

Thomas Mills High School

Physical Education

Specific guidance for 2020-21

The benefits of regular exercise to an individual's mental, physical and social wellbeing are well documented.

Upon the reopening in September 2020, the physical education department at Thomas Mills will continue to provide a wide range of exercise opportunities for the pupils, with a few minor adjustments listed below:

1. PE lessons will take place outdoors whenever possible.
2. Pupils will be required to cleanse their hands by washing or with sanitiser, before and after lessons.
3. Shared PE equipment will be cleansed before and after use.
4. Pupils will not be expected to formally social distance from each other during lessons, but contact will be minimised as far as possible, including reminders about the requirements to socially distance in certain settings/situations.
5. Staff will be expected to socially distance from pupils maintaining a distance of one and a half metres where possible.
6. The curriculum will be adapted to follow current guidance.
7. The first blocks of work in both single and double lessons are focused on the sports missed from the summer term.
8. The changing rooms are not available for use, so pupils are required to attend school on the days they are timetabled PE, in PE kit; preferably wearing tracksuit.
9. Kit cannot be borrowed or loaned out.
10. Bags can be stored in the changing rooms, which will be locked for the duration of the lesson. A one-way system through the changing rooms will also be in place.
11. In keeping with usual practice, non-participants will be expected to provide a note from home and will attend the lessons undertaking suitable support tasks allocated by their teacher.
12. In the event of inclement weather and a suitable indoor space unavailable, PE theory may be delivered in classrooms.
13. Extra-curricular clubs, intra and inter-school fixtures will not initially take place. This will be reviewed every 2 weeks.

Thank you for your understanding and cooperation.

Mr Mark Harding

Head of Physical Education.