



Ref:PEUpdateSec/ALN/wlr

4th November 2020

Dear Parents/Carers

Important Update for Secondary Physical Education

As you may already be aware, the school implemented some changes in September to the usual procedures in PE to promote a safer working environment for students at The Grange Academy due to COVID-19 guidance. These included rotating equipment, facilities and activities to ensure that different bubbles of students could access a broad curriculum, yet remain safe and reduce the risk of transmission.

In addition, our school gym has been adapted and a strict cleaning routine implemented to ensure spaces could be sanitised appropriately allowing PE groups to change more safely.

This half term we have the added challenges of potential inclement weather and a 3-week-long mock exam period for our Y11 cohort beginning Monday 30th November. Unfortunately, this will mean that there will be no indoor facilities available to deliver practical sports from this date until we return after the Christmas break.

With this in mind, we have prepared some classroom based learning that will support our practical PE curriculum with a focus on the importance of leading a healthy active lifestyle. We anticipate that these sessions will help students better understand why they undertake PE and more specifically allow them to gain knowledge about nutrition and diet, cardiovascular fitness (having a healthy heart & lungs) and the benefit of activity for improving well-being and mental health.

In the PE department, we much prefer delivering practical PE lessons and we know that many of our students agree with us. Due to the challenges we face this half term, can I please request that you support us by ensuring that your son/daughter has appropriate PE kit with them for cold, wet weather. We encourage skins/base layers underneath school PE kit, tracksuit bottoms, gloves, hats and The Grange Academy branded PE pullovers. Contact details for our PE kit provider, Boydells, can be found on our school website and any items ordered can be delivered directly to school for collection for your convenience.

We will endeavour to provide as close to a normal practical curriculum as possible, but please appreciate under the current circumstances this may be difficult at this time. We thank you and appreciate your ongoing support for PE at The Grange Academy.

Mr P Allen
Head of PE
The Grange Academy

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