

## #ThisIsPE – Taking part safely

We want every adult and child who takes part in #ThisIsPE to enjoy doing it. Just as importantly, we want you to be safe from injury. #ThisIsPE partners, led by the [Association for Physical Education](#), have put together a few health and safety tips:

- Make that there is enough space around you (including overhead) for the activity you are doing
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot
- Make sure any equipment used is not too heavy or too large for children
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do