

Dear Parent/Carers,

In light of the guidelines from the Government and the Association for Physical Education (AfPE), there will be a number of adaptations to ensure the safe delivery of Physical Education at Montsaye Academy.

All students in Years 7, 8 and 9 will have two timetabled lessons of PE each week. Students have been given one set day, on which they will be expected to attend school in their PE kit. During this PE lesson, students will take part in adapted practical activities which adhere to Government guidance. During the other PE lesson, students will take part in their school uniform. This lesson will consist of less physically demanding activities and theoretical classroom lessons, where students will learn about the body and the importance of leading a healthy and active lifestyle.

Students in Years 10 and 11 will have one timetabled PE lesson a week. Students will be expected to attend school in their PE kit on this day, so that they can take part in their practical lesson whilst adhering to the guidance provided to schools.

Students will be required to attend school in their PE kit on the following day:

Year 7: Tuesday

Year 8: Friday

Year 9: Tuesday

Year 10: 10Y Monday and 10X Friday

Year 11: Wednesday

Students will be collected from their form room, by their class teacher at the start of the lesson and expected to use the hand sanitiser provided, to clean their hands as they leave the room. Students will then complete their lessons working in groups no bigger than 6. The types of activities timetabled and equipment used, has been carefully planned to protect both students and staff. Activities will take place outdoors for core PE and include adapted striking and fielding activities, orienteering, dance and athletics. Any equipment used will be cleaned at the end of the lesson. Students will be led back to their form room at the end of the lesson where they will sanitise their hands before they re-enter the room.

If the weather is poor, students will remain in their form room and will be taught about the human body and the importance of leading a healthy and active lifestyle, by their PE teacher.

It is advised that students wear PE clothing which will keep them warm not only during their PE lesson but for the school day. Within PE lessons students must follow the school PE kit policy which can be found on the school website <https://www.montsaye.northants.sch.uk/parents/uniform/>.

Students should attend school in their PE kit on the day stated above, starting on Wednesday September 9th 2020. If you have any further questions please do not hesitate to contact myself by email or the correct year group Progress Leader.

Mr Wing - Head of Physical Education
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