

A photograph showing the lower legs and feet of several people, likely ballet dancers, standing on a polished wooden floor. The focus is on the hands and feet, with the background blurred. The lighting is warm and soft, suggesting an indoor setting like a dance studio.

Safety Considerations for Personal Development, Health and Physical Education (PDHPE) Learning from Home

Physical Education is important for student health, wellbeing and learning progressions in PDHPE. To ensure students undertake physical education safely and are protected from reasonably foreseeable harm when learning from home, it is suggested that the following measures are included:

SCHOOLS AND TEACHERS:

- Heads of PDHPE and teachers of PDHPE to refer to school based PDHPE guidelines and child protection policies to inform learning from home guidelines.
- Heads of PDHPE and teachers of PDHPE to liaise and collaborate with appropriate school executive staff members when creating school specific PDHPE learning from home guidelines.
- Schools to complete risk assessments for PDHPE learning from home.
- Schools should notify parents/carers of any intended at home Physical Education to be undertaken as part of the PDHPE learning from home program.
- Schools to consider re-arranging their scope and sequence to delay higher risk activities and learning requiring particular equipment to the recommencement of onsite learning.
- A warm up and cool down to be included in the explicit teaching of each Physical Education session.
- Explicit Physical Education instructions to be suitable for the ability and age of the students.
- Teachers to modify activities to suit Physical Education learning from home.
- Existing student injuries and medical considerations should inform teaching and learning design and instructions.
- Encourage appropriate hydration and sun safety measures for students during Physical Education, as well as access to medical equipment such as an asthma inhaler or EpiPen.
- High risk activities to be avoided e.g. contraindicated exercises, backyard swimming pools, standing on chairs, weights (primary), heavy weights (secondary), gymnastics.

- PDHPE teachers to pre-select resources by assessing the appropriateness and safety levels for their specific students e.g. YouTube clips, Apps, websites.
- Techniques of specific exercises to be explicitly taught to students leading up to student participation e.g. squats, lunges, use of light weights.
- Safety reminders and tips provided by PDHPE teachers, to be similar to normal lesson set up in face to face situations informed by school-based guidelines.
- Students to wear appropriate footwear such as sports shoes.
- Students to wear appropriate clothing such as their school PDHPE uniform or similar.
- Students to stop and seek clarification from their PDHPE teacher/s if unsure of techniques or if activities are beyond their ability.
- Students to ensure medical devices such as asthma inhaler or EpiPen is easily accessible.
- Students to have drink bottles and wear sun protection during Physical Education.
- Parent /carer in close proximity for supervision of Physical Education for primary and junior secondary students.
- A responsible adult/ older sibling in close proximity for Physical Education for senior secondary students in case assistance is needed.
- Students to adhere to safe and appropriate use of equipment involved in learning.

PARENTS AND STUDENTS

- Parents / carers to be notified by the school of any intended at home Physical Education to be undertaken as part of the PDHPE learning from home program.
- Parents / carers should contact the school or PDHPE teacher if they require further information regarding Physical Education occurring in their home as part of their child's PDHPE learning.
- Students to ensure all activity surfaces are smooth, flat, free of obstructions and loose objects.

For further information of safety considerations for PDHPE learning from home please contact AISNSW PDHPE consultant [Katrina Mostyn](#) or AISNSW Work Health and Safety Advisor [Sydney Fanous](#).