2020 - 2021 VIRGINIA SCHOOL REENTRY CONSIDERATIONS for K-12 Health & Physical Education
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The COVID-19 pandemic has dramatically impacted the health and safety of our students and their families. It is essential for Virginia schools to adapt to the new challenges of educating our students, specifically when it comes to health and physical education. Health and physical education, now more than ever, continues to be uniquely positioned to address the health- and wellness-related knowledge and skills needed for our K-12 students.

During this global health crisis, developing health and physically literate students is important for their health and well-being. Highly qualified health and physical education teachers are best equipped to instruct the necessary skills-based and standards-based content. Physical education is an academic discipline that involves the study of human movement and its impact on health and quality of life. Physical education has short- and long-term influences on the physical, cognitive, and psychosocial health and development of children and adolescents. Physical education in schools provides all students access to instruction that promotes physical literacy and the motivation to engage in the health-enhancing physical activity needed to achieve and maintain a balanced, healthy life.

Health education increases health literacy, helps students understand how to prevent the spread of disease, achieve and maintain a healthy lifestyle, and fosters the motivation, skills, and self-efficacy necessary to make informed and healthy choices. Health education also teaches students how to avoid high-risk behaviors and build healthy families, relationships, schools, and communities.

In order to build the health and physical literacy of students, Virginia health and physical educators, principals, and school division superintendents should consider guidelines provided by Center for Disease Control, Governor of Virginia, Virginia Department of Health, local health departments, VDOE, and SHAPE America. Health and physical education professionals have the knowledge and resources to ensure the health and safety of students in their classrooms, as they are accustomed to maintaining student safety and compliance with rules during class. Teachers will need training in use and storage of cleaning, disinfecting, and sanitizing products. Modifications to lessons can be made so that our students may continue to receive vital physical and health education instruction and participate in activity in a safe, controlled manner during Virginia’s recovery process.

The Virginia Association for Health, Physical Education, Recreation, and Dance believes that the following school reentry considerations provide additional guidance specific for the unique environments of health and physical instruction. The guidance and considerations are intended for teachers, principals, and school division superintendents to help prepare an environment that is safe and supportive for all students. It is critical that we ensure the continuation of health and physical education instruction to empower students in the Commonwealth with the knowledge and skills to make healthful decisions that will positively impact the health of families, school, and community.
Utilize the SHAPE America School Reentry Teaching Strategies Workbook to plan for the 2020-2021 school year.

Develop modified lessons highlighting social distancing, equipment use, class space, and outdoor activities.

Inventory available equipment to determine what can be effectively cleaned.

Collaborate with school counselors on social and emotional learning strategies as part of the new 2020 SOLs.

Collaborate with school nurses on instruction surrounding disease and hygiene.

Advocate for designated time for HPE in all learning formats comparable to what is given in the regular schedule (or modified appropriately).
As part of the revised 2020 Virginia Standards of Learning for health education, standards were added to include a focus on social-emotional learning (SEL). These standards follow the research-based recommendations on mental, social, emotional, and behavioral health.

SEL is a critical component of educating today’s youth and a key component of health and physical education instruction. As Virginia schools prepare for reentry, it is critical to ensure SEL is instructed by highly qualified health and physical educators in order to support students through the COVID-19 pandemic. Our students are struggling with stress, anxiety, and trauma and they need opportunities to develop SEL skills.

The following are recommendations for how Virginia health and physical educators can implement SEL into their classrooms as we return to school in the fall.

- Review the revised 2020 SOLs and implement SEL content into lessons across all platforms (in-person, blended, virtual)
- Identify how returning to school impacts your population of students and incorporate SEL skills to meet their needs
- Collaborate with other staff members (i.e. counselors, nurses, social workers, psychologists) to create, share, and implement SEL lessons and content
- Utilize daily routines to incorporate SEL skills (e.g., morning circle, instant activities, warm-ups, exit tickets)
- Implementing the Health Moves Minds Curriculum by SHAPE America
GUIDELINES FOR PHYSICAL EDUCATION

Entering the Gymnasium:
- Students wash or sanitize hands before entering the gym
- Have and practice a clear routine on how to enter the gym and keep social distancing of 6 feet

During Physical Education:
- Students have marked spaces to assist students visually, helping them to maintain social distancing of 10 feet
- Personal space bubbles for students taught at the beginning of the year
- Use of kid friendly signs to remind of distance, directions, and directional flow of class
- Focus on individual skills with little or no equipment

Exiting the Gymnasium:
- Have and practice a clear routine on how to exit the gym and keep social distancing of 6 feet
- Students wash or sanitize hands directly after class.
- Sanitizing equipment between classes
  (follow school-specific, equipment manufacturer, and CDC/health department guidance)

Other Possible Considerations:
- Conduct activity outdoors if possible
- If in the gymnasium, keep doors and windows open for air movement and ventilation if security concerns are mitigated
- Microphone or audio equipment for voice projection through a mask.
- Encourage Students should have their own water bottles to reduce fountain use and designate a spot to put them in
- Teachers should wear masks if physical distancing of 6 feet cannot be maintained
GUIDELINES FOR PHYSICAL EDUCATION

Considerations for Various Environments:

- Spread out student desks and have them all facing the same direction (if using tables, have students sit on one side of tables facing the middle of the classroom).
- Increase use of sanitizer
- Wipe down shared spaces in between class periods
- Utilize technology to project activities
- Activities should be appropriate for the space available
- Teachers should wear masks when working with students if physical distancing of 6 feet cannot be kept

Health Classroom Strategies & Modifications:

- Hand washing/sanitizing stations
- May need to teach the students the proper way to make sure the sanitizer doesn’t just drip to the floor
- Beginning of school year instruction should focus on social and emotional learning to include skills for managing stress and identifying emotions
- Disease prevention instruction should include how stay healthy at school, home, and in the community
- Access age appropriate interactive health sites that illustrate concepts and skills for instructing the 2020 Health Education standards of learning
RECOMMENDED ACTIVITIES

Aerobic
- Aerobic Fitness
- Cardio challenges (Minute-To-Win-It)
- Tabata routines
- Various Locomotor Skills

Mindfulness Exercises
- Guided Meditation
- Mindful Minute
- Mindful Posing
- Progressive Relaxation

Dance
- Go Noodle
- Line Dancing (no contact)
- Zumba

Individual Skills Stations
- Balancing
- Jumping
- Levels
- Non-locomotor movements
- Pathways (tape or contact paper)

Flexibility
- Dynamic Flexibility Warm ups
- PLYOGA
- Yoga (no mats)

Activities w/ Equipment:
(non-porous only, would require cleaning between each use)
- Bikes, skateboards, two wheel scooters.
  (Hair nets for helmets; spray handlebars)
- Cups
  (would need to be sprayed down between)
- Frisbee
- Hula Hoops
- Jump ropes
  (would need to be washed)
- Net games for Singles Play
  (e.g., pickleball, badminton, ping pong, etc.)
- Scarves
  (would need to be washed between uses)
- Scooters
- Weights

Muscular Strength & Endurance Stations
- Agility ladder (use floor tape)
- All body weight exercise
- Curl ups
- Jumping and Agility
- Planks

Outdoor Recreation & Leisure Activities

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08 VAHPERD | School Reentry Considerations: K-12 Physical Education & Health Education
<table>
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<tr>
<th>RESOURCE (Clickable)</th>
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<tbody>
<tr>
<td>COSMIC KIDS YOGA</td>
<td>H/PE</td>
<td>Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world</td>
</tr>
<tr>
<td>MONTHLY ACTIVITY CALENDAR</td>
<td>HEALTH &amp; PHYSICAL EDUCATION</td>
<td>The Mind &amp; Body calendars are a great resource to send home with students or to share through a link in a newsletter or e-mail out to parents. The calendars encourage students to stay physically active while working on aspects of mental wellness, too. Spanish copies also available.</td>
</tr>
<tr>
<td>AT HOME P.E. w/ MR. GRAY</td>
<td>H/PE</td>
<td>Mr. Gray does quick 5-10 minute lessons with his sons with learning activities that cover each of the 5 strands of Health and Physical Education standards.</td>
</tr>
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<td>WELNET MODULES</td>
<td>H/PE</td>
<td>Video Library for Teachers to build Playlists for Students from Exercise Movements, Fitness and Health Academic Content and Motor Skills; Behavior Logs for Students to complete: Activity, Hydration, Sleep and Nutrition; Cognitive Assessments for Students to demonstrate their knowledge</td>
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<tr>
<td>GO NOODLE</td>
<td>PHYSICAL EDUCATION</td>
<td>GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!</td>
</tr>
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<td>TENNIS AT HOME w/ USTA</td>
<td>P.E.</td>
<td>Even away from the court, you can learn and develop your tennis skills.</td>
</tr>
<tr>
<td>HOME FITNESS VIDEOS</td>
<td>P.E.</td>
<td>This Round Hill PE YouTube Playlist of Classroom Teacher Instant Activities &amp; Brain Breaks can be a great resource for any home PE instruction.</td>
</tr>
<tr>
<td>BRAIN BITES</td>
<td>P.E.</td>
<td>The Brain Bites video series teaches physical education concepts in short video bites.</td>
</tr>
<tr>
<td>OPEN PHYS ED</td>
<td>P.E.</td>
<td>A variety of resources for At Home, including an entire Field Day unit. They are currently developing a series following a set of 9 week unit plans.</td>
</tr>
<tr>
<td>LIVING &amp; LIVING WELL</td>
<td>H/PE</td>
<td>Health and PE site for distance learning by Andrew Wymer</td>
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<td>MINDFULNESS ACTIVITIES</td>
<td>H/PE</td>
<td>This article delves into mindfulness and includes plenty of activities for you to start using today.</td>
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GUIDELINES FOR PHYSICAL EDUCATION

General Physical Education Strategies & Modifications:

- Students wash or sanitize hands before entering and exiting the gym
- Schedule outdoor activities to the extent possible
- In gymnasiums, provide physical guides such as tape markings on the floor 10 feet apart to indicate where students will participate during activity and while in locker rooms - Locker room use may not be available or use may be limited during each phase
- If using indoor spaces, create a directional flow that allows students to enter and exit in designated areas to avoid cross traffic
- Encourage students to come dressed for physical activity
- Students face one direction when performing exercises/activities
- Middle and high school students should be encouraged to wear masks
- Keep belongings separated while in the locker room, gym and classroom
- Plan activities that require no or limited equipment
- Develop a schedule for routine cleaning of supplies and equipment
- Follow local school, equipment manufacturer directions, and EPA | Cleaning Directions
- Ask school for training for proper use and storage of cleaners

Classroom Strategies & Modifications:

- Spread out student desks and have them all facing the same direction
  (If using tables, have students sit on one side of tables facing the middle of the classroom)
- Increase use of sanitizer
- Wipe down shared spaces in between class periods
- Continue to use online materials that the students can access on a device or other technology
- Teachers should wear masks when working with students if physical distancing of 6 feet cannot be kept
- Middle and high school students should be encouraged to wear masks
Fitness & Weight Room Considerations:

- Stations should be spaced a minimum of 10 feet apart
- Create a directional flow that allows students to enter, exit, and navigate the area in designated and clearly marked patterns to avoid cross traffic
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized with an approved cleaner (i.e. free weights, stations, machines, aerobic devices, bars, and all non-porous equipment)
- All equipment should be wiped down thoroughly before and after an individual’s use
- Facilities must prohibit the use of any equipment that cannot be thoroughly disinfected between uses (i.e., climbing rope, exercise bands, etc.)
- Facilities must also prohibit the use of equipment requiring more than one person to operate, unless those operating are from the same household (i.e., free weights when it requires a spotter)
- Additional guidelines regarding weight rooms and proper use of equipment can be found on the Virginia High School League guidance document, as well as with the Virginia Department of Health.
RECOMMENDED ACTIVITIES

Aerobic
- Cardio challenges (Minute-To-Win-It)
- GooseChase
- H.I.I.T & L.I.I.T
- Obstacle Courses
- Scavenger Hunt/Amazing Race
- Step Aerobics
- Walking/Jogging/Running

Dance
- Barre
- Line Dancing
- Popular Dance
- Zumba

Flexibility
- Dynamic Flexibility Warm ups
- Pilates
- PLYOGA
- Yoga (no mat)

Muscular Strength & Endurance Stations
- Agility Ladders
- Body Weight Exercises
- Plyometrics
- Tabata
- Tai Chi

Mindfulness Exercises
- Guided Meditation
- Mindful Minute
- Mindful Posing
- Progressive Relaxation

Outdoor Recreation & Leisure Activities
- Fishing
- Golf Activities
- Orienteering
- Frisbee Golf

Activities w/ Equipment:
(non-porous only, would require cleaning between each use)
- Biking
- Cup Stacking
- Hula Hoop
- Jump Rope
- Net games for Singles Play (e.g., pickleball, badminton, ping pong, tennis)
- Scooters
- Weights
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<td>MEDITATION FOR INNER PEACE (VIDEO)</td>
<td>H/PE</td>
<td>Dive into meditation this Spring, go inward to focus on what feels good in mind and body. Want to have a good body? Tend to the mind. This 10 min practice is a simple meditation that will create the foundation for transformational practice.</td>
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<td>A variety of resources for At Home, including an entire Field Day unit. They are currently developing a series following a set of 9 week unit plans.</td>
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<td>SHAPE AMERICA READY-TO-GO TAKE HOME PACKET FOR SECONDARY</td>
<td>H/PE</td>
<td>The Ready to Go Take Home Packet is designed for teachers to download so they have a collection of ready to use activities that they do not have to spend time searching for. The secondary activities in this packet do not require internet and include physical education and health education that are designed to be done over the course of a week. Available in English &amp; Spanish.</td>
</tr>
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<td>THE REAL COST OF VAPING</td>
<td>HEALTH</td>
<td>Dive into meditation this Spring, go inward to focus on what feels good in mind and body. Want to have a good body? Tend to the mind. This 10 min practice is a simple meditation that will create the foundation for transformational practice.</td>
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<td>ENVIRONMENTAL &amp; COMMUNITY HEALTH CHOICE BOARD</td>
<td>HEALTH</td>
<td>This is a choice menu that covers the SOLs for 9th Grade Environmental &amp; Global Health. Directions are in the folder.</td>
</tr>
<tr>
<td>ADAPTED P.E. CHOICE BOARD</td>
<td>P.E.</td>
<td>These are choice board options and workout calendars for secondary students in adapted pe but can be used by any level.</td>
</tr>
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<td>DAREBEE</td>
<td>P.E.</td>
<td>You can create your own weekly plan from our individual workouts (use the filter to sort) by picking ones that appeal to you or use an existing weekly plan.</td>
</tr>
<tr>
<td>HIP HOP FIT WORKOUT (VIDEO)</td>
<td>P.E.</td>
<td>Get ready to unleash your inner dance and fitness beast with Hip-Hop Fit creator Mike Peele! This class is for everyone from beginners to advanced. Just get ready to push your mind and body to the next level!</td>
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<td>OPEN PHYS ED</td>
<td>P.E.</td>
<td>Curriculum Mapping Resource</td>
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<td>Fitness Running</td>
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<td>P.E.</td>
<td>Creative Mode Fitness is a fun and vigorously active way to teach students critical fitness concepts and basic fitness planning.</td>
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<tr>
<td>OPEN PHYS ED</td>
<td>P.E.</td>
<td>Limited Equipment</td>
</tr>
<tr>
<td>EVERFI</td>
<td>H/P.E.</td>
<td>EVERFI helps teachers, schools, and districts bring real-world skills to students. Thanks to partners, we provide our digital platform, training, and support at no cost.</td>
</tr>
<tr>
<td>OPERATION PREVENTION - OPIOIDS</td>
<td>HEALTH</td>
<td>The DEA has joined forces with Discovery Education to create comprehensive, NO-COST digital curriculum tools to combat opioid misuse - available TODAY in every school, home, and state in the nation. With Virtual Field Trips, English &amp; Spanish language standards-aligned K-12 curriculum resources, a parent toolkit, and a national peer-to-peer video challenge, look no further to kick-start life-saving actions today.</td>
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With the uncertainty of what health and physical education will look like next school year, VAHPERD developed a **Summer PD Series**. Every Wednesday in July we hosted a virtual session to help teachers pivot and offer support as we all prepare for the fall! These sessions are available to replay for free for VAHPERD members. Non-members are eligible to purchase access to these sessions for $5/each. Recertification points will be offered and a certificate will be sent to those who attend the webinar.

Are you interested in learning from fellow HPE professionals? Don’t miss out on our 83rd Annual Convention! We’ll be hosting our conference virtually this year on November 7 * 8, 2020. We’ll have presentations ranging from health and wellness, physical education activities, lesson planning tips, curriculum ideas, to best practices, and SO MUCH MORE! Visit our website to learn more and register. You must be a member of VAHPERD in order to register.

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**GET INVOLVED WITH VAHPERD!**

For questions or more information, please contact us at:

- [info@vahperd.org](mailto:info@vahperd.org)
- [www.vahperd.org](http://www.vahperd.org)

Join the leadership team! We currently have openings and would love to see you join us. [Click here](#) to learn more about current opportunities.
ADDITIONAL RESOURCES

Seesaw is a digital learning tool that creates, “a powerful learning loop between students, teachers, and families.”

Flipgrid is a simple, free, and accessible video discussion experience for students and teachers.

Create digital interactive lessons for students to move through with you or on their own.

Introduce students to self-paced learning with interactive video lessons. It’s easy to add your own voice narration and questions!

Rather than fighting smartphones, Wooclap turns them into an exceptional learning tool.

The best personal trainer app to help you get (and stay) in the best shape of your life. Let’s Get Fit

COVID-19 RESOURCES

Centers for Disease Control:
- Interim Guidance for Administrators of US K-12 Schools and Child Care Programs
- Reopening Guidance for Cleaning and Disinfecting Public Spaces
- CDC Considerations for Schools

Virginia Department of Health:
- Contact Tracing Involving VDH and Schools
- COVID-19 Interim Testing Recommendations for K-12 Schools
- FAQ’s About K-12 Schools
- Higher Education Reopening Guidance
- COVID-19 in Virginia

Virginia Department of Education:
- Virginia’s Return to School Plan
- FAQ’s About K-12 Schools
- Phase Guidance for Virginia Schools
- Governor Northam Shares Guidance for Phased Reopening of PreK-12 Schools

REFERENCES


