



Risk Assessment for Physical Education & Physical Activity in response to Covid-19

This risk assessment has been prepared based on advice given by the Association for Physical Education (AfPE) and national governing bodies. Ongoing, specific Government advice and guidelines will need to be taken into account as the current situation changes and this risk assessment is reviewed and updated as needed. Progressive sports staff to **follow risk assessment for their specific school** and adhere to the risk assessment and guidelines of Progressive sports.

The intention is that children can participate in purposeful physical education and physical activity during this time. Whilst the teaching of PE will not be as it was before, with some adaptations meaningful work can still be undertaken with the proper planning, protective measures and social distancing. This risk assessment is also intended to help staff feel safe and protected delivering both physical education and physical activity opportunities for children.

The key principles for supporting safe PE and physical activity are:

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

Areas to consider	Suggested Practice	Implications/Ideas for the school	Action to be taken
Learning	• Activities taking place in PE lessons and Physical activity	• Use of other resources to complement existing scheme	- PS staff to compile and share resources that

	sessions should be strictly non-contact and these conditions shared with the pupils. • Agree what learning is appropriate (including the relationship between face-to-face and remote education), for example, identify curriculum priorities, agree revised expectations and required adjustments in practical lessons, and any approaches to 'catch up' support. • Ensure you have considered the impact on staff and pupils with protected characteristics, including race and disability, in developing your approach	of work (e.g. TOP cards, PE Suite) • The priority as children return to school will be mental wellbeing and physical activity. Year groups are free to deviate from curriculum map in response to children's needs. • Individual teachers are best placed and encouraged to adapt activities as needed.	can be used - PS/SLT to share this message with staff
Protective Measures and Hygiene	• Decide the physical and organisational structures needed to limit risks and limit movement around the building(s) (for example, classroom layouts, entry and exit points, staggered starts and break times, class sizes, lunch queues, use of communal staff areas). • Agree how safety measures and messages will be	• This has been reviewed as part of phased reopening planning and will be reviewed as wider reopening begins. • To be decided by SLT. • Teachers could take a supply box of tissues / hand sanitiser to lesson with them as they would asthma inhalers?	• Review plans with PE coord and SLT if advice changes • Strictly follow school guidelines. • Have a designated entrance and exit to the lessons for pupils and staff. • Staff to wash hands in between each lesson, advised to keep hand

	implemented and displayed around school. • Ensure there is sufficient tissues available for ensuring good respiratory hygiene – i.e. 'catch it, bag it, bin it' approach.		sanitizer for use in lesson.
Changing areas	If used, these should be cleaned after every lesson – Wiping of surfaces is a reasonable approach. • Attending school with PE kit on will limit the need to use changing rooms. • Ensure sufficient standard cleaning equipment is available in all changing areas. • Social distancing measures still apply and marking out areas which cannot be used will help you to manage the area effectively.	• Allow children to wear PE kit to school on days where they have PE lessons. This will eliminate need for them to change in small spaces and to bring in resources from home.	• If agreed, this will need to be communicated to parents.
Teaching Areas	• Encourage outdoor PE and PA to support social distancing. • Students should work in their own zone which may be marked out, depending on allocated teaching space. PE outside could be preferable to indoor PE	• Use of outdoor areas wherever possible. Could potentially use hall in future depending on group size and other practical arrangements. • Use of chalk, cones, hoops, other resources to mark areas for children to work in (equipment for this to be	• Share with staff • PE coord/PS staff or another designated person to check we have enough resources that could be used for marking out areas.

		selected based on safety considerations of the activity).	
Social distancing within lessons	• You should ensure that all lesson activity adheres to the social distancing rules in place at the time of delivery. This means team games involving contact are currently not possible. • One solution is for each student to have their own zone which they can work in • Liaise with each school individually to find out what they want	• No contact games to be played until distancing advice changes. However individual skills e.g. dribbling a football or hockey ball, can still be taught. • Participation in intra school competitions will need to be considered carefully (all are currently on hold).	• Share with staff. • PS / PE Co-ordinator from September to keep in contact with colleagues from other schools and event organisers.
Group sizes	• Class sizes should adhere to Government guidance and be reduced to a level where social distancing rules can be applied.	• This has been reviewed as part of phased re-opening planning and will be reviewed as wider reopening begins	• Share with staff. • PS / PE Co-ordinator from September to keep in contact with colleagues from other schools and event organisers.
PE clothing	• Equipment will need to be cleaned after each use. It should be noted that this a whole school issue and all departments/subjects will be facing the same issues so this should be a whole school solution. • You will need to	• Use of equipment should be limited in the short term whilst staff & children adjust to new way of working. • Use equipment that can be cleaned relatively easily. For example hula hoops, hockey	• PS / PE Co-ordinator from September to review which equipment is more practical and can be re-introduced to lessons first.

	make a decision on which equipment is easier to build into lessons and take into account the cleaning regime at the end of the sessions. • Hand washing routines will mean more equipment is available to pupils, however it is often easier to plan for and discourage the sharing of equipment to mitigate against virus transmission.	stick handles can be wiped after use. Fabrics such as beanbags are more problematic	
Washing hands/ hand sanitiser	• Opportunities for handwashing before and after the lesson must be available. • Hand sanitiser should be readily available for students to use throughout the day. This is in addition to regular handwashing.	• Children to wash hands before and after PE lesson / physical activity as part of routine. •	• Staff to remind children of this expectation.