

***Physical Education Q & A Webinar***  
***July 27th***

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**1. What are some ideas for lessons with little or no equipment?**

- The answer to this question can have a broad range of answers. Some of us are stumped without equipment and others thrive without equipment. This may be an area of strength or weakness for you and it could provide you with opportunities to grow.
- At the elementary level, the focus should be on helping students become skillful movers. Students are developing gross and fine motor control, physical strength and endurance, and coordination; therefore, individualized activities focusing on locomotor movements, rhythms/dance, manipulative skill development (throwing, kicking, dribbling, striking, etc.), and non-manipulative skill development (balancing, stretching, etc.) are most appropriate. *These activities can be performed individually without shared use of equipment.*
- For middle school, focus on individualized fitness activities (walk, jog, hike, resistance activities), biking, orienteering, scavenger hunts, dance and rhythms (no partner, circle or group dances), sport skills practice *with individual piece of equipment* (soccer, foot golf, disc golf, Frisbee, Pickleball, badminton, golf).
- In high school, the Beginning Kinesiology course includes individualized fitness activities, rhythms and movement skills needed to pursue a lifetime of physical activity should be the focus. Fitness activities including aerobic activities, \*weight training, resistance exercises, calisthenics, and flexibility exercises should be provided. Dance activities can range from line dance to dance for aerobic fitness. Ensuring that students have the movement skills needed to enjoy a lifetime of physical activity should also be a focus. Depending upon individual students' need, skill remediation might be needed. Content should also be taught relative to the importance of physical activity and healthy nutrition.

*\*follow school guidelines*

**2. What do I do if I have a student that is coughing and displaying possible symptoms?**

- This will almost definitely be a district by district or even a school by school decision. It's hard to say exactly what we should do, but maybe there are some things that we can be certain not to do. First of all, don't overreact. Our students take the lead from us in so many ways. They can tell when we are grumpy, happy, irritated, and every other emotion in between. If your students sense panic or fear in your manners and facial expressions, then they are going to assume your fear is warranted and act accordingly. Take action and do what needs to be done according to the guidelines and procedures for your school. Do so privately without bringing undue attention to the student and in a way that won't ostracize or embarrass that student.

### **3. Should students sanitize their hands before PE?**

- Yes, it is recommended to set up a system for hand sanitation before entering and exiting physical education class. The classroom teacher might help with this as the students are leaving class or it could be done when the students return to their assigned seats.

### **4. How will seating be arranged in PE?**

- It is suggested to have students enter and go directly to an assigned spot. The spot could be marked with tape, marker, paint, shoe polish, or any other product that cannot be removed.

### **5. How should routes be marked and be made visible?**

- Signs should be displayed and markings on the floor should be in place for entering and exiting physical education to avoid contact. We should possibly follow the guidelines currently being used in places of business. Clear markings should be in highly visible areas, especially where traffic is heavy.

### **6. What is the best way to make sure our special needs students are included in the safest environment for all students?**

- Survey your classes and include them in smaller class sizes. \* remember you can move a child to a different class based on their IEP and skill level they are on. For example: a 3rd grade student may need to be in 2nd or 1st grade Physical Education to work on their skills.
- Make sure to not put several special needs students in 1 class as this will overload.

### **7. How do we keep special needs students socially distant?**

- Use aides/paraprofessionals to help keep special needs students safe and to keep a 6ft distance.
- Peer helpers are not recommended because this will not keep students 6ft apart.
- Utilize specific markers or spots for special needs students. BIG Hula hoops to stand in to keep them from walking up on others. I would practice with your special needs students without other students in the room so they get the idea of walking straight to their own personal hula hoop or area. Another idea is a mat to stand on.
- Some students with special needs may benefit from having an item with them that they are comfortable with to keep them occupied within their boundaries. For example: a gadget they like to hold, headphones, sensory objects that calm them, etc. Learn the student and give them items that may keep them occupied and less likely to roam the room.

### **8. What should the Physical Educator do if a student with special needs is having a hard time adjusting to the new guidelines of being safe while in PE?**

- Keep a close relationship and communicate with the student's Case Manager on the best possible solution to benefit the student. Students with special needs are to be included in the least restrictive environment unless their education in their class cannot be received satisfactory with the help from aides and services.

It may be necessary to utilize other methods of instruction given in a different atmosphere or environment. We always want Inclusion to come first, but sometimes it may be appropriate to pull special needs students throughout the week outside their normal PE time to work with them in a small group setting. Also make sure to keep a close relationship with the case manager and paraprofessionals so they can work on skills in the classroom throughout the day.

### **9. What if we have to teach in the classroom and the students are not allowed to travel to the gym?**

-There are many resources available online to assist you in this area. This gives you a great opportunity to bring it back to the basics and focus on individual fitness and health. Ensure that you give the students as much room as possible while being safe from potential injuries or being too close to other students. Balancing, flexibility, isometric exercises, individual hand (or foot) eye coordination are some great things to start with. Fitness & overall health goal planning can be discussed at this time as well. You can encourage them to participate in family wide fitness at home. There are also many ideas that you can project on a screen for the students to follow. Make sure you stay safe traveling from room to room.

Resources:

[www.gonoodle.com](http://www.gonoodle.com)

<https://www.pbslearningmedia.org/subjects/health-and-physical-education/>

<https://app.sworbit.com/collections/kids-workouts>

[www.healunited.org](http://www.healunited.org)

[www.darebee.com](http://www.darebee.com)

<https://www.choosemyplate.gov/>

<https://openphysed.org/>

<https://www.cbhpe.org/templates>

[https://www.youtube.com/playlist?list=PLJnn5H8Y\\_tYE3LdXoJIG\\_azMC2l5TjCON](https://www.youtube.com/playlist?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2l5TjCON)

### **10. How should virtual look for PE?**

-You may be asked to use your school district's or the state department's virtual program which will include physical education in the curriculum. You may also be asked to provide optional/supplemental lessons. There are endless resources available online to help you with this as well. In particular, look at [OPEN PhysEd](#) online and [HEAL United](#). It is highly recommended to connect with your students through whatever means your system allows (email, google meets, microsoft teams, google classroom, facetime, etc.) Make yourself available to communicate with students often. Check in on them. Do not forget how important SEL is at this time!

-Create a video welcoming your students back and explain all expectations and how your class will be formatted. Keep it simple but make sure the students are being active. By

keeping it fun, you will help your students stay engaged. If the students see you participating in the activities they will be more likely to do them.

**11. How do we ensure parents their child is safe in PE? Do we send home our precautions and procedures in writing?**

-This again is a system/school decision. I would communicate with your principal about this and see what he/she would like for you to do. Many school systems have already communicated how they are keeping students safe in all areas. It is a great idea for you to come up with precautions and procedures, but always check with administration before sending information home. Remember things are changing almost hourly!

**12. Should Middle and High students dress out in PE?**

-It is recommended that students do not dress out in PE. This information can be found in [Back to School 2020: Recommendations for Alabama's K-12 Physical Education Programs.](#)

**13. What does in person physical education look like for Middle School?**

- Students should be expected to wash or sanitize their hands as they enter the classroom or gym. Students should go straight to their assigned spots or squad lines. After taking roll, students can go in small groups to put their bags/backpacks by the wall or on the bleachers. Utilize a projector to display dances, workout videos, step aerobic activities. Students can stay in their squad lines while participating in these types of activities.
- Go outside if/when you can to reduce the number of students inside the gym. Focus on individualized fitness activities (walk, jog, hike, resistance activities), biking, orienteering, scavenger hunts, dance and rhythms (no partner, circle or group dances), sport skills practice with individual piece of equipment (soccer, foot golf, disc golf, Frisbee, Pickleball, badminton, golf).  
Encourage the students to bring water bottles and have those next to them during the workout and going outside.

**15. Fundraising ideas:**

-If you school will allow it, a good fundraiser is selling masks and gaiters. Many schools are requiring them so this would be a great fundraiser for any middle school or high school program especially since programs will not be getting the money from PE uniforms sales. Also, check out ASHPERD's fundraising partnerships found on the [ASHPERD website.](#)

**16. Will students be required to wear masks in the gyms? Especially in gyms where air conditioning is unavailable?**

-This will be left up to local school systems. Talk to your administrator about what will be required at your school. If they must wear masks, remember that you need to build their endurance to wear the mask while exercising.

**17. Any suggestions for what the students should do with their mask while participating in PE?**

-A break away lanyard can be attached to the mask. That way if the student is able to remove their mask, according to your school system policy, they will be less likely to lose it.

**18. Should water fountains be used? If not, should students be allowed to bring their own?**

-Water fountain usage will be left up to school systems. Check with your administrator about the specific policy for your school.

Some schools are allowing water bottles. Again, check with your administrator about this specific policy. Have a plan of where the water bottles will be placed. It might need to be placed near their spot to avoid getting too close to other students when getting a sip of water. Another option would be to have a certain time built into the lesson to get a sip of water in a controlled manner to maintain social distancing.

**19. What kind of disinfectant should we use?**

Ideally you will be using what your school provides and you should expect them to provide you with the necessary cleaning supplies. It is recommended that you make a point to discuss with your administration the items that you will need, how you will get them, and how much notification they need when your supplies start to run low.

According to the World Health Organization, when all else fails a mixture of Bleach/Chlorine and water will do the job. They recommended 1 part of 5% strength to 49 parts water. Keep in mind, it is also necessary to store these chemical cleaners where they do not create a danger situation for your students.

<https://www.who.int/news-room/q-a-detail/q-a-considerations-for-the-cleaning-and-disinfection-of-environmental-surfaces-in-the-context-of-covid-19-in-non-health-care-settings#:~:text=In%20non%2Dhealth%20care,that%20are%20less%20soiled.>

**21. What are some awesome and effective mental health wellness and/or nutrition programs available?**

-Currently, many in our state are participating in the [HEAL United program](#). They currently have a program developed for Elementary and Middle School Physical Education programs, and they are in the Pilot stages of a program for Family and Consumer Sciences. If interested, reach out to see if your school can get into the program. This program has been a friend of ASHPERD for several years now, and they address both mental health and nutritional wellness.

-This is also a great time to really look at resources (some free, others not) from SHAPE America and OPEN (Online Physical Education Network). Last year, OPEN introduced

the *Believe in You* program created by Varsity Brands. This program specifically focuses on the social-emotional well-being of students.

<https://www.varsitybrands.com/believe-in-you>

<https://openphysed.org/sel>

<https://www.shapeamerica.org/search-results.aspx?q=sel>