












# COVID-19 Guidelines - Recommendations on the delivery of Physical Education, School Sport and Physical Activity (PESSPA)

Prepared by Sport Birmingham in partnership with the Association for Physical Education (afPE) and Birmingham Public Health (June 2020 – Version 1)

This document has been prepared based on Government guidance ([GOV.UK](https://www.gov.uk)) to support schools in the management of PESSPA during the phased return to school. Ensure you regularly check the Government websites for any updates. Please ensure you follow your employer's guidance - the ultimate decision about pupil safety is with the employer.

Guidance:	Recommended Good Practice in School:
<b>SOCIAL DISTANCING:</b> All activities need to ensure children are socially distancing. 	Undertake activities in open spaces where social distancing would be easier and less issues around contamination of services.
<b>CONTACT SPORTS/ACTIVITIES</b> There should be no organised contact activities (including team practices or training). 	Individualise activities as much as possible. 
<b>NON CONTACT SPORTS/ACTIVITIES:</b> Non-contact sports or activities where young people are close (within 2m) should not take place. Fixed playground equipment cannot be used. Outdoor fields, playgrounds, courts, or artificial surfaces are ok but 2m physical distancing is required.	Plan activities and contexts where young people can be 2m apart and do not need to touch or use equipment eg. walking and running, individual athletics events and movement activities, yoga, personal challenges, orienteering. (please see suitable activities below) 
<b>GYMNASTIC ACTIVITY:</b> Avoid high risk activities or new skills beyond the young people's capabilities i.e. gymnastics where you cannot spot or support young people. No shared gym equipment is to be used.	If the child can do a skill safely and it is well within their ability, then allow it. Discourage activities that are physically challenging for the child, which might require adult intervention or physical support, or could result in injury. 
<b>PE EQUIPMENT:</b> Equipment should not be shared. 	If you have a small number of children clean the equipment and provide it to each child. This kit can only be touched and used by that child. After the lesson, all equipment should be cleaned before the next class.
<b>OTHER EQUIPMENT:</b> Do not share drink bottles/whistles/bibs/bands etc.	Avoid using whistles unless in emergencies. Use non-verbal cues, or clapping signals for gaining attention. Lock away kit and equipment. 
<b>HYGIENE:</b> Ensure robust hygiene regimes before and after PE lessons or lunch/break time activities. 	Children and adults wash their hands with soap and water for 20 seconds before and after activity. Hand sanitizer should be available. All equipment should be cleaned after use. Have a bag to contain any tissues and wipes used during an activity.
<b>SIGNAGE:</b> Clear signage in open spaces reminding students to stay apart and wash their hands.	Display posters that clearly indicate the guidance visually.
<b>FIRST AID KITS</b>	First aid kits to be carried and contain both gloves and face masks and disposable apron and eye protection. 
<b>RISK ASSESSMENTS</b>	Review the risk registers on a regular basis and make adjustments to PESSPA delivery on a regular basis to ensure the safety and wellbeing of all personnel. 
<b>CHANGING ROOM AND PROCEDURE</b> 	Ensure that a plan is in place where changing can take place where children do not mix together and remain apart. Consider who will open and close doors. Are children able to attend school in their PE kit?

# Suitable Activities

Ensure you have identified clear learning intentions for each lesson.

EYFS/KS1	KS2	KS3/4
<b>Movement and agility exercises:</b> Ladders Exploring moving Jumping	<b>Speed Agility Quickness (SAQ):</b> Individual relay running Standing jumps Speed bounce	<b>Speed Agility Quickness (SAQ):</b>
<b>Yoga/Tai Chi:</b> YouTube Yoga cards	<b>Yoga/Tai Chi:</b> YouTube	<b>Yoga/Tai Chi:</b> Mindfulness Nutrition First Aid
<b>Personal Challenges:</b> <a href="http://www.sgochallenge.com">www.sgochallenge.com</a>	<b>Personal Challenges:</b> <a href="http://www.sgochallenge.com">www.sgochallenge.com</a>	<b>Personal Challenges:</b> <a href="http://www.sgochallenge.com">www.sgochallenge.com</a>
<b>Orienteering:</b>	<b>Orienteering:</b> In pairs – take turns	<b>Orienteering:</b> Timed courses
<b>Dancing:</b> Use music/theme as stimulus YouTube Zumba	<b>Dancing:</b> YouTube Music/theme as stimulus Zumba	<b>Dancing:</b>
<b>Fitness:</b> Children will do a circuit exercise followed by 30 seconds rest and then move onto the next exercise. Children need to work in their own space.	<b>Fitness:</b> Use shots at each station to maintain 2m distance: examples of activities include skipping/jumping/sit ups/press-ups/star-jumps.	<b>Fitness:</b> Circuits/HIIT
<b>Athletics:</b> Running / Throwing/ Jumping Sportshall Athletics	<b>Athletics:</b> Running / Throwing/ Jumping Sportshall Athletics	<b>Athletics:</b> Running / Throwing/ Jumping Sportshall Athletics
<b>Games – no contact and minimal equipment.</b>	<b>Games – no contact and minimal equipment:</b> Golf / Playground target games/ Tennis	<b>Games – no contact and minimal equipment:</b> Golf / Playground target games/ Tennis

## Helpful Websites

### afPE Covid-19: Frequently asked questions:

<https://www.afpe.org.uk/physical-education/wp-content/uploads/afPE-Covid-19-FAQs-FINAL.pdf>

### afPE Covid-19: Interpreting the Government Guidance in a PESSPA Context:

<https://www.afpe.org.uk/physical-education/wp-content/uploads/COVID-19-Interpreting-the-Government-Guidance-in-a-PESSPA-Context-FINAL.pdf>

### Daily Mile:

<https://thedailymile.co.uk/social-distance/>

### Government Advice on Accessing Green Spaces:

<https://www.gov.uk/guidance/coronavirus-covid-19-advice-on-accessing-green-spaces-safely>

### YST PE COVID Response Delivery Principles:

<https://www.youthsporttrust.org/system/files/YST%20Principles%20for%20teaching%20PE%20Covid%20response.pdf>

For more information or further guidance contact us at:

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