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THE KING'S SCHOOL

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Dear Parent/Carer

PE Lessons – COVID-19

I hope this letter finds you well. As per the letter sent out from Mr Pinto in July, 2020, we have been following government guidance for all students in the PE department. We now feel confident that students can participate in a broader PE curriculum for both physical and mental health benefits, whilst still in line with current guidance. Student safety remains a priority and as such, a risk assessment has been conducted for the sports offered. The key principles below indicate the adaptations made.

- Each sector will have one PE lesson where they get changed into kit and one PE lesson in uniform. Restricting this to one per week at present allows for thorough sanitising of the changing rooms to occur between year groups and eliminates the chance of year bubbles mixing. As we gain confidence in the procedures we will look to increase this to both lessons getting changed.
- We are able to offer a broader curriculum offer during the 'kit' lesson.
- In the following lessons students will require kit:
 - Y band Year 7 - Tuesday
 - X band Year 7 - Thursday
 - All Year 8 - Monday
 - All Year 10 - Tuesday
 - All Year 9 - Wednesday
 - All Year 11 - Friday
- All activities will be socially distanced and in line with current Association for Physical Education (AfPE) and Government guidelines as well as the National Governing Body COVID Road map for that sport.
- All equipment will be sanitised thoroughly after every lesson regardless of whether the next class is in the same year group bubble.
- Students will be collected by a teacher from their classroom bubble and escorted out of the school building and around the outside of PE to avoid mixing with other bubbles.
- Once students enter the changing rooms, they will move into their normal PE groups, with the exception of year 7 as the groups are not yet established.

Upon arriving at the changing rooms:

- All pegs have been removed to reduce touch points.
- Every changing space will be socially distanced. Areas not in use will be taped off.
- Toilets and shower areas will be cordoned off to reduce touch points further.
- Each changing space will be numbered.
- Students will use the same changing space every lesson.

- These numbered spaces will be allocated alphabetically for the group for ease.
- Students will have a 15 minute changing window to limit social contact.
- Students must put their belongings in their bag and place this under the bench.
- Once changed, students must sit in their allocated space and wait to be escorted from the changing rooms to their PE lesson.
- Student expectations will be made clear prior to entry to the changing rooms.
- At no point should any student move around the changing rooms without direction.
- Full PE kit will be required for the 'kit' lesson (kit lesson/day highlighted above).
- All windows are to be open at all times in indoor areas for ventilation.
- Failure to follow any rules around social distancing will result in a sanction.

As indicated above, on each year group's assigned day to get changed, students must bring their full PE kit. This includes school rugby shirt/school fleece, school shorts/skirt and school socks. Students' will also need to bring with them trainers and football boots. During adverse weather conditions, PE lessons will be indoors. When students do not get changed they will only need trainers and will continue with the more sedentary activities that have been in place from September to date.

In addition, years 7, 8 and 9 will have an opportunity to take part in extra-curricular activities and we are keen to re-introduce this for our students. Students' are expected to make their own way home once enrichment has finished and more details will follow in due course.

Yours faithfully



Mr C Fawcett
Curriculum Leader of Physical Education