

Physical Education

Additional Considerations

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As schools prepare to create a new model for learning in the fall, finding new ways to support students' physical, mental, and social and emotional health is paramount. Schools must offer physical education and health education as part of a well-rounded education for all students during COVID-19, regardless of whether they will be providing in-school learning, distance learning, or using a hybrid learning approach. Physical education provides students with a standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, teamwork, self-efficacy, and emotional intelligence. The skills and knowledge gained by students through physical education are especially important during the COVID-19 pandemic. The Society of Health and Physical Educators (SHAPE) provides a [detailed guide for Physical Education \(PE\) implementation](#) that includes on-site and distance learning during the COVID-19 pandemic.

Required

- Follow proper procedures for *cleaning and disinfecting* any equipment *and surfaces* before and after each use.
- Select a location for physical education instruction where students and staff can respect physical distancing guidelines and remain 6 feet apart.
- If available facilities do not have sufficient space, class sizes should be adjusted appropriately to allow for physical distancing of 6 feet apart.

Recommended

- ⇒ *Follow the [Indoor Sports and Recreation Guidance](#) when/if your county is listed in the [Advisory Metrics Framework in the Distance Learning \(Red\) column](#).*
- ⇒ Classes should not be combined, and class size should not be increased for physical education instruction.
- ⇒ Evaluate available outdoor spaces on school property. When possible, use outdoor spaces for physical education instruction. When outdoors, avoid the use of playground equipment, benches, or other permanent structures.
- ⇒ Advise students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors. Schools *should* eliminate the use of locker rooms, *as these are typically small, poorly-ventilated rooms that do not allow for physical distancing. Eliminate* the requirement that students must change into a physical education uniform for participation in physical education.
- ⇒ Use a microphone and speaker when delivering instruction to students. The use of face coverings and the need for students to spread out *to maintain* physical distancing may make it more difficult for teacher instructions to be heard.

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- ⇒ Allow time for cleaning of shared equipment between classes.
- ⇒ Focus more on individual pursuits or skills rather than traditional team sports or activities (e.g., dance and rhythms, exercises without equipment, fitness, mindfulness, outdoor pursuits, track and field, throwing underhand, kicking and target games).