

## **Physical Activity Guidelines:**

Before undertaking any physical activity, please ensure that you use the checklist below to ensure your welfare and safety. Please also follow the post-activity checklist.

In addition only work outside if instructed to do so and if the weather and your situation permits.

If you have specific health conditions or an injury, discuss your exercise and physical activity plan with your teacher before you begin.

Please be aware that all work set has been created in line with your school curriculum and the school will only ask that you practice exercises and steps that you have studied in school.

If you have any questions about the work set, please contact your teacher via email.

**Please ask yourself the following questions before any physical activity to make sure you are safe to undertake the given task.**

### **PRE-ACTIVITY**

- Have I enough space to carry out this activity safely?
- Is my working area clear of obstacles that could cause injury?
- Am I wearing appropriate clothing and footwear ?
- Have I removed any jewellery that may get in the way?
- Is my hair tied back and off my face (if applicable)
- Is the space I am working in a suitable temperature?
- Is any recorded music I am using at a safe and suitable volume?
- Have I carried out an appropriate warm up for the forthcoming activity?
- Have I had suitable nutrition and fluids before starting this activity?
- Can I access water to ensure that I remain hydrated?

**Please ask yourself the following questions after any physical activity.**

### **POST ACTIVITY**

- Have I carried out an appropriate cool down
- Have I re-hydrated after ending my activity?
- Have I changed out of my practice clothes, if necessary?  
(Please be aware that you may need to put on warm or dry clothes after exercising)

If you answer no to any of the above, please assess your answer to see if you can rectify it, for example changing your clothing or adjusting the temperature or changing where you work. If it is not possible to answer yes to all that apply to your activity, please contact your teacher.