



We are very much looking forward to welcoming the children back in September and I thought it may be useful to give you the following information in preparation for the new term. I know many of our children will have missed playing sport and being active with their peers and, due to current guidelines, there will still be certain limitations in place at the start of term. I am closely following DfE guidelines as well as advice from all relevant sports governing bodies, and whilst there may be more changes, we hope to offer the following PE/Games programme in September.

We envisage a phased return of PE/Games at school and our initial programme will focus on engaging our pupils in a variety of physical activities during lesson time. As we progress through the autumn term, we may be able to offer some form of co-curricular programme to enhance and develop skills taught in the lesson. Our fixture programme will be the last phase of the return to normal but this may not be permitted until some time in the new year.

With the exception of the Years 3&4 Games on a Thursday, Games lessons will be single-sex (as is currently the case). Pupils will be taught PE & Games in their respective year groups to limit social interaction across teaching bubbles. Due to the greater restrictions placed on rugby, we have decided that the main focus in September for the boys will be football and there will be some scope for hockey sessions after the half term. From the start of term, the girls will concentrate on hockey and netball.

To avoid sanitising changing rooms between each lesson, pupils will wear their PE kit to school on days when they have PE/Games lessons. Pupils should also bring the following items to school to ensure they are equipped for their PE/Games lessons (large games bags will be unnecessary):

<b>Girls</b>	<b>Boys</b>
Skort / Games socks Hockey stick* (Y5-10) – no stick bags please. Gum shield Shin pads Change of socks Indoor & Outdoor trainers**	Shorts / Games socks Football boots Gum shield Shin pads Change of socks Indoor trainers**

\* If you are unsure about choosing the size of hockey stick, please use this website as a guide (basic stick is fine!); <https://hockeyperformanceacademy.com/how-to-choose-a-field-hockey-stick/>

\*\* Trainers will be worn in school when pupils are in PE kit so it is important when they are on the grass during Games lessons or at break time, they have a separate pair of "outdoor" trainers or football boots.

As always, all items of equipment & clothing must be clearly named.

In Year 11, we plan to deliver our "Education for Leisure" programme but we may be inviting our coaches/instructors into school to offer their activities as opposed to the year group being off-site.

Swimming lessons for Years 4-6 may not take place in the initial period of our return and our contingency for this will be to have an extra PE lesson during this time.

During PE lessons, there will be an initial focus on fitness & well-being, looking at all aspects of health, following the prolonged period of remote learning:

- \*\*\*Trying to achieve at least 10 000 steps per day; encouraging more ways to move/improve metabolism/making more active lifestyle changes

- Improving cardio-vascular & muscle endurance: participating in physical activity that challenge our pupils to get out of their comfort zones to improve both physical and mental health.
- Monitoring sleep patterns: discussing the importance of regular sleep and the effects of lack of sleep
- Mental Health: discussing issues such as stress, anxiety and low mood, and how physical activity can help improve mental health.
- Diet: looking at how physical activity can improve metabolism and understanding what a balanced diet looks like.

\*\*\*Whilst there is no element of competitive game play during PE/Games lessons, we will be encouraging pupils (if they have one) to wear a step counter around school but this is not essential (e.g. Fitbit Ace / Garmin Vivofit).

I hope you have found this information useful in preparation of the new term and please do not hesitate to contact me if you have any queries.

Yours sincerely

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