

THE POTENTIAL 'NEW NORMAL' IN PHYSICAL EDUCATION

A couple of considerations regarding what could be the new version of everyday practice in Physical Education, post Covid19.



PPE VS PE - BALANCE

This is absolutely crucial. There is significant evidence being produced recently highlighting the increase in intensity and strain on the body when exercising whilst wearing a face mask. We have to consider effectively planned rest periods and adequate, safe water breaks.

Short periods of active, engaging challenges followed by rest and water breaks



PE KIT DAYS

With changing rooms being a challenge due to social distancing, it might be an idea to open discussion with your leadership to allow for PE kit days, when PE lessons are on the timetable. This would minimise changing time, increase activity time and promote good hygiene, whilst adhering to social distancing measures.

Wear your PE kit to school on PE days



REMEMBER THE 'E' IN PE

Yes, it is likely your PE lessons will look different to usual. Individual activities with minimal equipment and lots of rest. But that's fine. Remember we are here to educate our students about the personal, social, cognitive and creative aspects of our subject as well. Perhaps a focus on mental wellbeing through exercise would be a poignant choice.

Slowly but surely we will adapt. This is a step into the unknown for many, students and teachers alike. But if we understand that we can use our subject to keep spirits high and provide opportunities for young children to stay physically active, as PE teachers we are playing a huge role in developing the new normal. We can do this together!

Sources:

<https://nathanwalkerphysed.com>

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