



SPEA

SASKATCHEWAN PHYSICAL EDUCATION ASSOCIATION

**PHYSICAL EDUCATION RETURN TO
SCHOOL IMPLEMENTATION PLAN
FALL 2020**

Saskatchewan Physical Education Association Return to School Implementation Plan Fall 2020

The foundational and companion documents supporting this section of the return to school implementation plan for physical education is from PHE Canada:

[PHE Return to School Guidelines](#)

[New Health Protocols in Physical and Health Education](#)

[Tips for Teaching Physical and Health Education in Fall 2020](#)

Guidelines as set down by the Saskatchewan Health Authority (Chief Medical Officer), the Government of Saskatchewan (Re-Open Saskatchewan Living Document), the Ministry of Education (RPT), and Boards of Education along with their Senior Leadership Teams must be adhered to at all times and will ultimately supersede all recommendations here.

The School Environment and Facilities Cleaning

- **Establishing and communicating new safety protocols is important to begin the new school year. (Please refer to PHE Canada Health protocols)**
- Handwashing stations and hand sanitization procedures must be implemented before entering any physical education space including outdoor environments and then upon returning to another academic learning area.
- Proper (PPE) personal protective equipment must be made available for students, staff, and personal if required (disposable gloves, masks, disinfectant, shields)
- A clear procedure and schedule must be in place for the proper cleaning of equipment and facilities as related to physical education.
- Equipment must be sanitized and put away safely at the end of the day to ensure the proper cleaning of all hard surfaces and contact areas by the custodial staff.

Physical Space

- Besides the school gymnasium physical education can take place outdoors or in alternate spaces within the school and community if it is safe to do so (multi-purpose rooms, classrooms, hallways, open spaces, and community facilities)
- Playing and learning outdoors should be encouraged as much as possible.
- Ensure that proper entry and exit procedures are in place that promote physical distancing and sanitary actions.
- Open doors and windows if applicable to ensure an increase in ventilation and air flow.
- Evaluate the proper number of students allowable in physical spaces as per school division policy.
- Use a multiple of floor, hard surfaces, and field marking to ensure proper activity distances between students (poly spots, hoops, tape, paint, cones, floor tape, decals)
- The use of changerooms is not recommended at this time. Students should come dressed appropriately to be functional at school in all environments.

Equipment

- Sharing of equipment is not recommended. If possible a set of personal physical education equipment may be provided to each student to use. (cost may a factor here)
- Equipment used should be used on a rotational basis that includes proper cleaning and sanitization between student and classroom usage.
- Clear and standard procedures should be established as to how equipment is used, sanitized and stored.
- Students should all have their own personal water bottles.
- No use of pinnies or any equipment that has the potential to be shared among students.

Programming and Curricular Implementation

- Focus on what you can do rather than on what is not possible. Now is a great time to expand the depth and breath of the learning outcomes through enhanced scrutiny of learning outcome indicators.
- Timetable physical education to reflect provincial curriculum standards and time allocations.

- Encourage UbD planning that supports formative assessment practices in order to guide planning and instruction to respond to the learning and physical education needs of the students.
- This is an opportunity to encourage cross-curricular competencies and to support the health and wellness of children holistically throughout the school community.
- Prepare for a blended instructional approach to ensure that no matter what health guidelines are in place all students will have an opportunity to enhance their health, physical activity, and physical literacy (ensuring inclusionary practices for learning remain in place no matter the learning environment)

Intramurals and Recess

- Recess should be encouraged and implemented (staggered recess times may be appropriate)
- Free and unstructured play (especially outdoors) should be encouraged and may be beneficial to the overall mental and physical health of students returning to school after a lengthy lockdown.
- Remember to keep students as safe as necessary not as safe as possible. Outdoor risky and unstructured play has many hidden benefits that will support students during this pandemic.
- Intramurals should be restructured to ensure proper safety guidelines are followed and that it may provide another opportunity for physical activity and unstructured play.

Extra-curricular Activities

- Follow guidelines as set down by the Government of Saskatchewan.

[Extra-Curricular Government Guidelines](#)

- All SHSAA guidelines pertaining to the return of school sanctioned sport activities must be adhered to.

<https://www.shsaa.ca/>