



St. Thomas More High School

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Dear Parent/Carer,

I wanted to update you on the procedures we have in place at the moment in PE to try to minimise risk and keep everybody safe. We as a school value the importance of PE and sport in order to improve both physical and mental wellbeing and as such we are keen for pupils to be involved still as much as possible. Please do read through this information with your sons to help us establish new routines and expectations as quickly as possible.

CHANGING

For the time being, we are only using three of our changing rooms for PE lessons as we feel one of them is too small to encourage any form of social distancing. The three that are being used have been marked out with red tape highlighting individual spaces for pupils to change in. These spaces are numbered and pupils will change in the same space each time they attend PE lessons with pegs wiped down after each lesson. Pupils will change in form groups to encourage 'bubbling' and in Year 7 and 8 will be taught in form groups for the time being. Handwashing will be encouraged in the two toilet areas, one adjoining changing room 1 and the other next to changing rooms 3 and 4 and pupils reminded to use their own sanitiser.

Where we have whole year groups on at the same time in Years 9, 10 and 11, we will also use the sports hall for form groups to change in. Bags and uniforms will be pushed to the side and be kept under the supervision of the teacher in the sports hall for that lesson.

We are aware that other schools have other procedures in place for PE at the moment but we as a school believe we are doing everything we can to keep pupils safe.

EQUIPMENT

We will look to use minimal equipment in lessons and try to avoid pupils unnecessarily touching anything. Bibs will not be used in any team sports. The three areas in which we store PE equipment (the main store cupboard in the sports hall, the grey metal shed by the new build and the wooden shed by the basketball courts) will contain cleaning equipment (anti-bacterial sprays, wipes and cloths) for PE staff to use after lessons.

ACTIVITIES

Year 7 & 8 are in separate bands for PE and will be following a strict timetable this half term where they have one lesson of cross country and one lesson of an invasion game (football, basketball, rugby) per week. After half term they will continue with two invasion games lessons. Years 9, 10 and 11 all have PE at the same time. For the first half term, Year 9 will be divided into two groups (9/A, 9/D and 9/G in one group, 9/P, 9/S and 9/V in the other) and will alternate between cross country and a 'games choice' lesson of racket sports, basketball or football. Year 10 and 11 will just have the 'games choice' lessons. We will use the sports hall for racket sports only as this enables

more social distancing in the inside space. Basketball will take place on the outside courts and football either on the astro or grass pitches. We will continue to ask the students to be as mature and as sensible as possible in these instances as there will be a lot of new routines to learn. We will be reviewing how all lessons run on a weekly basis and may need to change a few things. We will of course keep you updated should anything change.

KIT & SANCTIONS

All pupils will once again be reminded of our expectations regarding PE kit. We as a department are keen to encourage consistent standards and accountability that we feel will be beneficial to pupils in other aspects of their life. Therefore will be imposing the following rules and expectations:

- If a pupil does not bring their kit to a lesson they will automatically get an after-school detention on a Monday in the PE department. This will be set on SIMS and written in their planner.
- If a pupil forgets to bring a particular item of kit or brings the incorrect kit they will get a 'strike'. The next time this happens they will get an after-school detention.
- If a pupil cannot take part in PE due to injury or illness then they need to provide us with a note either in their planner or on a piece of paper **WRITTEN AND SIGNED** by a parent or carer. Please remember **NOT** to send your son in if he is unwell with any of the symptoms of COVID-19.
- These rules apply to all pupils in all year groups.

A reminder of the PE kit acceptable to wear:

White polo shirt/White 'Pendle' shirt or plain white t-shirt

Black STM hoodie/Black 'Pendle' jumper or plain black jumper

Black rugby shirt (optional)

Black shorts

Black tracksuit bottoms for the winter

Long black sports socks or short white sports socks

Clean trainers for indoors

Trainers/astros for outdoors

Studded boots for when ground is wet/soft

Black beanie hat for winter

We value your support in this matter and encourage you to remind your son that he is responsible for his own PE kit

EXTRA-CURRICULAR SPORT

At the moment we are not offering any extra-curricular sessions. We are hoping that this will change soon, in which case we will publish an extra-curricular timetable online and in the school newsletter. We at St Thomas More are always conscious of finding the balance between developing elite performers and promoting mass participation and the timetable will reflect this. We are slightly limited this year, particularly in terms of lunchtime sessions due the fact that PE/Games lessons will be happening due to the split lunch sessions, limiting space and indeed staff available. We will of course try to offer as much as we can. The fitness suite cannot be used at the moment but again hopefully we can look to open that to students at some point in the future. We are also very keen to get competitive fixtures going as soon as the time is right. I will be meeting with other school PE departments online next week to discuss and review our school systems of control, the Government, PHE and professional sporting bodies guidelines and provide an update to you in due course.

Thank you in advance for your support. If you have any questions or queries regarding any of this then please do contact me using the email address below.

Kind regards,



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