

# Water Primary School

Happiness, Health & Opportunity

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**Headteacher: Mr C Willan**



03/09/2020

Dear Parents/Guardians,

I hope you and your children and extended families have had a wonderful summer break. It's fantastic to be back at Water School working with your children and seeing them so happy, active and ready to learn.

I just wanted to let you know that PE as always will have a high priority throughout this academic year and the recent testing times which we have all been through and continue to go through at present, will not stop us delivering high energy, high quality PE lessons to your children.

We will be reactivating learning focusing on improving physical, emotional, cognitive and social wellbeing during PE lessons; helping children as best as we possibly can to recover from the consequences of lockdown and Covid-19.

Our intent in response to Covid-19 is to:

- Build stamina, strength & flexibility through fundamental movement skills and health related exercise.
- Increase in basic movements (agility and coordination) stability (balance) and object control through movement and agility activities.
- Promote social interaction, connection, collaboration, and teamwork by allowing children to safely take part in communication and collective performance – team building and problem-solving activities.
- Use yoga/dance/play type activities as always to help with anxiety, trauma or stress.
- Promote a reconnection with the environment and regaining perspective using outdoor learning and adventurous activities such as those delivered by Mr. Claxton in Kenton's Woods (Forest School Activities).
- Promote confidence, a positive mindset and willingness to try new things through personal challenges to achieve their personal best.
- Continue to have the importance of physical activity at the heart of our school and continue to promote health, happiness and opportunity.

Initially at Water School the focus of PE (Physical Wellbeing) will be on reinforcing fundamental movement skills – agility, balance and coordination - not sport specific skills. This will be done through SAQ (Speed, Agility and Quickness) type activities and where possible will be delivered outside in the fresh air. The cognitive, social and emotional wellbeing of our children is just as important and activities to promote these values will be planned as always into PE lessons.

Children will be asked to hand sanitise at the beginning and end of PE lessons and we ask that children come to school in their Water Primary PE Tracksuit and kit on their PE days which is on the school website here...<https://www.water.lancs.sch.uk/page/?title=PE+Days&pid=251>

All PE equipment will be disinfected prior to and at the end of every PE session and children will stay in their class bubbles during their PE sessions. Social distancing will be adhered to during PE lessons.

If you are still waiting for new PE kit from Surridge Sports, please wear last years kit if it still fits. Otherwise, suitable sports kit close to Water School PE colours will be fantastic until it arrives.

I look forward to starting our PE curriculum next week.

Mr. Smedley  
PE Teacher



