Social distancing within lessons	<ul style="list-style-type: none"> • You should ensure that all lesson activity adheres to the social distancing rules in place at the time of delivery. This means team games involving contact are currently not possible. • One solution is for each student to have their own zone which they can work in. 	<p>- Following guidance, children do not need to social distance within their own bubble. Team games are not to take place for the foreseeable future.</p>
Group sizes	<ul style="list-style-type: none"> • Class sizes should adhere to Government guidance and be reduced to a level where social distancing rules can be applied. 	<p>- Children will stay in their bubbles throughout the whole day.</p>
PE Clothing	<ul style="list-style-type: none"> • The school will need to agree on modifications/adaptions on clothing expectations. It may be that you would like your students to attend in 	<p>- Children will wear their PE kit for the whole day on their assigned PE day.</p>

	<p>their PE kit for the whole day on the day when they have a timetabled physical education lesson in order to limit or avoid the use of the changing areas. This is a whole school decision. You may want to consider back up clothing for when the weather is poor.</p>	
PE equipment	<ul style="list-style-type: none"> • Equipment will need to be cleaned after each use. It should be noted that this a whole school issue and all departments/subjects will be facing the same issues so this should be a whole school solution. • You will need to make a decision on which equipment is easier to build into lessons and take into account the cleaning regime at the end of the sessions. • Hand washing routines will mean 	<ul style="list-style-type: none"> - All PE equipment will be cleaned between each use. - Where possible, lessons will be taught with no equipment. Teachers/ support staff have been provided with a suggested list of activities that involve minimal use of equipment that they can use if they wish to. - Children and adults will wash their hands before and after the physical activity.

	more equipment is available to pupils; however it is often easier to plan for and discourage the sharing of equipment to mitigate against virus transmission.	
Washing hands/ hand sanitiser	<ul style="list-style-type: none"> • Opportunities for handwashing before and after the lesson must be available. • Hand sanitiser should be readily available for students to use throughout the day. This is in addition to regular handwashing 	<ul style="list-style-type: none"> - Children and adults will wash their hands before and after the physical activity. - Children can use the hand sanitiser provided to their bubble, providing that they have parental permission.

Document updated: September 2020

Created by: Miss Sanders