



Ibstock Community College

Respect and Pride brings Success

physical
education



HOW WILL PE LOOK AT ICC 2020/2021?

- ▶ Students will come to school in their PE kit and wear it for the whole day. (This includes red Ibstock T Shirts, Shorts/ tracksuit bottoms/ leggings, red hoodies and sports trainers)
- ▶ Hair should be tied up and all Jewellery removed before the lesson.
- ▶ You MUST come to school in your kit even if you have a medical note to excuse you from the lesson as you will still be with your class outside.
- ▶ You will not be allowed into the changing rooms so please make sure you have been to the toilet before the lesson.
- ▶ Bags and personal belongings must be left in your home room and not brought to the PE lesson.
- ▶ Please bring a drink and any medication (eg inhalers) to the lesson with you.

HOW WILL PE LOOK AT ICC 2020/2021?

- ▶ All PE lessons will take place outside. Please bring suitable clothing for the weather!!
- ▶ At the start of the lesson you need to come and line up in your Home group at the back of the PE changing rooms and register with your teacher.
- ▶ When registered your teacher will give you instructions for the lesson (eg field, astro, equipment etc)
- ▶ You must sanitise your hands on the way to your lesson.
- ▶ All equipment used will be sprayed and sanitised at the end of the lesson and returned to the sports hall.
- ▶ You must sanitise your hands again at the end of the lesson.

SPORTS

- ▶ We will be doing individual sports for the first term. This will include the following activities:
 - ▶ Athletics
 - ▶ Tennis
 - ▶ HRF (Health Related Fitness)
 - ▶ Badminton

