







# Physical Education - ROAD MAP TO RECOVERY



A staged approach to safe return in response to covid-19

From 29 March 2021

All dates are subject to change based on government guidelines

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	
 Physical Education	<b>Individual Activities</b> All students in school, wearing kit for PE days, 1 Practical Lesson 1 Wellbeing lesson Hygiene protocols	<b>Small Groups</b> Minimal equipment Individual and team activities in small groups 1 Practical lesson 1 Wellbeing Lesson	<b>Adapted Activities</b> Equipment sharing with regular cleaning Small sided outdoor games 1 Practical Lesson 1 Wellbeing Lesson	<b>Conditioned Competition</b> Full equipment use with regular cleaning between classes Introduce contact & 'squad' size interaction	<b>Fully Functioning</b> Full facility, equipment and timetable use with 'normal' participation by all	 Physical Education
 School Sport	Virtual challenges	Virtual challenges	One year group per night Follow NGB guidelines with intra- house competition opportunities	Follow NGB guidelines with some inter-school competition	Follow NGB guidelines to train, play & compete	 School Sport
 Physical Activity	Virtual challenges Promoting physical activity – walking / cycling	Virtual challenges Promoting physical activity – walking / cycling	PHYSICAL ACTIVITY CLUBS	PHYSICAL ACTIVITY CLUBS	PHYSICAL ACTIVITY CLUBS	 Physical Activity