



Northampton School for Girls
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music college

18th September 2020

Dear Parents and Carers,

P.E Provision at Northampton School for Girls: maintaining a safe environment

As the third week of term draws to a close at Northampton School for Girls, it has been another successful one in many ways and our students continue to impress us with their strength of character, commitment and good humour. As with all areas of our curriculum, we are having to do things very differently at the moment to ensure that we follow the highest levels of infection control possible, whilst balancing the experiences and entitlements of school life. Our students have engaged with us incredibly well in terms of the health and safety procedures that we have implemented across the school and, therefore, in line with the intentions I outlined to you previously, it is now time to look at how we can further develop our P.E offer to them and will be resuming more of our activities over the coming weeks.

We are incredibly proud of the wide range of sports we provide our students at NSG; over 15 different choices, including basketball, trampolining and swimming. Our philosophy is a simple one: to encourage our students to engage in a healthy physical lifestyle and to support those who aspire to compete at the highest level, whilst offering opportunity and encouragement to those students who simply want to enjoy their sport and physical activity. We believe that during their time with us, the majority of our students will find a physical activity, which not only challenges them, but also stimulates a lifelong interest.

Maintaining a safe environment

At all times, we continue to ensure that we follow government guidance on safety, cleaning and hygiene as part of our sporting programme. We will make judgements regarding which physical activities can take place in light of our school specific environment and these decisions will be influenced by sporting National Governing Bodies with whom we work closely. These include Sport England and Association for Physical Education.

What sporting opportunities will we offer?

We have made considerable adaptations to our P.E arrangements to ensure we can offer the fullest programme as possible, whilst adhering to the safety restrictions in place. In order to do this, we have followed some guiding principles:

- We will deliver as many lessons as possible outside.
- Staff will be deployed to closely supervise movement around the sports facilities, including the changing rooms.
- We will, where possible, designate equipment to year group bubbles. Where this is not possible, it will be cleaned thoroughly.

Headteacher: Cristina Taboada-Naya
Deputy Headteachers: Abigail Boddy, Catherine Carré



Activities which will be taught will be as follows:

Years 7 to 9: Students will take part in a fitness programme based around the 'Couch to 5k', as well as an activity session in dodgeball, rounders, basketball and team building.

Years 10 and 11: Students will take part in a tutor group sporting competition which will include various challenges over a range of sports, as well as an activity session in handball, dodgeball, rounder, foot golf, basketball and football.

How will students change for P.E?

As with all areas of the school, students will be required to sanitise their hands on arrival at their teaching location using the dispensers, before entering the changing area. For hygiene reasons, pupils must ensure they have the correct NSG P.E T-shirt, black tracksuit bottoms, shorts, leggings or skort, trainers, NSG black fleece or jumper to wear outside.

Students will require shin pads and long socks for football and hockey, this is a health and safety requirement. Students must make sure they dress appropriately as all P.E lessons will take place outside in accordance with government guidelines. Hair must be tied back and all jewellery removed. If jewellery cannot be removed, this must be covered with micropore tape or a plaster. Due to health and safety restrictions, we are not able to provide tape and plasters.

When accessing the indoor changing spaces, we will use and manage a one-way system. Changing rooms have been marked up with designated changing spaces and we have also installed three additional temporary changing spaces in the gymnasium to increase our changing areas and allow students to socially distance whilst changing.

Changing rooms will be wiped down prior to and after usage. Where an activity offered could be carried out without the requirements to change, for example, walking or foot golf, we will continue to employ a "no change" policy.

How will equipment be cleaned?

We have implemented a thorough equipment management procedure that is based on the following guiding principles:

- Where possible keep equipment to specific year group bubbles.
- All equipment to be cleaned with an appropriate antibacterial substance after use.
- No equipment can be stored without undergoing appropriate cleaning.
- Only staff may enter the equipment storage space.

We will create a cleaning culture within the department which all girls will be introduced to during their first sports lesson. All students will be instructed about the health and safety procedures, especially those around hygiene and cleaning culture.

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Indoor and Outdoor Sports Facilities?

We benefit from a wide range of facilities across our main site for both indoor and outdoor use. As many lessons as possible will take place in outdoor locations, although where students need to access an indoor space this will be controlled by four measures:

- Only using indoor spaces that provide adequate space.
- Utilising a one-way system into and out of the space.
- Using hand sanitiser on entry and exit to the indoor spaces.
- Limiting the number of active participants at any one time.

At present, we do not feel that the fitness suite provides enough space to carry out physical activity in a safe, socially distanced manner. This does not necessarily mean that our students will not be able to participate in these activities. Where we can safely move equipment to a larger, or outdoor, space we will. Currently, we will not be using the swimming pool, due to social distancing issues in the changing rooms, though we are exploring solutions and will review this accordingly.

We believe that our reviewed sports offering is appropriate and has enough flexibility to cope with alterations to the health and safety needs of our school community. We will, of course, continue to consistently review our plans in light of changes to government guidance and relevant sporting national governing body guidance, as well as our own working practices. We remain determined to ensure that we follow health and safety guidance carefully, without compromising the educational experiences of our students.

Yours sincerely



Mrs Cristina Taboada-Naya
Headteacher

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