



Physical Education & Sport

During lockdown, learners will have had varying opportunities for movement and physical activity and may need time to relearn skills and regain confidence. The delivery of PE and sport can be extremely useful in supporting that recovery and help young people to adjust to life back at school.

This guide seeks to **consolidate** the most [recent government guidance](#) and advice from the sporting national governing bodies, to assist schools with the delivery of PE and sport. This information aligns to national directives around COVID19 and **does not** seek to undermine these directives.

It must be understood that the Scottish Government will continue to regularly review and revise their strategic response to COVID19. Therefore, the advice within this guide will also have to change.

It is also important that this guide is used within the boundaries of the local authority guidance, adhering to the control measures of individual schools.



Contents

Please ensure that this is the most recent version of this guide - as the content will be under regular review to reflect government advice.

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Scottish Government COVID Guidance

1609 - Version 1.3

The guidance is designed to support a safe return to school for all children, young people and staff taking full account of progress made in suppressing COVID-19 in Scotland, the scientific advice received and the advice of the Education Recovery Group and other key stakeholders. For full guidance - [click here](#).

- **Primary Schools**

There is no requirement for physical distancing **between children** in primary schools.

- **Secondary Schools**

Staff and young people in secondary schools should wear face coverings (subject to exemptions) in places where physical distancing is difficult.



- **Staff (Adults) & Pupils**

2m distancing between adults, and between adults and children and young people who are not from the same household should be maintained.

- **Group Management**

Efforts should be made to keep children and young people within the same groups for the duration of the school day.

YoungScot have produced a young person's guide [to FACTS](#) in secondary settings to explain to young people what this means for them

Education Scotland Guidance

1609 - Version 1.3

On Physical Education (September 2020) - to access the full document - [click here](#).

- **Physical education should take place outdoors**

The outdoors can provide extra space for distancing between learners and decrease risk of transmission. It is **anticipated** that indoor PE may be allowed from October 5th - as per the [current projection](#).

- **Re-evaluate student skill level**

Pupils may move, think, feel and act differently now and may take time to relearn skills

- **Use physical and visual aids to define space**

Modify layouts with chalk, tape or rope on surfaces or walls to distance groups of learners

- **Set proper hygiene routines**

Ensure access to hand washing stations or sanitiser wherever children and young people move between groups

- **Minimise use of equipment**

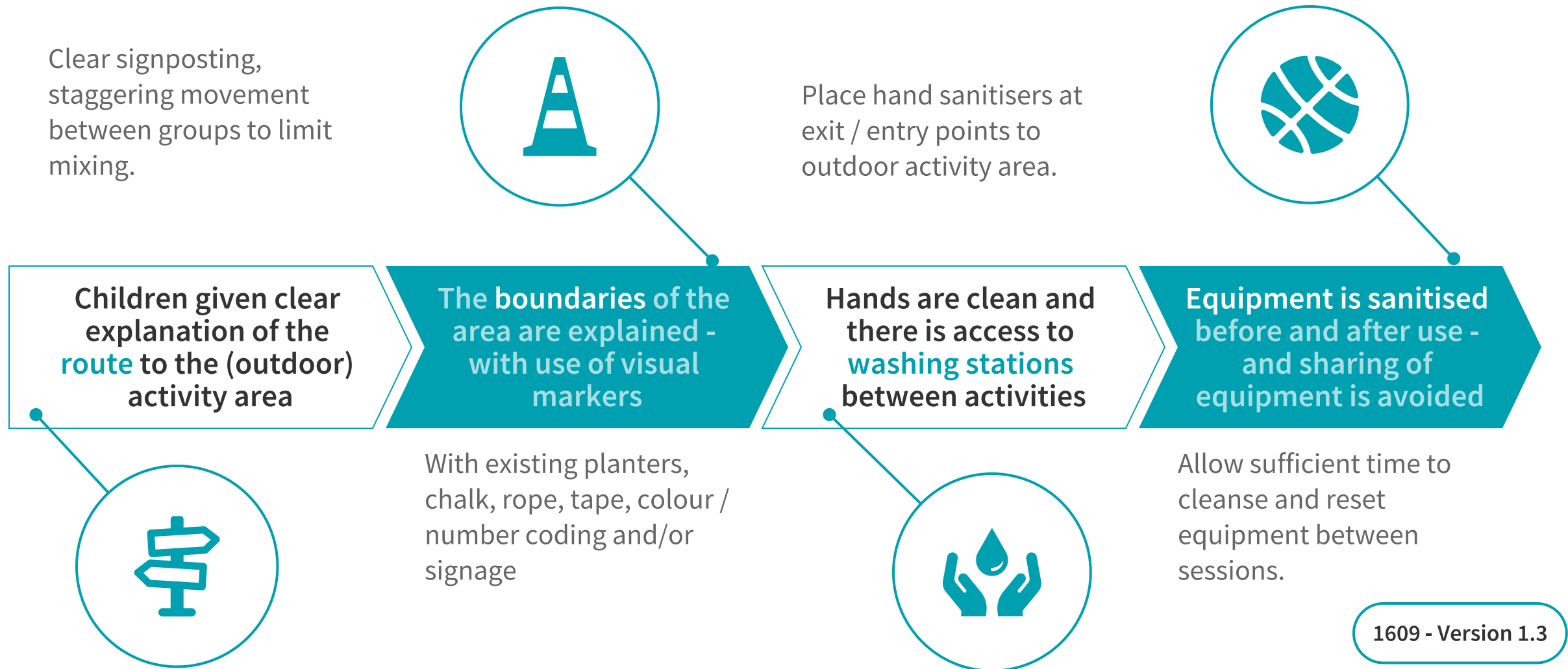
Avoid sharing equipment. Have extra on hand and adopt an equipment cleaning regime.

- **Clothing**

Encourage pupils to come to school in clothing appropriate for PE and the weather conditions to remove need for using changing rooms.

Group Management

The layout, space and equipment will be different at every school. It is important that schools consider the best strategy for their environment - following risk assessment and in line with national and local authority guidance. General steps **may** include:



COVID Recovery Activities

Pupils will have had varying opportunities for movement and physical activity over the past months and may need time to relearn skills and regain confidence. Adapted from the Youth Sport Trust guidance - here are some **suggested activities** and concepts to consider.

1609 - Version 1.3

Symptoms	Suggested Activities	Intended Impact
Loss of functional capacity	Athletics, Fitness (Circuits), Fundamentals	Improved stamina, strength & flexibility
Lack of movement competence	Movement and agility activities, pattern movements - dance, tai-chi	Increase in basic movements (agility and coordination) stability (balance) and object control
Loneliness, social isolation	Outdoor team building, problem solving - focus on communication and teamwork	Improved social interaction, collaboration, and teamwork
Anxiety, stress	Yoga, dance, walking, cycling - and free play	Controlled emotion, self expression and mindfulness
Prolonged Inactivity	Scavenger hunts, orienteering, cycling - outdoor adventurous activity	Reconnection with the environment
Low motivation or confidence	Personal challenges and inclusion of competitive element to a number of activities	Improved willingness to engage



Athletics

NGB Guidance

Resources

Primary

Secondary



Football

NGB Guidance

Resources

Primary

Secondary



Netball

NGB Guidance

Resources

Lesson Plans



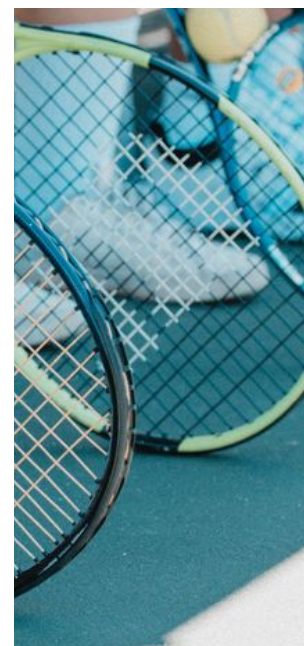
Dance

Key Guidance

Resources

Flashcards

Y Dance



Tennis

NGB Guidance

Resources

Primary

LTA Free



Basketball

NGB Guidance

Resources

Basics

Development



Hockey

NGB Guidance

Resources

Basics

sportscotland

the national agency for sport

have published a [FAQs](#) page on their website along with [specific sport guidance](#) as provided by each of the National Governing Bodies (NGB) for Sport. [This guidance is reviewed and updated regularly.](#)

Scottish Disability Sport have published their COVID recovery guidance [here](#).



Scottish Disability
Sport

Mindfulness & Yoga

The benefits of yoga and mindfulness are far reaching. More than improving flexibility and strength, yoga and mindfulness impact the social, emotional, mental and physical health of everyone who practices. Such activities can be very helpful in supporting rehabilitation after COVID lockdown and adjustment to returning to school.



COSMIC KIDS

Early / First Level

[VIDEO RESOURCE LINKS](#)

[FREE LESSON PLANS](#)



SEASONAL YOGA

First / Second Level

[FREE YOGA LESSON PLANS](#)



MINDFULNESS

All Levels

[CLASS ACTIVITY PACK](#)

- Yoga mats should be cleaned down at the start and end of each session.
- Each pupil should be allocated a mat for exclusive use during the session.
- Older pupils can be given the responsibility of wiping down their own mat.





Cycling @ School

There are some fantastic resources available to support cycling.

Play on Pedals

Early Stage cycle skills resources which promote the use of **balance bikes** alongside a focus on fun and play.



[RESOURCES](#)

Cycle Games

A full packs of fun skills development games compiled by Cycling Scotland.

[CYCLING GAMES PACK](#)

Bikeability Scotland

The national cycle training scheme across 3 levels.

[WEBSITE](#)

[VIDEOS](#)



Cycle Friendly

Is your school Cycle Friendly? Why not check out Cycling Scotland's award for schools!

[CYCLE FRIENDLY PACK](#)



Walking, Cycling & Wheeling (COVID Guidance)

We know **just how good walking and cycling** can be for our health – and our environment. Traveling actively can be a convenient way to give our overall wellbeing a boost, whilst also allowing us time to clear our minds, share our thoughts *and reconnect*.

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If out with the school grounds with children, please ensure that pupils keep distance from others who are not in their household

Where possible, avoid touching hard surfaces such as walls, fences and park benches

School Resources

[Family Walking to School – Step by Step Tips](#)

[Increasing Active Travel @ School – A 6 Week Toolkit](#)

[Cycle Friendly School Champions Handbook](#)

[Bikeability Scotland Classroom Pack](#)

[Walk, Ride Lanarkshire](#) – The Lanarkshire Green Health Partnership

