

Dear Parents,

I trust you are all well and continue to cope in these challenging times.

All sports fixtures, for obvious reasons, are cancelled until further notice.

Given the current circumstances, the message that the PE and Games Department is aiming to get across to the boys around physical activity and exercise, is that they should have some form of exercise as part of their daily routine. The nature and suitability of this exercise will vary depending on the individual and individual circumstances. The programme we have put together will hopefully engage the boys, as well as give some structure to each week, and we would expect them to complete each session!

#### Games

Physical activity sessions, which can be done from/at home, will be set on Google Classroom for games lessons until we return to school. If possible, boys should complete these in their 'normal' games time on whatever afternoons those are. However, if more suitable for the family or the individual, they can be done at any time of the week. The sessions will be age and level appropriate and, therefore, suitable for all. They will normally include a combination of

- Fitness session (Body weight/core circuit)
- Ball skills (video demonstration and challenge)
- SAQ or Run session

#### Physical Education Lessons

Practical Physical Education lessons, which can be completed in a small area at home, will be set up (on Google Classroom) for all year groups until we return to school. If possible, boys should do these during their 'normal' PE lesson time. These sessions, which will consist of two of the above, will be suitable for all levels. We are going to develop some 'live' PE lessons as soon as we can, so we will inform you of the process for this. It is likely that a link will be put into the Google Classroom relevant to the Year group.

#### Sports Competitions

Some Sports Competitions/Challenges will be introduced over the coming weeks where, we hope, that as many boys as possible will join in the challenges. These will lead to both Tutor Group and House competitions. Watch this space!

I would be grateful if any sport related correspondence were directed to me ([sphillips@bedfordschool.org.uk](mailto:sphillips@bedfordschool.org.uk)) or to Mr Lincoln ([slincoln@bedfordschool.org.uk](mailto:slincoln@bedfordschool.org.uk)) during this period and we will deal with them accordingly.

If you have any questions, please do not hesitate to get in touch.

Best wishes

Mr S Phillips

Director of Prep Sport