



# LYDIARD PARK ACADEMY

## Physical Education – September Update

Dear Parent/Guardian,

The Lydiard Park Academy PE department have worked diligently to plan a reintroduction to Physical Education for pupils in September, which adheres to all Government guidelines. PE and sports play a significant role in helping pupils maintain both physical and mental health, something that is of paramount importance in a time of great uncertainty. With this in mind, PE sessions will continue in the curriculum and will still be included as part of the extra-curricular timetable.

### Changing

- Pupils will be able to change together in their year group 'bubbles'. Pupils will remain socially distant in the changing rooms at all times.
- The school changing rooms will be 'fogged' (with the use of an industrial anti-bacterial device) after every session to ensure all surfaces are sanitary for each class.
- Pupils will be asked to use hand sanitiser before entering and leaving the changing rooms, and will be asked to keep their school uniform in their bag after they have put their PE kit on.
- If pupils have PE session 5, they will not be required to get changed back in to their uniform at the end of the lesson.

### Activities

- All sessions will take place outside in line with the Government guidance. Until guidance changes, there will be no contact sport in any PE session.
- Pupils will still take part in a variety of activities such as athletics, rounders, cricket, cross country, fitness and orienteering.
- Sports that are normally played involving contact will be adapted as non-contact versions, this will include activities such as football, netball, basketball, hockey and tag rugby.

### Equipment

- Equipment will be 'fogged' on a regular basis and all equipment used during each day will also be wiped down and cleaned by hand.
- Pupils will share equipment within their 'bubble' and all equipment will be cleaned prior to each lesson.
- Pupils will again be reminded to both wash their hands and use hand sanitiser before and after their PE session.

### Extra-Curricular



Executive Principal: Mr C Zimmerman  
Operational Principal: Mr G Pearson  
Vice Principal: Miss S Hesten

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- A range of different activities will be available to pupils after school from 3pm until 4pm. To start with, each year group will only have one extra curricular night in order to minimise any risk associated with COVID-19 by mixing year group 'bubbles'.
- Specific changing rooms will be allocated for year groups.
- We anticipate that there will be no fixtures against other schools for some time.
- Further information regarding extra-curricular sport will be available in September.

We hope that this above information answers any questions you may have. We look forward to resuming PE at LPA in a safe and positive environment for all.

Many thanks for your understanding and cooperation in this difficult time.

The PE Department.



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