



GM SCHOOL
GAMES NETWORK

COVID 19 Return to School Guidance – Keep Me Moving

The purpose of this document is to support teachers and non- PE specialists to incorporate physical activity into the ‘new normal’ for schools during this global pandemic. To support young people to be active and healthy and have the ability to concentrate and re-engage with the whole curriculum. The document has been created in-line with the Government’s document on ‘Opening schools and educational settings to more pupils’ as well as guidance released from the Association for Physical Education (AfPE). We have based our areas of support on the typical PE or Physical opportunities that would feature in a school day or week

BENEFITS that PE and Physical activity could have in this time/ why now?

- Re-establishing social connections
- Teaching the 2m rule through play or activity in a less intimidating way/ context they can relate too
- Young people to find their place of belonging- for many young people sport and physical activity or sport was part of their identity this may have been lost during their time away.
 - To give young people a sense of achievement, for those students who may have struggled to engage academically this is there opportunity to achieve
 - Improved mental wellbeing

Area of Support	Considerations	Resources
Teaching PE and physical activity sessions in 1 st phase of return to school	<p>Usable spaces - consider what can be done taking into account social distancing measures and the restriction of shared equipment and resources.</p> <p>PE curriculum – with an emphasis on outdoor lessons where possible.</p>	<p>Guidance from AfPE</p> <p>Activities and sports that by nature will not require as much adaptation</p> <ul style="list-style-type: none"> ● Athletics ● OAA ● Dance ● Gymnastics ● Net/wall ● Strike/Field ● Multi Skills
Daily Activity	<p>30 Active minutes</p> <p>Health and wellbeing targets - teach the importance of good health particularly during Covid -19.</p> <p>Brain Breaks</p>	<p>Daily Mile https://thedailymile.co.uk/</p> <p>See the GreaterSport website and the Greater Manchester School Games Organiser page resources to support your 30 active minutes offer.</p>
Breaks/ Lunchtime activities	<p>Recognising the difficulty in maintaining social distancing measures during what is normally unstructured time.</p> <p>Short challenges to get young people moving whilst maintaining social distancing.</p> <p>Use of Sports leaders (September onwards)</p>	<p>YST- 60 second challenge card and record sheet. Can be found on the Greater Manchester School Games Organiser page</p> <p>Design your own chalk Fitness / PE trails</p> <p>View SGO Local area profile pages for more details.</p>
Risk Assessments	<p>Types of activity</p> <p>Protective measures and hygiene</p> <p>Changing areas and PE clothing</p> <p>Teaching areas</p> <p>Equipment regime</p> <p>Maintaining social distancing</p> <p>Group sizes</p> <p>Hand washing</p>	<p>Update current risk assessments to reflect current circumstances</p> <p>Guidance from AfPE</p>
Equipment	<p>Use of equipment</p> <p>Cleaning of equipment</p>	<p>It is suggested that Schools minimise the use of equipment and consider how this will be cleaned.</p>
Learning at home activities	<p>Ensure those that are not back in the school setting have activities they can still continue to complete at home</p>	<p>See the Greater Manchester School Games Organiser page for resources to support young person at home.</p>

For further information and resources on supporting your offer for PE and Physical activity during Covid-19 please visit [here](#) or the <https://www.youthsporttrust.org/free-home-learning-resources-0>