

PE and School Sport, and the wider re-opening of schools

Physical Education is an area of the learning landscape in schools that has led to a significant number of enquiries and valid questions from schools.

This document has been produced to support and reassure schools in anticipation of the wider re-opening of schools on March 8th. It is based on Public Health England guidelines to support schools in the management of Physical Education, School Sport and Physical Activity during the phased return to schools, along with the advice shared by The Association for Physical Education (AfPE).

Stay true to your vision — Being true to your why?

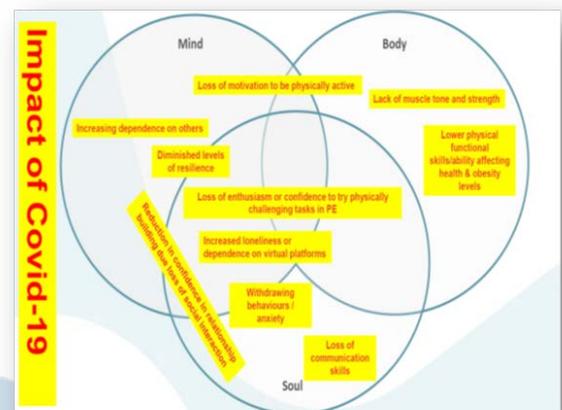
Why? Why are PE lessons important for your students? Consider your PE lessons' core purpose, has this changed or does it remain the same?

What? What content are you able to deliver that is engaging and works with your 'why'?

It might be quite timely to share a quote from Amanda Spielman about the value of Physical Education...

'PE, school sport and physical activity can be recognised for playing an essential role in a broad and balanced education - enhancing children's health, building character, improving wellbeing and supporting them to realise their potential. At a time when young people's health and wellbeing has been in decline, this could not be more important'.

Please consider a 're-engagement curriculum' rather than a catch-up curriculum in PE, addressing the needs of the children, rather than a drive to return to conventional sports activities. We know that young people's physical, cognitive and social development may well have been impaired over the last 12 months, so please consider offering activities and a programme that will help support the resilience, confidence, trust and communication skills of young people, as well as their motor skills and physical fitness.



The Association for PE have produced some very good posters for schools about the reactivation of learning through PE. They are available [here](#) and [here](#).

The delivery of swimming

- School swimming has been able to continue during the national lockdown for those pupils attending school in person.
- From 8 March when schools return to face-to-face learning for all pupils then they will all be able to undertake school swimming lessons, either in their own school pool if the school has one, or in a public pool if it is open.
- Schools without their own pool can travel to use available external facilities for these lessons in line with government guidance.
- DfE guidance states that schools should “teach an ambitious and broad curriculum in all subjects” therefore we hope to see schools recognising the importance of learning how to swim and about water safety for their pupils.

There is a genuine and immediate concern that because many young people may not have swum for over two years, the safety of children in water is at greater risk than ever this year. If at all possible, primary schools need to prioritise swimming and water safety as part of a balanced curriculum. The emphasis must be on water safety, and if schools need ideas or resources about how this can be delivered ‘dry-side’, should pool access be a barrier, please get in touch.

Further guidance from Swim England is available [here](#).

The use of PE equipment

At the previous wider re-opening of schools in September 2020 there was a great deal of understandable confusion and anxiety over the use of PE equipment and the risks of Covid transmission.

It has now become apparent that the risk of Covid transmission via sports equipment is very slim indeed, following some research by Imperial College London and Loughborough University. This information is available [here](#).

This may mean that schools can feel confident in making their own reasonable and informed decisions about what PE equipment can be used. It still remains good practice to regularly clean equipment, especially regularly touched surfaces.



Can we remind schools of the advice we have offered since April 2020?

In order to take reasonable care of our own health and safety and that of others who may be affected by what we do, we must ...

- *Clean frequently touched surfaces*
- *Wash hands frequently as part of a clear hygiene regime*
- *Minimise contact*
- *Ensure good respiratory hygiene*

If in doubt, please drop me a line using the contact details at the foot of this document.

Use of Changing Rooms in Physical Education

For all indoor spaces, maximise natural ventilation flows (through opening windows and doors or using air conditioning systems wherever possible) distance pupils and pay scrupulous attention to cleaning and hygiene.

All staff and pupils are expected to adhere to the current social distancing guidelines as far as is reasonably practicable.

- As much as possible, fresh air should be increased within buildings by opening windows and doors frequently to encourage ventilation, taking account of any potential security, fire safety issues or inclement weather.
- During winter months, as a minimum, windows should be fully opened 15 minutes before a room is used, and whenever a room is unoccupied in order to purge the air.
- Where possible, windows should be kept partially open at times of occupation.

FAQs

The Association for Physical Education (afPE) have produced a very comprehensive and clear guidance document for schools addressing many of the operational challenges for PE and School Sport. It is available for download [here](#).

PE and School Sport Premium

We must remind schools that the DfE sanctioned the carry forward of any Primary PE and Sport Premium funding from last year (2019-20), as a result of the Coronavirus pandemic, to be utilised in this academic year.

Any under-spends carried forward will need to have been spent in full by 31 March 2021 and schools should have factored this into their spending plans for their 2020 to 2021 PE and sport premium.

Making the PE and School Sport Premium Count

We are hosting a free online webinar to support schools across Cambridgeshire and Peterborough on March 24 (4pm – 5pm), in partnership with the county School Sports Partnerships

Teachers will have an opportunity to learn about, and discuss:

The **WHY – HOW – WHAT** model for planning and prioritizing the use of PESS premium.

Using the PESS premium to rejuvenate primary pupils' wellbeing through physical education and physical activity.

Top tips on getting the best use of the PE premium.

Practical examples of local best practice.

The flyer is for an online webinar titled "Making the PE and School Sport Premium Count" held on 24th March 2021 from 4pm to 5pm. It is organized by Cambridgeshire County Council in partnership with School Sports Partnerships. The flyer is divided into several sections: "Course Overview" which states the webinar will give teachers an opportunity to discuss maximizing the impact of the PE & School Sport Premium; "Important Information" which lists the venue as Zoom, the cost as free to Cambridgeshire and Peterborough schools, and the attendees as primary phase PE subject leads and head-teachers; "Aims of Course" which lists the WHY-HOW-WHAT model, using PESS premium for wellbeing, top tips, and local best practice; and "Contact Details" for Ian Roberts (Specialist Adviser) and Julie Spence (Business Support Officer). A QR code and a URL to book are also provided.

Booking details are available [here](#).

For further advice about PE & School Sport

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