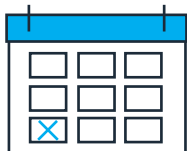


# Physical Education COVID Response

## Delivery principles



To be considered alongside Government published guidance on Covid-19



### Using PE to help your students recover from the impact of Covid-19 and the lockdown

Remember - this is not PE as we know it, it will look very different. Consider how you can respond to the levels of physical activity your young people may/may not have experienced during lockdown.

**Use physical activity to improve wellbeing.**



### PE clothing on PE days

Allowing students to wear PE clothing as their school uniform will remove the issues associated with changing rooms. It will also encourage more young people to maintain activity habits, and will counter some of the time constraints you will be faced with.



### Procedures

**You will need to consider:**

- How will students arrive (and register) in the PE space?
- Where will students leave their belongings?
- How and when will student's wash their hands?
- How will equipment be kept sanitised?
- How will students move to different teaching areas?
- What will happen at the end of the lesson?



### Activities

**What physical activity can be included as part of your PE curriculum?**

- Fitness, yoga, Tai Chi or personal challenges
- Orienteering
- Outdoor activities where students choose how they move
- Target games using individual equipment
- Games that require minimal equipment and no contact
- Use the STEP framework to support your planning

<https://www.youthsporttrust.org/send>



### The E in PE

**This provides us with the opportunity to explore and develop young people's life skills through the physical activity and challenges they undertake. For example:**

- Personal and healthy skills
- Social skills
- Thinking skills



### Personal reflection and wellbeing check in

**Young people need PE now more than ever. Consider:**

- How can you use your expertise to encourage students to maintain physical activity?
- How can you reconnect your students socially while maintaining distancing measures?
- How can you effectively check in with students to ensure they are okay?