

Fayette County Public Schools

Physical Education COVID-19 Guidelines for In-Person Instruction - Spring of 2021

Guidelines adapted from SHAPE AMERICA: Society of Health and Physical Educators in collaboration with CDC COVID Guidelines LINK: [SHAPE America Re-Entry Guidelines](#)

Physical education provides K-12 students with a planned, sequential, 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.

To accompany these guidelines, the Physical Education specialists for each grade level will post a video on Navigator articulating this content and provide specific examples and strategies. These videos will include content associated with implementing this re-entry plan in conjunction with the content published on Navigator.

Physical Environment:

- FCPS building administrators will select a location for physical education instruction that allows staff and students to maintain physical distancing guidelines. More space for instruction may be required for physical education class due to increased respiration of students when participating in moderate-to-vigorous physical activity.
- Class size should not be increased for physical education instruction
- Coordinate with colleagues and develop a building level plan for transporting students from other instructional areas to the physical education space.
- Locker rooms will be closed. Encourage students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors.
- Plan to incorporate marked off areas (e.g., floor tape, floor stickers, poly spots, cones, visual aids, signs) to ensure physical distancing among students and reduce cross contamination.

Personal Hygiene:

- Students and staff are encouraged to wash or sanitize hands as they enter and exit the class.
- Encourage students and staff to use individual water bottles.
- Masks should be worn by staff at all times and by students except when engaged in strenuous physical activity.

- Consult with FCPS administrators and school nurses on proper protocol for students with asthma or other underlying conditions which may prohibit them from wearing face coverings.

Equipment Safety & Sanitation:

- Inventory physical education equipment at the school to identify which pieces of equipment can be easily and effectively sanitized. Cloth or porous materials are more difficult to properly sanitize than vinyl or plastic materials.
- For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period.
- Teachers will sanitize all equipment between class periods using FCPS approved supplies. Consider equipment cleaning recommendations from manufacturers to ensure equipment is not damaged when cleaning/sanitizing.
- Staff will be properly trained on how to safely apply disinfectant and have access to the appropriate personal protective equipment needed.
- Keep each student's belongings in a separate, safe and clean space such as individually labeled areas.

Instructional Strategies:

- Teachers should use a microphone and speaker when delivering instruction to students. The use of face coverings and the need for students to spread out to accommodate physical distancing may make it more difficult for teacher instructions to be heard.
- Include opportunities for student choice and incorporate student-suggested activities when appropriate.
- Identify activities and units that can enhance the development of health education skills (e.g., self-management, interpersonal communication).
- Consider individual physical activities (e.g., dance, yoga, walking/running challenges, fitness stations) that comply with physical distancing guidelines and require little or no equipment.

Grade Level	Elementary	Middle	High
Guidelines	<p>Students wear a mask during transition and when the teacher is walking around to pass out equipment to student</p> <p>Students may remove masks during strenuous physical activity. Masks need to be readily accessible.</p> <p>Gym is marked off into social distancing squares.</p>	<p>Students wear a mask during transition and when the teacher is walking around to pass out equipment to student</p> <p>Students may remove masks during strenuous physical activity. Masks need to be readily accessible.</p>	<p>Students wear a mask during transition and when the teacher is walking around to pass out equipment to student</p> <p>Students may remove masks during strenuous physical activity. Masks need to be readily accessible.</p> <p>Gym is marked off into social distancing squares.</p>

	<p>Each square has equipment for the day. Equipment needs to be sanitized between every class.</p> <p>For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. Teachers are responsible for cleaning and disinfecting equipment between classes. If there is not equitable access to equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.</p>	<p>Gym is marked off into social distancing squares.</p> <p>Each square has equipment for the day. Equipment needs to be sanitized between every class.</p> <p>Limit the use of physical education equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period.</p> <p>For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. Teachers are responsible for cleaning and disinfecting equipment between classes. If there is not equitable access to equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.</p>	<p>Each square has equipment for the day. Equipment needs to be sanitized between every class.</p> <p>Students leave backpacks/personal items on assigned spots (indoor & outdoor) during instruction within visual range.</p> <p>Limit the use of physical education equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period. For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. Teachers are responsible for cleaning and disinfecting equipment between classes. If there is not equitable access to equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.</p>
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