



RETURNING TO PE @ BRAKENHALE - March 2021



'being safe, whilst being active'

Kit and equipment

All kit and equipment is sanitised and cleaned after every use.
Extra equipment has been purchased to ensure a wide spread across groups if needed.
Bibs and spare kit are being washed daily.
Students **DO NOT** enter store cupboards or sheds please.

Getting changed

Get changed quickly and on your own, in your own space. Wear a mask in the changing rooms. Ensure your kit is put away in your own bag and not left on the floor. All changing rooms are 'fogged' to ensure they are sanitised for the entire day - all touch points are cleaned in the day also. Where possible changing rooms will be ventilated.
Due to building work certain changing rooms are not being used, please listen carefully to where you need to change. If unsure, please **ASK!**

Personal responsibility

Please keep socially distanced at all times, 1m from each other and 2m from PE staff.
Respect other people's views, opinions and choices which help keep them (and others) safe.
Ensure your hands are sanitised/washed **before and after** the lesson.

Lesson time

Will be the same as before - it will focus on both short and sharp periods of activity and build up to longer periods of sustained activity to get you back active and moving. Most lessons will be outside, but where inside, spaces will be ventilated.
Please also remember - full and correct Brakenhale PE kit, hair tied up, no jewellery to be worn, inhalers and epipens are to be taken to lesson spaces and no long nails or excessive make up.

After school clubs

These start the week of 15th March (apart from a few). Students will have specific changing rooms to change in to keep year groups separate. The same rules apply here as for normal PE lessons (changing, cleaning etc). House points are available for all students and it is a great way to do a little more sport and activity, with your peers in a safe and secure environment.
See **school comms and social media** for clubs.

Curriculum

Is designed to focus on our **MEs in PE**...this will be done by targeting a range of core and advanced sporting skills, fitness elements, social and communication development and having **FUN!** Our MEs in PE for this term are:

Physical ME (body)
Thinking ME (brain)

Thank you!



We cannot wait to have you back with us in PE so bring that amazing attitude (and your kit) and see you soon!