



COVID RESPONSE SEPTEMBER 2020

- All students timetabled for PE are required to participate unless a medical certificate from student's GP is provided stating medical reason for non- participation.
- Students will not have access to changing room facilities or lockers. On the day of their PE class they are allowed to wear their PE clothing into school for the entire day and will not be required to change during the day.
- Students are expected to wear appropriate PE clothing (dark tracksuit pants/sports leggings, polo/t-shirt/club jersey, sweatshirt/club half zip, correct sports runners (no deck shoes or casual fashion runners-converse, vans etc.). No string tops allowed. Ensure clothing is appropriate for weather conditions.
- Students are encouraged to bring necessary hygiene items with them for use after their PE lesson, e.g. deodorant, wipes, towel etc.
- Sharing of water bottles is not allowed. Students should have their own water bottle for PE class, clearly labelled with their name.
- No spitting, chewing gum or food is allowed and students should follow all respiratory hygiene including coughing and sneezing etiquette.
- No hand shaking, high fives etc. is permitted.
- Social distancing rules (2m where possible) will apply during PE lessons. Where 2m social distancing is possible students are not required to wear masks. Masks must be worn when entering and exiting the PE class.
- A one way system for entry and exit to PE hall will apply. Activities selected by PE teachers will ensure social distancing takes place. Hand sanitisers are to be used before and after the PE lesson.
- Students will be expected to clean and sanitise any equipment that they personally use during the PE lesson. (e.g. yoga mat, gymnastics mat, cones).
- As much as possible PE classes will take place outdoors. When classes take place indoors, windows and doors will be open for additional ventilation.
- A decision on provision of extra-curricular sporting activities will be reviewed by school management in October based on advice from NPHE and Sport Ireland.
- Physical education activities will be phased in based on traffic lights system recommended by the Physical Education Association of Ireland. Low risk activities (green light) will be selected at present.



Physical Education Association of Ireland

Teaching Physical Education in a World with Covid-19

A) Teaching PE with access to adequate facilities- TRAFFIC LIGHT SYSTEM



Activities with minimal equipment/physical contact which present a relatively low risk.

- FITNESS TRAINING • CIRCUIT TRAINING • YOGA • PILATES
- BADMINTON • TENNIS • TABLE TENNIS
- ATHLETICS (track events except for relay)
- ORIENTEERING • KAYAKING • DANCE (individual performance)
- GYMNASTICS (individual performance)
- PERSONAL EXERCISE AND FITNESS
- SKILLS DEVELOPMENT

Activities with some equipment/minimal contact that can be modified to be performed safely. Some equipment will need to be cleaned after each use.

- VOLLEYBALL • SQUASH • HANDBALL
- NETBALL • WEIGHT TRAINING
- ATHLETICS (field events)

Activities that use shared equipment and which may present difficulties in maintaining social distancing.

- CONTACT GAMES, SPORTS AND ACTIVITIES

B) Teaching without access to adequate facilities - theoretical classes

Scan this QR code to access a range of ideas for teaching theoretical PE classes to your students

<https://www.peai.org/wp-content/uploads/2020/08/Teaching-Physical-Education-in-a-World-with-Covid-19.pdf>



C) Supporting Wellbeing in PE

PE teachers can support the wellbeing of their students by promoting a sense of:

- Safety
- Calm
- Belonging and connectedness
- Self-efficacy and school community efficacy
- Hope



D) Return to Play Protocols

Scan this QR Code below to access the return to play protocols developed by a range of NGBs.

Teachers might find these protocols helpful when planning for safe PE practices.

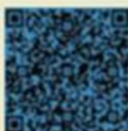
<https://www.peai.org/latest-news/return-to-sport-protocols/>



E) Government Guidelines for teaching PE

Scan this QR Code and read pages 8-10 for Government Guidelines on Teaching PE on a return to school.

<https://assets.gov.ie/85594/17fe45af-dc43-470d-90b5-3d6d2f82d66e.pdf>



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