



# NORTHERN PARK PRIMARY

25 Allan Hirst Drive  
Chase Valley, Pietermaritzburg 3201  
Telephone 033 342 3222 Fax 033 342 5061  
Email: [northemparkps@npps.co.za](mailto:northemparkps@npps.co.za)



## STANDARD OPERATING PROCEDURES FOR PHYSICAL EDUCATION LESSONS AND EXTRA-CURRICULAR ACTIVITIES DURING THE COVID-19 PANDEMIC

**29 MARCH 2021**

### Physical Education Lesson Procedures (ALL GRADES)

- Learners are to sanitise their hands as they exit their classroom, then proceed to the PE lesson. Learners are not to lead to the field, unless supervised by Mr C Mantel, Ms C King or by an educator approved by management.
- Learners must be led to the field by proceeding down the stairwell by the KMC. Each learner must stand on a painted dot on the veranda outside the Sports Room. The lesson will then be explained and learners will be walked, in an orderly fashion, to the painted blocks on the field.
- Demarcated blocks have been painted for each PE lesson of the day. Learners must be led to their lesson specific block, where they will be seated on the centre mark within their very own 3m/3m block. Learners will remain in their own block for the duration of the lesson. Some lessons may require learners to be outside of their blocks.
- Learners must first perform a warm-up activity before continuing with the lesson objectives.
- Learners will not be allowed to visit the bathroom on their own during the lesson. In case of an emergency, the office will be contacted to escort the learner to the toilet (for Grades 6 & 7 learners only). Class educators (Grades 1-5) are to ensure that their classes visit the bathroom as an entirety before the commencement of the PE lesson.
- After the completion of the lesson (cool-down) learners must be led to the tap, whereby they will wash, as well as sanitise their hands. Soap, paper towel and sanitiser will be available on a white plastic table inside the Sports Room (NO LEARNERS ARE ALLOWED TO ENTER THE SPORTS ROOM). Mr C Mantel and Ms C King will ensure that these are made available to learners at the end of the lesson.
- Any equipment utilised during the lesson will also be sanitised during this time.
- Learners will then be led back to their painted dots on the veranda outside the Sports Room, where they will wait to be escorted back to their class or to the gate if it is the end of the school day.

### Standard Operating Procedures for Afternoon Extra-Curricular Activities

- Learners are required to sign-up for an extra-curricular activity where space is available. This is completed on a first-come, first-serve basis, as the number of learners are restricted, in adherence to the School's Covid-19 procedures and regulations.
- Learners have been divided into various sports and clubs where social distancing measures can be adhered to. These sporting activities and clubs are limited to a certain number of learners to ensure that over-crowding at particular activities does not occur. Social distancing rules, the wearing of a mask and sanitising of hands must be implemented at all times.
- Extra-curricular activities take place from a Monday to Thursday. The allocated coaches or teachers in charge of these sports/clubs are to collect the children from the Senior Primary quad, then proceed to their venue or area on the sports field. No learners are allowed to run down to the field or proceed to their venue on their own. Learners are to be collected and escorted to the field or the venue in an orderly fashion.

- Activities are set up prior to the start of the session and all learners must be socially distanced at all times.
- Learners are encouraged to bring their own water bottles, preventing them from drinking directly from the tap. Should a learner need to use the tap, he/she must wash/sanitise his/her hands before and after using the tap.
- The various activities taking place on the field are split into different areas, where teams involved in a specific code are required to remain within their demarcated areas. This prevents learners from mixing with each other. All teams have their own socially distanced area where they are to leave their items whilst participating in their activities.
- Learners are only allowed to pull their masks down when running and exceeding their maximum heart rate. Learners must keep their masks on as much as possible and also keep it on their person if they are running or exceeding their maximum heart rate.
- At the end of the session all learners must wash/ sanitise their hands and each coach/teacher has the necessary PPEs available. Learners are to be escorted to the gate in stages. Permanent Aftercare learners must be escorted to the Aftercare facility.
- Before learners are escorted to the gate/Aftercare, their attire must be checked and it must be ensured that they have their masks on. At the gate, learners are then seated on socially distanced markers until their transport arrives.



**MRS ANUSHA RAJPAUL**  
**ACTING DEPUTY PRINCIPAL**



**MRS SARAH LEMASSON**  
**PRINCIPAL**