



The Academy at  
**St James**  
Aspire, Achieve, Believe

**Covid 19 Risk Assessment for the provision of PE**

**Spread of Covid-19 Coronavirus:**

Robust hygiene regimes before and after Physical Education lessons or movement/physical activity breaks.

Hand Washing

Hand washing facilities with soap and water in place.

Stringent hand washing taking place.

See hand washing guidance.

<https://www.gov.uk/government/news/public-information-campaign-focuses-on-handwashing>

Gel sanitisers in any area where washing facilities not readily available.

Ensure that sufficient handwashing facilities are available. Where a sink is not nearby, provide hand sanitiser.

Frequently wash their hands with soap and water for 20 seconds and dry thoroughly.

Students encouraged not to touch their mouth, eyes and nose and use a tissue or elbow to cough or sneeze and use bins for tissue waste ('catch it, bin it, kill it')

Young people and adults wash their hands with soap and water for 20 seconds before and after activity.

Cleaning



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Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles.

All equipment with a hard surface should be cleaned/sanitised after use – any soft equipment, should also be washed

Constant wiping down of equipment used in a lesson, including during the activities where necessary .

Staff to have a throw away bag to contain any tissues, wipes used during an activity and dispose of according to current guidance.



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**Social Distancing, spaces and types of activities.**

Where possible all activities should take place on outdoor fields, playgrounds, courts, pupils and staff must always be 2m apart.

Each bubble will have a designated space to teach their lesson (see plan produced by PE lead)

Areas for pupils to learn in should be set up before the lesson where possible.

Classes will have no more than 10 pupils and at least one teacher.

There should be no organised contact activities. High risk activities or new skills beyond the young people's capabilities should be avoided.

Team sports, or games where students are close (within 2m) should not take place.

Individualise activities as much as possible. Safety is paramount – if the child can do a skill safely and it is well within their ability, then allow it.

**Suggested/Example activities**



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Personal best challenges- pupils compete to beat their own score/improve their individual skill

Athletics:

Running, jumping and throwing activities.

Mult Skills:

Fundamental movement activities (developing Agility, Balance and coordination), relay races

Fitness:

Circuits that require no equipment, Interactive movement (Minion Rush/Guided Dance/Yoga/Go Noodle)

Net/Wall or Striking/Fielding :

Individual activities developing hand eye coordination skills

Dance:



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	<p>Individual dances developed and choreographed</p> <p><u>Yoga:</u></p> <p>Individual activities, stretches</p>
<p><b>Use of Equipment:</b></p>	<p>All lesson equipment will be stored in a 'Grab Bag' where required. This will be stored the stage in the hall and must be collected and returned by an adult.</p> <p>Any equipment that is used should be cleaned, wiped down and returned to the grab bag afterwards.</p> <p>Equipment should not be shared, this means no sports kit or equipment that travels, or is passed from one student to another using their hands should be used.</p>



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Clean equipment before use and provide it for each child. This kit can only be touched/returned by that child.

Instructions should be clear so that children understand that the equipment is 'theirs' and theirs alone whilst they are in the lesson.

After the lesson, all equipment should be cleaned/sanitised before the next lesson.

Equipment made from materials such as cotton etc should not be used, eg. Bean bags, tennis balls.

Lock away kit and equipment.