

HPE & Recess In-Person Instruction Guidance



Health and physical education instruction is critical in developing the social and emotional needs of our students through the development of health skills, participation in physical activity and overall development of physical literacy. We understand the value and importance of our children's health and well-being. We challenge every school to provide meaningful and safe opportunities for students to learn and be active in the classroom, gym and outdoors.

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, fitness, teamwork, self-efficacy and emotional intelligence. Health-related fitness and support for social emotional learning are key components of health and physical education that support student academic achievement, attendance, good behavior, and the whole child. The skills and knowledge gained by students through physical education are especially important during the dynamic situation caused by the COVID-19 pandemic. ([School Reentry: Health and Physical Education/SHAPE America.org](#)). Health and physical education teachers are encouraged to discuss with their school administrators safety practices that will support all members of the learning community ([Guidance for COVID-19 Prevention in K-12 Schools | CDC](#)).



Physical Education

Considerations:

- [Ensure all district guidelines are followed regarding in-person learning.](#)
- Lessons that do not require physical contact and do not require students to be in close proximity or share equipment are encouraged.
- Face coverings should be welcomed and encouraged especially indoors.
- Marking off areas to ensure physical distancing among students is welcomed and encouraged.
- Class size should be considered when scheduling students.
- Have students and staff wash or sanitize hands as they enter and exit the classroom.
- If instructing indoors, keeping the doors and windows open is encouraged to maximize air flow and circulation.
- **Delaying** the use of locker rooms and suiting out for physical education is encouraged. Student should continue to wear appropriate shoes for physical education participation.
- Cleaning high-touch surfaces (PE Equipment) is encouraged, see recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>



Secondary Health Education

Considerations:

- Ensure all district guidelines are followed regarding in-person learning <https://www.fwisd.org/covid-19>
- Class size should be considered when scheduling students for health to support safe social distancing

practices within the classroom.

- Strive to have students work together cooperatively in new and unique ways to ensure safety.
- Ensure adequate supplies for all students to eliminate sharing of high-touch materials such as textbooks, instructional materials, etc. to the extent possible.
- The use of digital workbooks is highly recommended.

Recess

Considerations:

- [Ensure all district guidelines are followed regarding in-person learning.](#)
- Recess should provide opportunities for all students to be active and allow for free choice by students.
- Have students and staff wash or sanitize hands as they enter and exit the playground areas.
- Do not withhold recess as punishment as set by [District Local Wellness Policy](#).
- Coordinate with teachers and administration on how to safely transition to the recess space.
- Cleaning of high-touch surfaces (recess equipment) is encouraged, see recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- Encourage recess games and activities that do not require physical contact and support safe distancing.



Equipment

Considerations:

- Gymnasiums should be swept, mopped, cleaned and sanitized like classrooms each evening to help mitigate the spread of the virus.
- Coordinate with custodian to use the Electrostatic sprayer to sanitize PE equipment at the end of each.
- Cleaning of high-touch surfaces (recess equipment) is encouraged, see recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

