



September 2020

Dear Parents & Carers

PE lessons for the first half term of the 2020-21 academic year

I hope that the school summer holiday has been good for your family.

I am writing with regard to plans for PE lessons next year and the implications Covid-19 has on delivering PE.

As you will be aware, PE lessons may pose specific health related issues which most other subjects will not need to address: changing in close proximity to other people, physical contact and the possibility of aerosol droplets being spread further through cardio-vascular exercise.

Over the past months, our PE department has been liaising with other Cornish secondary schools and sports related bodies to assess the practicalities of delivering PE lessons during the current Covid-19 pandemic. Whilst we are not in a position to detail what our specific provision may look like, the points below should give parent's confidence that the school will be providing an education which provides safety for their children and which also delivers good quality exercise.

These points will be reviewed (a) pending government advice, (b) half termly through the academic year:

Uniform:

1. Our changing room are not large enough for students to change and maintain social distancing. As things currently stand, we will not be using the changing rooms for PE.
2. Therefore, if students have PE on any day of the week, they should wear their full PE kit to school. This will ensure students do not need to use the changing room facilities. Students will therefore not be required to wear their regular school uniform on days when they have PE, however, students are required to bring trainers/football boots with them in their bag and will change into them for their PE lessons. Students must come to school wearing different footwear to the ones they will be changing into for their PE lessons.
3. PE lessons will be delivered inside if the weather is poor. This means that students can keep their clothes dry for the rest of the school day. (There will be days when there is light rain but not so much as to require an inside session. The PE department will use their discretion about when to keep students outside and when to



bring them inside.) Parents are advised to ensure their child brings a waterproof jacket to school, suitable for wear in a PE context.

4. Many girls wear 'skorts' for PE. However, on the journey to/from school and during non-PE lessons they must wear their CSIA school skirt or plain black tracksuit bottoms over the skort. The CSIA skirt/tracksuit bottoms may be put into students' school bag during the course of the PE lesson itself. The same applies for boys who are wearing shorts; they must wear a pair of plain black tracksuit bottoms over the top of their shorts.
5. Students who do not have a PE lesson on a day when they are engaged in extra-curricular PE must wear their normal school uniform to school and they will be permitted to use the changing rooms at the end of the day, when they have their extra-curricular activity. PE staff will ensure the numbers of students using the changing rooms at any one time is kept to an acceptable number. More information will follow regarding extra-curricular PE from Mrs Hosking (Head of PE).

PE Activity:

1. We await further guidance regarding what activities the government recommends for PE over the coming days. As things currently stand, we will be planning a skills based curriculum for students which for the most part, will enable a degree of social distancing and non-contact between students. Skills based lessons will be planned so that students are engaged and enjoy their lessons
2. Additionally, we will be delivering general fitness lessons as well as dance / Zumba / yoga type activities
3. Where possible, lessons will take place outside. If the weather is poor, this will limit our ability to deliver socially distanced PE inside. This will mean that some pupils may receive a class room based theory lesson. (We hope the weather is kind to us in the autumn term)
4. Where lessons use sports equipment, there will be limited sharing of equipment and students will be responsible for sanitising the equipment they use at the end of the lesson. Class teachers will oversee this

Clubs / Sporting Fixtures:

1. We await further guidance from the government on extra-curricular clubs and sports fixtures. Covid-19 transmission rates may well determine our ability to provide these activities
2. We are in liaison with secondary schools across the county regarding the possibility (or not) of sports fixtures between schools from October. It is likely that decisions may be taken at multi-school level



CAMBORNE SCIENCE & INTERNATIONAL ACADEMY

Learning to be Extraordinary

Cranberry Road, Camborne, Cornwall TR14 7PP
Principal: Ian Kenworthy BSc (Hons)

Tel: 01209 712280 Fax: 01209 718139
Email: enquiries@cambornescience.co.uk

If you have any questions regarding the information in this letter please do not hesitate to contact me on 01209712280

Yours sincerely,

Mrs F Rowles – Jane
Assistant Principal

CSIA PE Kit Guidance



Our
PE
Kit

The following items **are** permitted for PE



- Black CSIA PE Shirt
- Black & Red CSIA 1/4 Zip Top
- Black skirt or shorts
- Black CSIA socks with red & white hoops
- Black sports under layer & lycra shorts
- Black Tracksuit Bottoms (must be appropriate style)
- Trainers and/or football boots
- Gum shield / Shin pads
- Plain Black waterproof jacket when outdoors in poor weather



The following items are **NOT** permitted for PE



- Non-regulation T-shirts or underlayers
- Non-regulation hoodies or jumpers
- Leggings (including Sports Leggings), or tights
- Fashion trainers, skate shoes or plimsols
- Non-regulation socks

Supplier is:

Whirlwind Sports, 26 Commercial Street,
Camborne, TR14 8JY
Tel: 01209 612454
www.whirlwindsports.com