

20.07.20

Dear Parents/Carers

Due to the current circumstances, we have had to risk assess how we will teach Physical Education from September (Autumn Term 1) to reduce risks in line with Government guidance and best safe practices. While considering these, our main priority has been to ensure that all pupils continue to receive a broad and balanced curriculum with PE teaching remaining at a high standard.

The government still recommends 60 minutes of daily sport and physical activity (30 minutes in school: 30 minutes out of school). The staff at Riverside will continue to ensure that all children participate in at least 30 minutes of physical activity while at school, even on days without PE lessons. This includes taking part in the daily mile so please ensure your child(ren) wears secure footwear.

The changes for daily teaching are below:

- Outdoor PE lessons will be prioritised; however, the hall will still be available for use. Classes using this communal area on an afternoon have been planned based on proximity of year groups and shared bubbles within the school.
  - As we are planning a lot of outdoor learning and activities, earrings and jewellery are not permitted to be worn at any time. (A watch can be worn but must be removed for sport and physical activity.)
  - Outdoor learning requires wellies so please provide a pair to stay in school at all times.
  
- To minimise the risk of transmission, your child will be required to attend school in their full PE kit on their PE day(s). Please remember that most to all lessons will be conducted outdoors. All children should bring spare clothes to be kept at school in case of emergencies.
  - PE kit



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- Black shorts or jogging bottoms. (Remember they will be wearing these all day.)
  - T-shirt in the colour of your child's house group.
  - Trainers.
  - School jumper.
  - NO earrings or jewellery are allowed to be worn at any time. (Any queries or concerns, please contact the office.)
  - Wellies to stay at school at all times. (Outdoor learning and Forest School.)
- This is the PE timetable for each class (both outdoor and indoor lessons):
  - Monday: Year 1, Year 1-2 and Year 2
  - Tuesday: EYFS, Year 4a and Year 4b
  - Wednesday: EYFS, Year 1 and Year 1-2
  - Thursday: Year 3b and Year 3a
  - Friday: Year 5 and Year 6

(EYFS is Reception and Nursery)
- We are promoting physical activity out of school and will be planning walk/bike/scooter to school days. Children are encouraged to use one of these methods every day. For safety, helmets must ALWAYS be worn when using a bicycle or scooter.
- After-school clubs
  - There will be no after-school clubs running in Autumn Term 1. This will be reviewed at half term.
  - Any money already paid for after-school clubs in Spring/Summer term 2020 will be reimbursed.
- Swimming
  - Swimming lessons will not be happening from the start of the school year as normal.



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- During the academic year, both Year 4 children and Year 5 children will have the opportunity to attend lessons.
- When lessons do begin, we ask for a £1 contribution towards the cost of transport. The swimming lesson costs are fully covered by the school.
- We will update you with any changes.

Please bear with us while we implement these changes and if you have any queries or concerns, please contact the school and we will endeavour to help however we can.

Thank you for your continued support.

Mrs Wall

PE Coordinator