



April 13th, 2020

Dear Parents/Guardians and Middle Year Students,

Re: HBL for PHE

This letter is to clarify the PHE Home-Based Learning work module. One of the biggest issues with being confined to our homes during the COVID-19 circuit breaker is the impact it has on being physically active. With students unable to participate in PHE lessons, sports teams, walking around campus plus all the extra activities they do normally, this equates to a massive decrease in physical activity. A decrease in being physically active has many negative impacts on all areas of our mental, physical and social health.

For this reason, our module is an ongoing module that is aimed at making the students take action for their own health and to be physically active every day. Rather than expect 3hrs of non-stop physical activity for a single day and then nothing until the next lesson, **students are expected to do a minimum of 20 minutes of physical exercise as well as 20 minutes practising their new skill per day.** They are also required to keep a daily activity log, with evidence, of how they are being active each day. All of this can be located on Google Classroom.

Structure of the 3hr PHE lesson:

1st Hour	Online class with Mr Louis or Mr Serong. <ul style="list-style-type: none">- Check-in and monitoring of their ongoing activity log- Years 7 to 9: Written Health lesson- Years 10 & 11: Online course
2nd Hour	30 minutes of physical activity aimed at reaching their health goal 30 minutes practising to master their new skill
3rd Hour	Continuing with physical activity or being active around the home: Going for a scooter, bike ride or walk, helping with physical activities such as cleaning or making a health meal (NOT BEING ON A DEVICE)



Students should not be on devices once the online activity is complete. They should complete their daily activity and skill practice and then be actively moving around the home (this is a great time to get them helping around the house).

Mr Louis and I are always available in the allotted time to help answer any questions and to help support students. This is a very challenging time that we are in and adapting to our limited spaces will take time to get used to but with support from teachers and family members at home, this will be achievable.

With regards to contacting lead teachers for respective classes, please contact the following:

Mr Serong - Year 7,9 and 10 mserong@chatsworth.com.sg
Mr Louis - Year 8 and 11 elouis@chatsworth.com.sg

If you have any other questions or other concerns please do not hesitate to contact me directly.

Michael Serong

Head of Physical & Health Education - Secondary