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Remote Learning: Core PE

Dear Parent/Carer,

As part of the remote learning for core PE lessons, students have been given the opportunity to work through a range of activities online. We would now like to give students more choice and to give them the chance to leave their screens, to be physically active and get some fresh air. We feel that this will help students with their mental well-being during the pandemic.

Starting from **Monday 1st February** we are going to give students the option to opt into the following:

Option 1: going outside for a walk, run, cycle or taking part in some activities in their garden. We would expect students to upload evidence of their activity to the google classroom; this could be 5 photos of their run, a short video or a screen shot for those who have access to Strava or a similar app.

If students opt for this option they will still need to log in to the google classroom at the correct time and let their teacher know via the chat function that they are going out and state the activity they are going to do.

Option 2: continue to access the live lessons via google classroom.

For option 1, they need to have your permission. Please discuss these options with your child to ensure they choose the most suitable option for them and their needs. If students are going out please ensure that they are clear as to where you are allowing them to go and the need to behave appropriately and safely. They should also follow the current COVID guidelines and ensure that if they wish to exercise with another individual that they are from their own household. **It is also important that they make sure that they are back in time to start their next live lesson.**

If you do have any questions regarding these options please do not hesitate to get in touch with me.

Mrs J Armstrong
Curriculum Leader for P.E.

