



# PE and Sport guidelines and adjustments for Glenmore Park High School- Term 2, 2020

## Student Version

The following outlines the adjustments that will be made in response to COVID-19 for the return to school sport. This plan is guided by the advice provided by the NSW Department of Education- Practical guide for Sport and Physical Activity, AHPPC Guidelines and NSW Health advice.

### Guidelines:

Some important advice relating to the return to school sport include the following:

- Sport and Physical activity programs will initially focus on non-contact sports.
- The use of public change rooms should be avoided wherever possible. On sports day students should come to school wearing their full sports uniform and their normal school shoes (enclosed black leather). They are to bring their sport shoes to change into before their sport lesson in their designated meeting area.
- Students can participate in small group sport and physical activities however staff will continue to maintain physical distance when supervising students.
- Staff and students will be required to wash their hands/sanitise their hands prior to and at the conclusion of sport and physical activity.
- All sport and physical activity equipment will be cleaned at the end of each session.
- Students are discouraged from shaking hands during sport, and encouraged to practice respiratory hygiene by covering coughs and sneezes with a tissue or elbow and washing hands afterwards.
- Inter-school sport competitions such as zone, regional and state knockout competitions, gala days or interschool carnivals are not permitted.
- School carnivals such as athletics, cross-country and swimming carnivals are not permitted.
- Recreation sport in the community is not permitted and has been postponed until Term 4.
- Full and semi contact sports are not permitted.

**The next pages outlines the plan for Sport and PE at GPHS from Term 2- Week 5 until further notice**



## COVID-19 Adjustments for PE Programs- Term 2, 2020

In Term 2, 2020 at Glenmore Park High School the PE program for students in year 7 -10 usually involves an athletics unit for weeks 1-5 and a variety of team sports for weeks 6-10. After reviewing the COVID-19 health guidelines and consulting with the Department of Education PDHPE curriculum team, we have decided to cancel our team sport PE units for this term and focus on athletics skills and other non-contact activities which are permitted with the current restrictions.

During **PE lessons** we will expect the following:

- For the duration of Term 2, Students will be permitted to come to school wearing their full sport uniform and normal school shoes on the days that they have timetabled Sport or PE lessons. Students are to bring their sport shoes to change into before their sport or PE lessons. This is to avoid large groups having to use the change rooms. (We understand this is against our usual hygiene protocols, however being the cooler months and given the risks involved with the COVID-19 virus, these adjustments are important to help reduce the potential for transmission).
- Normal School Shoes(Black leather/Suede fully enclosed shoes) must be worn to school to fulfil the WHS requirements in practical subjects)
- Instead of students congregating outside the change rooms each class/group will assemble in an area, in either the canteen area, the bays of the steps between J-Block and the hall, or on the COLA.
- Staff are encouraged to meet at the change room's area promptly before students arrive and direct each class to meet in their own designated area to avoid large groups congregating.
- Once students are ready, PE teachers will direct small groups into the change rooms to simply drop off their bags and wash their hands with soap. (Students should not be changing). Upon exiting from the change rooms the class teacher will also spray the student's hands with a liquid sanitiser.
- Students will return to the class meeting area and have rolls marked via PXP and prepare to move off for the PE/Sport lesson.

## COVID-19 Adjustments for Sport Programs- Term 2, 2020

In Term 2, 2020 at Glenmore Park High School the Sport program for students in year 7 -10 will be modified as outlined below. After reviewing the COVID-19 health guidelines and consulting with the Department of Education PDHPE curriculum team we have decided to modify our sport program for each year group and focus on non-contact activities which are permitted with the current restrictions.

During **Sport lessons** we will expect the following:

- For the duration of Term 2, Students will be permitted to come to school wearing their full sport uniform and normal school shoes on the days that they have timetabled Sport or PE lessons. Students are to bring their sport shoes to change into before their sport and PE lessons. This is to avoid large groups having to use the change rooms. (We understand this is against our usual hygiene protocols, however being cooler months and given the risks involved with the COVID-19 virus, these adjustments are important to help reduce the potential for transmission).
- Instead of students congregating outside the change rooms each class/group will assemble in an area, in either the canteen area, the bays of the steps between J-Block and the hall, or on the COLA.
- Staff meet at the change room area promptly before students arrive and direct each class to meet in their own designated area to avoid large groups congregating.
- Once students are ready, Sport teachers will direct small groups into the change rooms to simply drop off their bags and wash their hands with soap. (Students should not be changing). Upon exiting from the change rooms the class teacher will also spray the student's hands with a liquid sanitiser.
- Students will return to the class meeting area and have rolls marked via PXP and prepare to move off for the PE/Sport lesson.

### For Year 7 and 8 Sport lessons:

- All students will meet their class teacher in their own designated class meeting area (determined by their teacher), and prepare for the lesson as outlined above.

### For Students in Years 9 and 10:

- Female students will meet their sport teacher in the following areas, then prepare for the lesson as outlined above.
  - Bradman Girls: Meet on the stairs in the bay nearest to J2
  - Fraser Girls: Meet outside the Quad change room nearest to the hall
  - O'Neill Girls: Meet outside the Quad Change rooms nearest to library
  - Sauvage Girls: Meet on the stairs in the bay nearest to the garden
- Male students will meet their sport teacher in the following areas, then prepare for the lesson as outlined above.
  - Bradman Boys: Meet on the COLA on the side nearest to I Block- Bags to be locked in COLA change rooms
  - Fraser Boys: Meet on the COLA on the side nearest to the Oval- Bags to be locked in COLA change rooms
  - O'Neill Boys: Meet in the canteen area on the side nearest the Oval- Bags to be locked in Quad change rooms
  - Sauvage Boys: Meet in the canteen area on the side nearest to Hall- Bags to be locked in Quad change rooms

### Possible sporting activities for Term 2:

Students will take part in some the following non-contact sports or activities during 'Sport':

Table-tennis in the hall	Volleyball on the COLA	Walking on the school oval
Badminton in the hall	Volleyball in the mini oval area	Jogging on the school oval
Bootcamp on the COLA	Sphairee/mini tennis in canteen area	Kickball on oval
Kick Tennis on top courts	Cricket in the Quad	T-Ball/Softball on oval
Just Dance challenge in classrooms	Handball	Sport films in wet weather

**All equipment will be wiped down/cleaned at the end of each session.**

**Equipment that cannot be cleaned after each use must not be shared.**

**Staff will have access to a bucket of Antibacterial wipes for equipment and sanitiser spray for staff and students.**

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