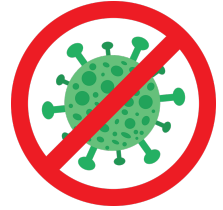




# Ambarvale High School

## Safety and Hygiene measures for Physical Education



- Physical education, physical activity and sport are crucial for students' physical, mental, emotional, and social health. This is why it is vital to give students the opportunity to move while still keeping them safe.
- The following information will provide parents and students with practical information regarding procedures for returning to physical activity and sport at Ambarvale High.
- Ambarvale High School procedures have been developed in line with The NSW Department's COVID-safe school operations advice, as well as the School Sport and Physical Activity Policy.

[Advice for schools safety and hygiene measures in physical education \(DOCX 78KB\)](#)

### Safety and hygiene - Level 3 plus schools

Ambarvale High School will operate as a Level 3 plus school when we return. The following hygiene measures will apply to all sport and physical activities:

- **Single year groups** - Students will remain in single year groups, mixing of students in year groups is not allowed.
- **Physical distancing**- classes will be allocated to different areas of the school for practical lessons to reduce the number of students in one area.
- **Type of movement activity** - class activities have been planned and selected to where possible allow for physical distancing. E.g no invasion type games
- **Equipment use and cleaning** - lessons have been planned and activities selected to reduce the sharing of equipment. Equipment that cannot be cleaned effectively between students will NOT be used e.g material bibs and colour bands. All sport and physical activity equipment must be cleaned with sanispray at the end of each lesson.
- **Use of change rooms** - students will not have access to change rooms at the start or end of a physical activity lesson. On days where students have physical activity, they will need to arrive at school in their sports uniform.
- **Washing/Sanitising hands** - Staff and students are required to wash/sanitise their hands prior to and at the end of physical activities.
- **No sharing of drink bottles** - Students are encouraged to bring a refillable drink bottle
- **Do not participate if unwell** - Students are expected to stay away from school or be collected by a parent/carer should they become unwell during the day. Students should not be participating in any physical activity if they are unwell.

## Curriculum Adjustments

The Term 4 Curriculum has been amended to reflect the Department's current COVID-safe practices including:

- Plan activities that focus on individual practice and promote the development of movement, interpersonal and self-management skills and personal fitness.
- Team based games and activities such as modified sports or sports that can be modified to promote physical distancing

(Advice for schools – safety and hygiene measures in Physical Education Oct 2021)

Year	Subject	Unit 1	Date	Unit 2	Date
7	PDHPE	Net Court games	Week 4 - 8	Striking & Fielding	Week 9 - 11
8	PDHPE	Multicultural/ Indigenous	Week 4 - 8	Softball	Week 9 - 11
9	PDHPE	Striking & Fielding	Week 4 - 8	Net Court Games	Week 9 - 11
9	PASS	Survivor Activities (Individual/ modified small team activities)	Week 5 - 8	Modified Sports	9-11
10	PDHPE	Striking and Fielding	Week 4 - 8	Net Court games	Week 9 - 10
10	PASS	Event Management	Week 4 - 6	Modified Team Sports	Week 7 - 10

### SPORT

- Weekly sport classes Year 7-10 will also be required to follow the above guidelines.

Examples of activities on offer to students will be:

Modified Games	Individual Fitness Activities
Net Court Games e.g Tennis, Speedminton Striking and Fielding Games e.g Cricket, Teeball Target Games e.g Frisbee Golf, Bocce	Walking Body Weight Circuits

---

If you have any questions or concerns, please do not hesitate to contact Mrs Page and/or Mr Sorenson directly at the school or via email.