

## School sports in a pandemic

By Aidan Nowosielski

Our sports teams and PE classes are noteworthy traditions at BISB. Countless memories have featured an animated and lively Bruno the Bulldog cheering students clad with jerseys plastered with team logos.

The agreeable weather this season has made the opportunity of hosting vibrant competitions on campus enticing, yet our sports culture looks different this year. Despite the substantial appetite for rambunctious games and packed bleachers, it's not business as usual. BISB has tirelessly embraced improvements in policy to protect the wellbeing of our students and teachers and a necessary sacrifice to guarantee success is that cherished customs have had to be reimagined.

Mr. Censorio is a PE instructor at our school and holds the titles: Head of Physical Education and Director of athletics. He mentioned his experiences with IGCSE PE and he proudly emphasized alongside his technical credentials that he has “been playing sports all my life, ever since I was able to stand!” Mr. Censorio acknowledged that his PE class and the broader sports environment was impacted by the coronavirus pandemic and listed many policies adopted “taking mask breaks, taking water breaks, separate equipment for each student, sanitizing equipment after each lesson, and using hand sanitizer before/during/after lessons”.

*How long have you taught children PE?*

I have taught PE for a total of 10 years; nine here at BISB and one during my student-teaching in New Hampshire.

*Could you mention sports you usually teach in PE class?*

Some of the sports we play in our PE lessons include but are not limited to Ultimate Frisbee, Frisbee Golf, Volleyball, Basketball, Rounders, Kickball, Track and Field activities, Badminton, Quick Cricket, Health Related Fitness and Circuit Training.

*How is the elective IGCSE PE different from the PE classes every High school student attends each week?*

IGCSE PE is quite different from normal Core PE lessons high school student take. For one, the IGCSE lessons are broken down into either practical sessions or theory-based sessions. In your theory-based lessons you learn all of the content needed to pass the paper at the end of the course. In your practical lessons you will work on all of the important skills for your 4 chosen sports.

*What do exams for elective PE class look like?*

Your grade in IGCSE PE comes from two different parts; a paper and your 4 practical sports. At the beginning of the course you speak with your PE teacher and decide on 4 separate sports that you will be assessed on throughout the two-year course. The skills are broken down into open and closed skills and how well you perform them in both practice/drills as well as real game situations. These 4 sports make up 50% of your grade and the final paper makes up the other 50%!

*How significantly have changes made in light of the coronavirus affected PE class?*

We have had to make some pretty significant changes to our PE classes and the extra-curricular sports we offer at BISB this year. We have had to hold off on certain sports (basketball for example) as we needed more guidance and regulations from the state of Massachusetts on how best to play this sport while still abiding to all of the guidelines and Covid-10 restrictions. Also, we have had to limit who we offer extra-curricular clubs for as we have been grouped by pods and certain Year Groups are not allowed to mix together.

*Do you think PE class is more important during a pandemic?*

Absolutely! I found that with all of the restrictions put in place throughout the pandemic, it has become increasingly easier for people not to exercise and/or play sports, thus leading to a more sedentary lifestyle. Now, more than ever, is the time to focus on your mental and physical well-being, which both play a vital role in how well you feel on a day-to-day basis!

We would like to thank Mr. Censorio for his insight which was instrumental in writing this article and for his leadership in the discipline of sports and PE.