

SAFETY MEASURES DURING PE LESSONS

1st PE Lesson

Term 3, 2020



Safety Measures During PE Lessons

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

- **Wearing a Face Mask**

- Wear your face mask when you are moving to the PE venues.
- Wear your face mask when you are not participating in Physical activities.
- Face masks should not be worn during Physical activities.
- Remove face masks upon instructions from your PE teacher.



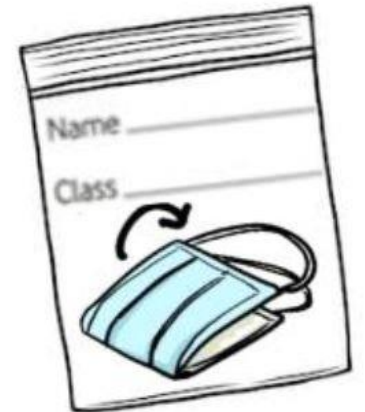


Safety Measures During PE Lessons

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• Safe keeping of Face Mask

- Bring along a reusable/sealable bag to keep your face mask.
- Ensure that you label your bag with your name and class.
- The mask should be folded inwards in half before being placed in the bag.
- Rinse and dry the bag at home daily.





Safety Measures During PE Lessons

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• Wash your hands

- Wash your hands with soap after each PE lessons.
- Only wear your mask after you have washed your hands.
- There should not be overcrowding at the washing area.
- Follow your PE teacher's instructions before being dismissed to wash your hands.





Safety Measures During PE Lessons

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- **Safe Distancing during PE Lessons**

- All the PE spaces will be using the Grid Layout.
- A sample of the Grid Layout is shown in the next slide.
- Stay within your assigned grid during activities.
- Maintain a 2m distance from your peers.
 - During activity
 - During water breaks
 - While walking in a straight line from point to point





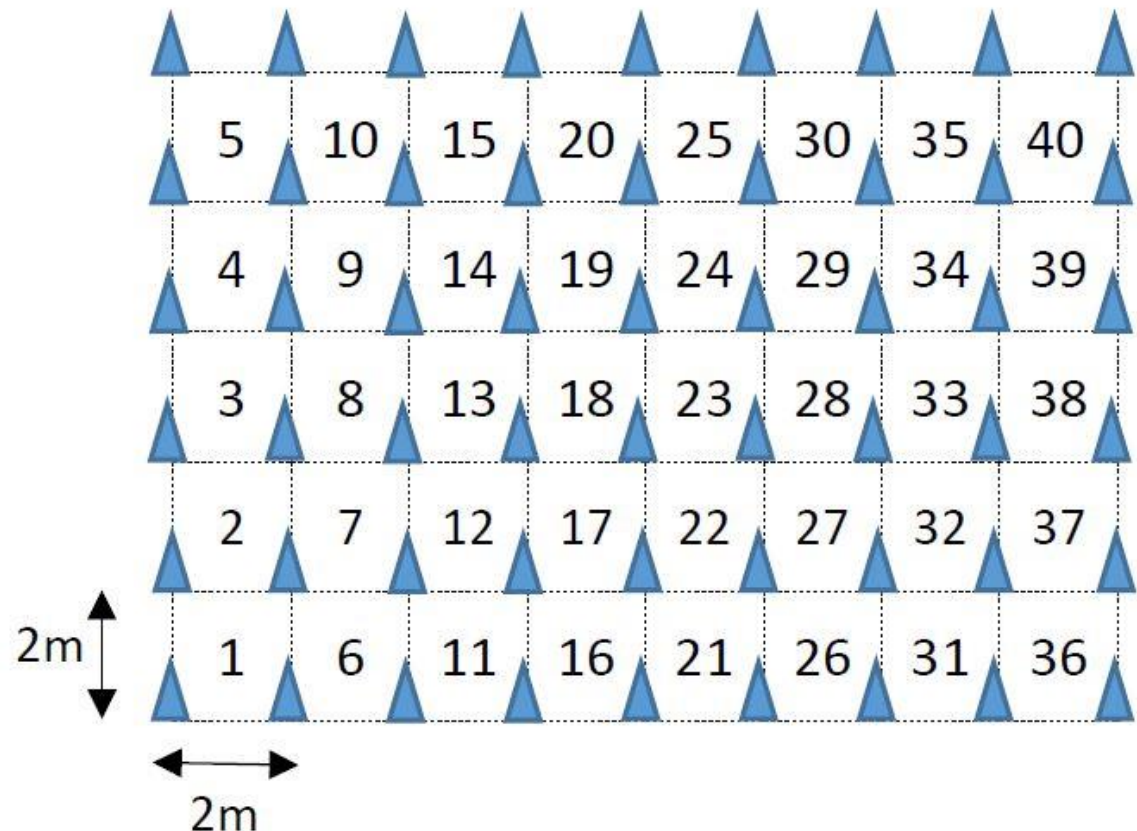
Grid System

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

- **A grid**

- A grid is a square area measuring 2-3m each side depending on the PE area you are at.
- You will be having your individual activity in a assigned grid (***based on index no.***) throughout every PE lesson.
- Do not roam into other grids unless you are told to do so.

Sample Layout of Assembly/Activity Area





Safety Measures During PE Lessons

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• Use of PE Equipment

- No sharing of PE equipment among your peers during PE lessons.
- Should you need to change your equipment in the middle of the PE lesson, you will need to stay within your assigned play area and seek help from your PE teacher.
- Should your equipment rolls/lands into your peers playing area, you will need to stay within your assigned play area and seek help from your PE teacher.
- Should your peer's equipment rolls/lands into your playing area, do not pick up the equipment. Seek help from your PE teacher.





Safety Measures During PE Lessons

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• Wiping Down

- Wipe down equipment before returning them.
- Every PE venue will have 3 – 5 pails of soap water and cloths for you to use to wipe down the equipment.
- For frequently used equipment, school will disinfect on weekly basis using disinfectant.





At a glance

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

• **Start of Lesson**

- Walk to the PE venue in a straight line, according to index number, keeping a safe distance of an arm's length from the person in front of you.
- At the PE venue, go to your assigned grid and sit down in the middle of the grid.
- Wait for instructions from your PE teacher to remove your mask and keep them in the reusable/sealable bag to ensure hygiene.
- Place your wallet, water bottle and the reusable/sealable bag neatly at the top right hand corner of the grid.
- Please do so quickly and orderly.



At a glance

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• **During Lesson**

- Remain within the grid as far as possible unless otherwise instructed by teacher.
- Seek permission if you need to move away from your grid. ‘
- Do not intrude into your classmate’s space.
- Do not share items or drinks.
- Follow instructions from your PE teachers closely.
- Hydrate regularly.
- Adopt proper posture and try your best.

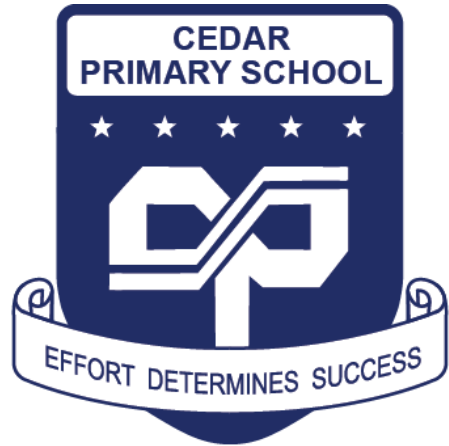


At a glance

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• End of Lesson

- Sit and wait for instructions from your PE teacher.
- You will be instructed to return your equipment in an orderly manner.
- Return the equipment and move back to your grid and sit.
- You will be asked to wash your hands, in an orderly manner, before wearing your mask back again.
- Walk back to your class in a straight line, according to index number, keeping a safe distance of an arm's length from the person in front of you.



Thank You
