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Headteacher:
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Biddick
Academy

Dear Parent/Carer,

YEAR 8 PRACTICAL PE LESSONS – STARTING 9th NOVEMBER 2020

I am writing to you to share our practical Physical Education curriculum plans for Year 8. As you are aware, PE lessons have been theory only so far this term. We are eager for students to enjoy the benefits of physical activity in a safe, COVID-secure manner as soon as possible.

After consultation with Government guidance and awarding body recommendations, **Year 8** students will start practical PE lessons in week commencing **9th November 2020**.

We feel very passionately about Physical Education and the benefits for our students' health and wellbeing. We have altered the delivery of practical PE to ensure the safety of our students and wider families during the Coronavirus pandemic.

This is part of a phased reintroduction plan for practical lessons at Biddick Academy and we are taking this cautious approach to ensure the safety of all students and to establish health and safety routines with each group.

On the days when Year 8 students have PE on their timetable, they are required to attend the Academy in their Biddick PE kit for the full day. We would like to ask for your support in ensuring that **only PE kit within the kit policy is worn during these specific times**. Please see further details regarding the kit policy below.

Our PE Policy

- Biddick Academy PE kit should be worn, alternatively a plain white t-shirt and plain black tracksuit bottoms, plain black shorts, plain black leggings (unbranded and suitable for sport), suitable trainers.
- If a student needs to be excused for medical or illness related reasons, this must be notified by written note in the student planner from parent/carer.
- Students excused for medical/ illness will still take part in the lesson in an appropriate form such as a coaching skills assessor.
- Notes beyond a 2-week period are required to be supported by medical evidence/ letter.
- Incorrect kit/no kit: first instance will result in a warning. The second instance would result in an after-school detention.

We recommend students bring a spare pair of trainers or their school shoes with a plastic bag should a change of footwear be needed due to outdoor PE surfaces being wet, this is advisable on any given PE day, should the weather change over the course of the day.

To purchase Biddick PE kit please contact Mrs Petire on petrie.o@biddickacademy.com or 0191 5111600.

To ensure the safety of our students the following protocols will be in place

- Students will only be taught within their year group bubble.
- Students will sanitise their hands at the start and end of the lesson, plus at any desired time in the lesson.
- Students will complete a series of activities which are low in frequency and duration to ensure a reduced elevation in respiration levels.
- During lessons students will be instructed to practice social distancing as much as possible.
- All lessons will be outdoors to support Government guidance.
- Equipment will be restricted to specific year groups and cleaned thoroughly between each use.

Practical PE lessons will start for Year 8 week commencing **9th November, 2020**, if you have any concerns or queries please contact Miss Cooksey, Faculty Leader - PE.

Yours faithfully,

Miss K. Morris
Headteacher