

ISLAMIC PRIMARY SCHOOL
NOTICE
PE Online(ZOOM)Lesson Arrangements

E/IC/SC/20/63
8th December, 2020

Dear Parents,

During the face-to-face class suspension period, PE teachers will select sports activities teaching resources appropriate for students' ability, (e.g., PowerPoints and video clips). Teachers will teach the information and arrange for students to practice at home. We do not recommend students do intensive exercise due to safety reasons and the shortage of appropriate equipment. Instead, Zoom lessons consist of stretching, moderate exercise, as well as video appreciation and discussion.

When students are having PE Zoom lessons, parents should remind their children to follow the following safety precautions:

- Students should wear proper clothing and footwear
- The floor should be smooth and dry when exercising (floors can get wet from sweat causing slipping), and indoor areas well ventilated
- Adequate space and a safe environment should be arranged
- When exercising, students should drink water and pay attention to their personal hygiene
- If feeling unwell during or after the activity, students should stop immediately and seek help from their parents or a doctor
- Before activities, the camera should be switched on so that teachers can teach and interact with students, as well as providing them with instructions and feedback

Should you have any enquiries, please contact your child's class teacher.

Yours sincerely,



Ng Sui Lan
Headmistress



Reply Slip

E/IC/SC/20/63

PE Online(ZOOM)Lesson Arrangements

I have read and acknowledge the PE online(ZOOM) lesson arrangements.

Student's Name: _____ (Class: _____)

Parent's Signature: _____

Parent's Name: _____

Date: _____