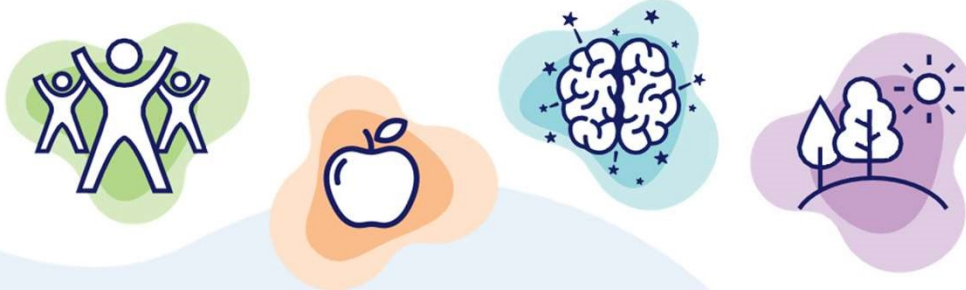


# School Reentry and Advocacy Efforts in a COVID-19 Era



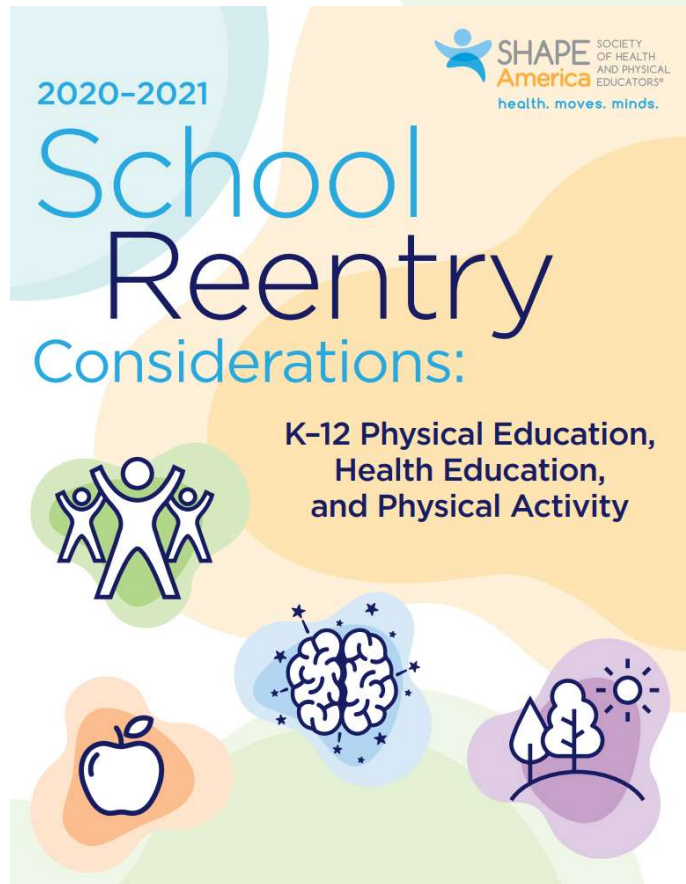
# COVID-19 CDC Resources



# COVID-19: CDC Resources

- Latest COVID-19 information : [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- COVID prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
- Decision tree for schools: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-decision-tool.html>
- Considerations for schools: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
- Handwashing information: <https://www.cdc.gov/handwashing/index.html>
- Cloth face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Cleaning and disinfection: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
- CDC communication resources: <https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>
- People at higher risk: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
- Ending home isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- Managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Testing Guidance for IHE and K-12: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-testing.html>

# School Reentry Considerations



- **COVID-19 pandemic has dramatically changed how schools operate and illuminated the need to prioritize students' safety, health and well-being.**
- Intended to guide administrators, staff, and teachers as they prepare an environment for safe and supportive instruction.
- **It's time to prioritize health & physical education. Students' well-being depends on it.**

# Connecting with the Field

- State & District HPE Leaders SIG
- Focus groups
- Teacher survey
- CDC stakeholder calls
- Guidance from other sectors & countries



# Models of Learning

## In-school instruction with physical distancing

- Physical education
- Health education
- Recess
- Classroom-based physical activity

## Distance learning

- Physical education
- Health education

**Hybrid learning** (defined as a combination of in-school instruction with physical distancing and distance learning)

- Physical education
- Health education



# Physical Education & Health Education

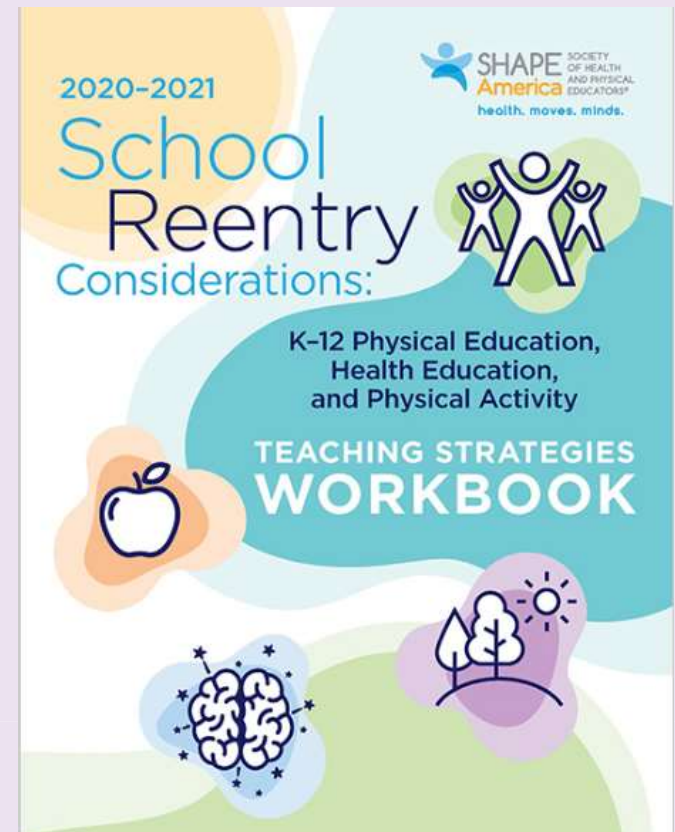
- PHYSICAL ENVIRONMENT
- PERSONAL HYGIENE
- EQUIPMENT SAFETY & SANITATION
- INSTRUCTIONAL STRATEGIES

## Physical Activity

- Recess
  - Identify multiple indoor and outdoor spaces for recess to minimize crowding
  - Activities that do not require physical contact or use of recess play equipment or playground structures
- Classroom-based Physical Activity
  - Physical activity that allows for physical distancing
  - Appropriate and safe for all students by communicating safety and behavioral expectations



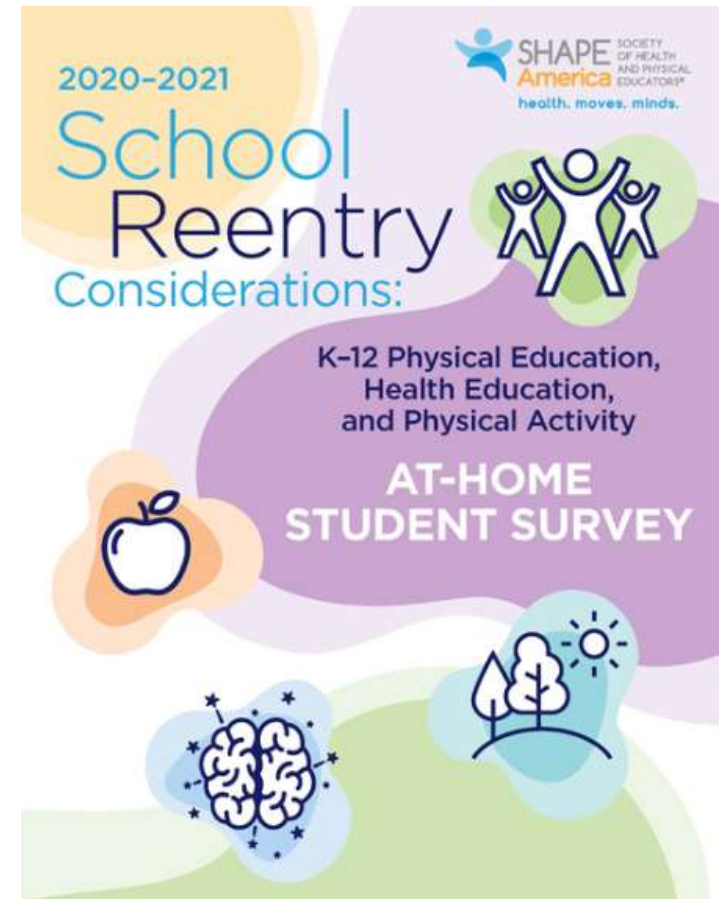
# Teaching Strategies for School Reentry





# Teaching Strategies

- Equity, Inclusion and Accessibility
- Social and Emotional Learning
- Trauma-sensitive Learning Environment
- Student Assessment
- At-Home Student Survey



# K-12 Physical Education In-School Instruction With Physical Distancing



	National Standards for K-12 Physical Education	Example Grade-Level Outcomes	Example Activity Ideas/Strategies
GRADES K-2	1 (motor skills and movement patterns)	<ul style="list-style-type: none"> <li>• S1. E1-E5 Locomotor</li> <li>• S1. E7 Balance</li> <li>• S1.E13 Underhand throw</li> <li>• S1. E16 Catching</li> <li>• S1. E17 Dribbling with hands</li> <li>• S1. E18 Dribbling with feet</li> </ul>	<ul style="list-style-type: none"> <li>• Tossing to self and target games</li> <li>• Striking activities (e.g., racquets, paddles)</li> <li>• Creative movement</li> <li>• Movement stories, teachers read a story as students act it out</li> <li>• Kicking</li> </ul>
	2 (movement concepts)	<ul style="list-style-type: none"> <li>• S2. E1 Space</li> <li>• S2. E2 Pathways, shapes, levels</li> <li>• S2. E3 Speed, direction force</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Space Jamming</a></li> <li>• Obstacle courses (avoid students touching objects)</li> <li>• Personal/general space activities</li> <li>• Movement to rhythms/beats</li> </ul>
	3 (health-enhancing fitness) <b>It is not developmentally appropriate to have students engage in fitness testing at this grade-level.</b>	<ul style="list-style-type: none"> <li>• S3.E1 Physical activity knowledge</li> <li>• S3. E2 Engages in physical activity</li> <li>• S3. E3 Fitness knowledge</li> <li>• S3.E6 Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Incorporate strategies for self-regulation (Try these <a href="#">Skills Posters for Grades K-5</a>)</li> <li>• Have students make observations to physiological changes (e.g., heart rate, sweating) in their body before, during and after activity</li> <li>• <a href="#">Take a Selfie, p. 4</a></li> <li>• Create a class list of activities students can do outside of school</li> <li>• Dance</li> </ul>

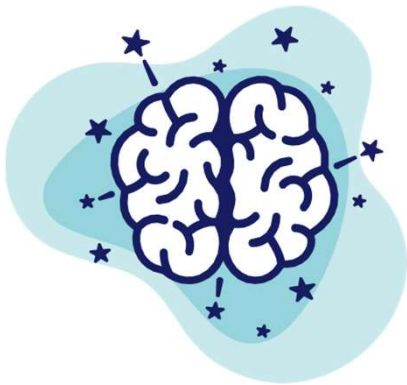
# K-12 Physical Education Distance Learning Supplement

Grades 6-8	National Standards for K-12 Physical Education	Example Grade-Level Outcomes	Example Activity Ideas/Strategies
	1 (motor skills and movement patterns)	<ul style="list-style-type: none"> <li>• S1.M1 Dance &amp; rhythms</li> <li>• S1. M12-M15 Net/wall games</li> </ul>	<ul style="list-style-type: none"> <li>• Create a fitness or dance routine representing your feelings about distance learning</li> <li>• Cycling</li> <li>• Badminton, tennis, handball or other rackets and balls students might have available</li> </ul>
	3 (health-enhancing fitness)	<ul style="list-style-type: none"> <li>• S3.M1 Physical activity knowledge</li> <li>• S3. M2-5 Engages in physical activity</li> <li>• S3.M18 Stress management</li> </ul>	<ul style="list-style-type: none"> <li>• Self-regulation activities (Try a <a href="#">Mindful Minute, p. 3</a> and the <a href="#">Skills Posters for Grades 6-8</a>)</li> <li>• Share ideas for at-home physical activity (Try <a href="#">Mind &amp; Body Bingo, p. 12</a>)</li> <li>• Stretching, yoga</li> <li>• Pilates</li> <li>• Dance</li> <li>• Body weight strength activities (students can create their own weights using milk/water jugs)</li> <li>• <a href="#">Physical activity log</a></li> <li>• Outdoor pursuits</li> <li>• Creating fitness plans</li> <li>• Activity swap — students create activities/challenges and share with each other</li> </ul>



# Next Steps for Supporting Educators & Admins

- Kaiser Permanente: Planning for the Next Normal at School
- CDC COVID-19 project
- Virtual PD, videos, instructional resources
- Blog & case studies
- Teacher self-care
- Engaging with administrators & key stakeholders
- Strong national, state & local advocacy campaign



# Online *Backyard* Advocacy Day



## 3 Ways to Support Health and Physical Education right NOW

### 1 Get educated on your state/district reentry plans

SHAPE America's School Reentry Considerations for Health, Physical Education and Physical Activity can be found [here](#) along with other resources to help you plan for back to school. [Use this Google Map to find state specific reentry guidelines.](#)

### 2 Email a letter to your superintendent and school board

Letter writing is one of the most successful advocacy tools you have! We have crafted an example for you to use or edit to fit your needs and it is coming soon!

### 3 Advocate on social media

Tag members of your school board, your superintendent, state leaders and more to share your message. **Be sure to use the hashtag #SHAPEAdvocacy.** We have messages on this page to help you get started!





# State Department of Education School Re-Entry

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Keri Schoeff

Arizona Department of Education

Safe, Healthy & Active Students Specialist

Arizona Health and Physical Education Past President





# State Level Guidance

- No Such Thing as One Size Fits All, Single Sight to Large LEAS
  - Based on CDC Guidance and Recommendations
  - Work with your State DOE- Establish a connection
  - Use SHAPE America and Other Resources
-

# State by State School Re-entry Guidance and Resources

