

Securing a Safe Return to Sport

As a PE Department, we were very impressed by the fantastic involvement of the pupils during lockdown in our weekly 250 challenge, House Marathon challenge, Sports Day and the Worcester2Worcester charity event, raising over £3,000 for St Richard's Hospice and the Nelson Mandela Children's Fund. It was great to see so much student involvement through lockdown and we thank you for your support of this.

We are very much looking forward to returning to a structured, active sporting programme and working with our pupils again, in a safe manner. There are few changes to our PE and Sports provision which are detailed below.

Maintaining a safe environment

We will ensure that we follow government guidance on safety, cleaning and hygiene throughout our sporting programme. We will make judgements regarding what physical activities can take place in light of our school specific environment and these decisions will be influenced by sporting National Governing Bodies. Our ultimate aim is to provide high quality sports provision, offering a range of activities through the curriculum and after school programme.

PE kit – pupils should come to school in their PE kit if they are playing any sport on that day – to include PE lessons, Games afternoons or after school sports practices.

In line with the school policy for transport, pupils must wear masks on any journey – this includes Minibus transport to and from the astroturf for Games and after school practices.

What sporting opportunities will we offer?

Physical Education:

In Years 7-11, pupils will follow a set PE programme which looks to focus on developing fundamental movement and hand eye-coordination skills. To limit the sharing of equipment, we are asking pupils to bring in a yoga mat, resistance bands and 2 tennis balls for their PE lesson.

Games afternoons and After School Practices:

In years 7-10 pupils will attend these sessions in 'Year Group Bubbles'. They will register as normal next to the CMR. They will then walk to the fields in small groups or will be transported to the astro. Years 11-13 will be registered at the location of their Games activity as normal.

From September, Netball, Rowing and Hockey will form the girls programme and the boys' programme will include Cricket and Multi-sport ball skills (including rugby), all in accordance with National Governing Body guidelines.

Senior Games will have a broader range of activities including Badminton, Yoga, Dance, Outdoor circuit training, Hockey, Netball, Rowing, Rugby and Football.

After school practices will focus on Rowing and Rugby for the boys and Netball, Hockey and Rowing for the girls. The after-school sessions in the fitness suite for pupils from LR upwards will be replaced with outdoor boot-camp style circuit training sessions, run by our Strength and Conditioning coach, Harry Cronin.

Saturday Sport

We firmly believe in a full inclusive Saturday sport programme and, although at present we are not able to offer a traditional fixture programme against other schools in most sports, we will be running internal competitions across all age groups every Saturday. We will initially offer Hockey, Rowing and Netball for

the girls and Cricket and Rowing for the boys. As we move into October, Cricket will be replaced with a non-contact version of Rugby.

Our focus will be on providing a competitive physical opportunity for pupils following each sport's National Governing Body guidance. We appreciate that the lack of competitive inter-school fixtures will come as a disappointment to many and it is our intention to implement our planned competitive fixture programme as soon as possible.

After School Sports Practices

GIRLS	Netball	Hockey
Monday	Yr 9 & Yr 10 (2 courts each)	Seniors (1 st & 2 nd)
Tuesday	Yr 8	Yr 7
Wednesday		Yr 10 & Yr 9 (1/2 astro each)
Thursday	Seniors	Yr 8 & Indoor
Friday	Yr 7 & 1 st team (2 courts each)	
Saturday	Year group sessions/games. Fixtures when allowed.	

BOYS	Year group training nights
Monday	Senior, Yr 10. Yr 11
Tuesday	Yr 7
Wednesday	Yr 9, Yr 8
Thursday	Senior Cricket, Rec senior Rugby
Saturday	Cricket in Sept moving to touch Rugby in Oct

GIRLS/BOYS ROWING	Year group training nights
Monday	Yr 11/12/13 boys and girls
Tuesday	Yr 9 boys and girls
Wednesday	Yr 10/11 boys and girls
Thursday	Yr 10/12/13 boys and girls
Saturday	All year groups will have a set time through the day

Hygiene & facilities

In all active sessions we will maintain robust hand sanitising and respiratory hygiene measures, in line with the school's policy. As such, hand sanitiser will be readily available before, during and after all sporting activities. Where equipment sharing is necessary, it will be cleaned with appropriate products after use at designated cleaning stations for equipment.

There are some Sporting Facilities that will not be in use at this time, due to changing facilities and equipment use.

The current sporting offer will be constantly reviewed and amended in line with current government and relevant sporting National Governing Body guidance as well as our own working practices. Any significant changes to our own sporting programme will be communicated at the earliest opportunity.

J. Mason

Director of Sport