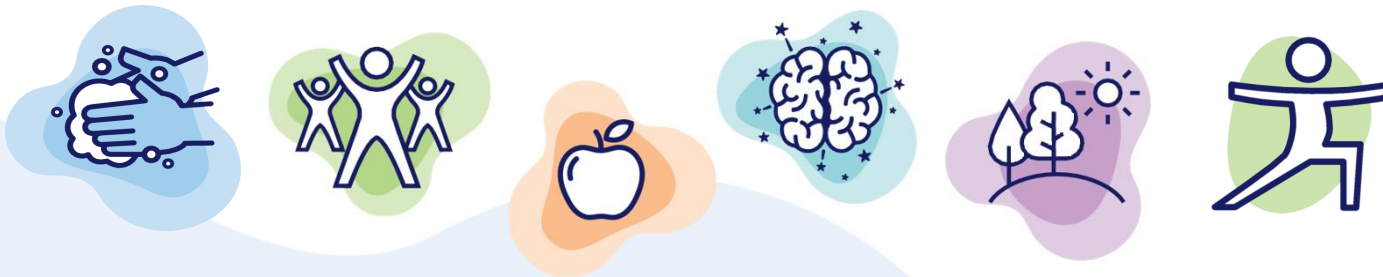


Arizona Department of Education Arts & Physical Education Digital Summit

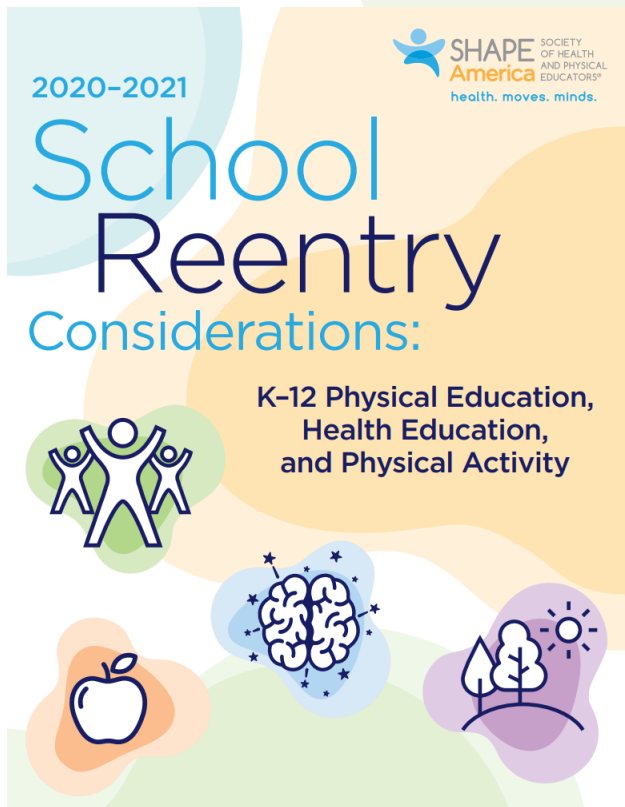


Kindness is
EVERYTHING

#healthmovesminds #worldkindnessday

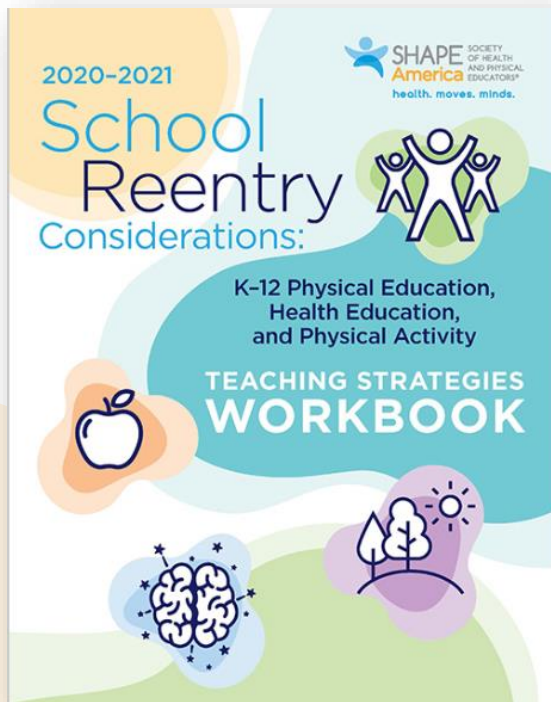
You make
our school a
better place.

School Reentry Considerations



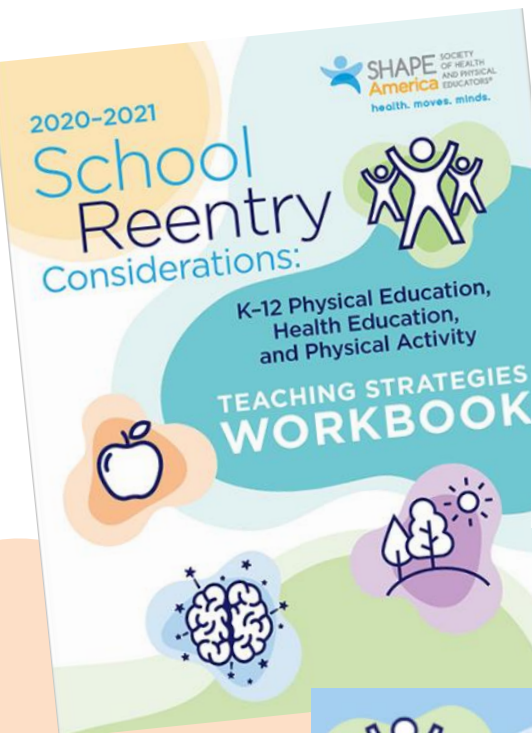
- **COVID-19 pandemic has dramatically changed how schools operate and illuminated the need to prioritize students' safety, health and well-being.**
- Intended to guide administrators, staff, and teachers as they prepare an environment for safe and supportive instruction.
- **It's time to prioritize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

School Reentry Teaching Strategies

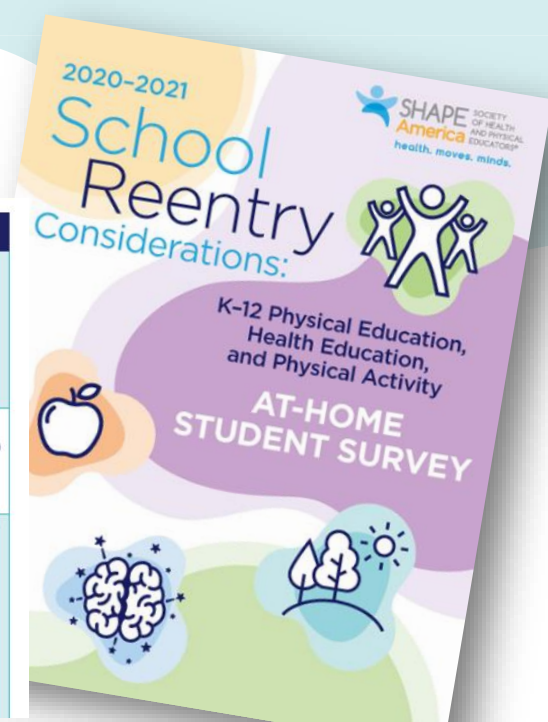


- Equity, Inclusion & Accessibility
- Social & Emotional Learning
- Trauma Sensitive Learning Environment
- Student Assessment

School Reentry Resources



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



How New Learning Models Can Help Us Have Healthy, Active Students



CNN health Food Fitness Wellness Parenting Vital Signs

LIVE TV Edition

What school gym class looks like in pandemic times

By Matt Villano, CNN

Updated 5:06 PM ET, Mon August 31, 2020



Fitness trainer Myriah Volk (far left) of Sebastopol, California, leads a socially distanced gym class through her PE Express 101 business.

(CNN) — For students from Meraki High School outside Sacramento, California, staying fit during the coronavirus pandemic has been as easy as playing solitaire.

Since the school shutdown this spring, students have taken part in a modified physical

More from CNN



Here's how you know Donald Trump is panicking about 2020...



Lindsay Graham may be in "deep" trouble



Choose the nation's #1 cancer center first

COVID-19 FITNESS HEALTH

The Importance of Physical Education Among our Youth During a Pandemic

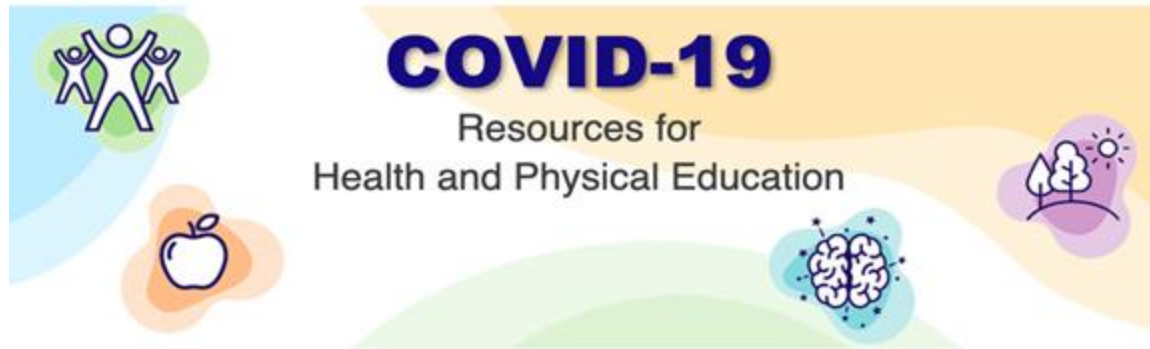
by BRo Guest Authors August 25, 2020, 10:12 am 0 Comments



PE adapts for social distancing and virtual learning

Officials emphasize trauma-informed practices, equity, inclusion and accessibility in physical education and activity during the pandemic.





Reentry Considerations

Professional Learning

Instructional Tools & Resources

SEL/Trauma-Informed Practices

Instructional Videos

Self-Care

Resource Finder

Select a category, filter or include document title in 'Search resources' box below to find the resources you need.

Search resources:

Categories:

Reentry Considerations

Instructional Tools & Resources

Professional Learning

Instructional Videos

Filters:

Distance Learning

In-Person Learning

Health

PE

K-2

3-5

6-8

9-12

SHAPE America: 2020-2021 School Reentry Considerations	<input type="button" value="v"/>	<input type="button" value="🔄"/>
SHAPE America: Guidelines for K-12 Online Physical Education	<input type="button" value="v"/>	<input type="button" value="📄"/> <input type="button" value="📶"/>
MOSHAPE-MoDESE: COVID-19 Reentry Teacher Resources	<input type="button" value="v"/>	<input type="button" value="🔄"/>
MOSHAPE-MoDESE: Panel Discussion, COVID-19 Reentry Teacher Resources	<input type="button" value="v"/>	<input type="button" value="🔄"/>

Professional Development & Resources

- Online physical education
- Equity & accessibility
- Adapted physical education
- Shifting models of learning
- Cultural competency
- Self-care for teachers
- Trauma-informed practice
- Building community

SHAPE **America** | **ONLINE** INSTITUTE 

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Served Daily**

for

Health and
Physical Education




SHAPE America Podcast


 **SHAPE** SOCIETY
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EDUCATORS
health. moves. minds.




Kaiser Permanente Thriving Schools





 IMPORTANT INFORMATION: COVID-19 UPDATE





Planning for the next normal at school

Keeping students, staff, teachers, and families safe and healthy

Version 2.0

Updated 10/5/2020

1  kp.org/thrivingschools

 KAISER PERMANENTE®

Contributing partners



Framework overview

Health dimensions for supporting continued learning in your schools

COVID-19 and the stay-at-home orders have had significant impacts on physical, mental, and social health. Kaiser Permanente has developed this framework to help you think about and address the various health dimensions for students, staff, teachers, and families as you embark on the “next normal” at school.

In this playbook, you'll find guidance for virtual and in-person learning environments, including:



Mental health and well-being

Understand how to assess and improve social-emotional health.



COVID-19 prevention

Make changes that help create a safe teaching and learning environment when school buildings reopen.



Social drivers of health

Manage nonmedical health needs and provide resources to address food security, economic opportunity, housing, transportation, and more.



Physical activity, physical education, and health education

Implement strategies to safely provide physical and health education and activities.



Staff and teacher well-being

Address health considerations specific to adults working in your schools.

This playbook prioritizes considerations of policy, equity, family and community engagement, and funding, which can all contribute to a successful and sustainable reopening and continued learning strategy. Utilize the [Quick Start Health Assessment](#) for additional support in identifying and prioritizing these key health considerations.

Checklist: 5 starter plays for implementing physical activity, physical education, and health education

These plays are useful in both in-person and virtual learning environments.

Print this page to help track your progress toward completing the 5 starter steps.



1. Require physical education and health education instruction

- ☐ Ensure inclusion of health education (HE) and physical education (PE) instruction time in the master school schedule. Don't allow waivers for either.
- ☐ PE and HE teachers should conduct [at-home student surveys](#) to design equitable and appropriate learning experiences that build meaningful relationships with students and families.
- ☐ [Include students with disabilities](#) in both in-person and virtual PE instruction. Adapt teaching strategies, equipment, environments, and assessments to meet the needs of all students.



2. Make necessary accommodations

- ☐ For in-person PE class, focus on [activities](#) that require no person-to-person contact and limited or no physical activity equipment.
- ☐ For virtual learning PE class, focus on [activities](#) that can be done in small spaces with equipment found at home.
- ☐ For in-person HE class, follow CDC and local guidance for classroom instruction. Focus on health decisions, health information, and coping skills.
- ☐ For virtual learning HE class, focus on developing connections with students, communicating expectations, creating consistency, and making content accessible for all learners.



3. Provide professional development

- ☐ Provide professional development to PE teachers and recess supervisors on schoolwide COVID-19 prevention protocols, equipment sanitation, and virtual learning strategies.
- ☐ PE instruction in the virtual environment may require the use of additional technology by PE teachers in order to deliver synchronous or asynchronous instruction and to assess students.
- ☐ Ensure that health and PE teachers receive sufficient support, funding, and professional development to make necessary adaptations to their curriculums.



4. Offer recess in person and virtually

- ☐ Utilize multiple locations for recess throughout the school and outside to reduce the number of students playing in one area.
- ☐ Ensure sufficient adult supervision.
- ☐ Limit use of play structures or play equipment.
- ☐ PE teachers should provide students and caregivers with guidance, resources, and [suggested physical activities](#) to help students participate in daily physical activity when learning from home.
- ☐ All teachers should schedule physical activity within their class time for their students to allow breaks from seat and screen time.



5. Offer physical activity in person or virtually

- ☐ Provide teachers with examples of classroom-based [physical activities](#) that can be used to safely increase student engagement, build community within the classroom, and reestablish rapport between students and teachers.
- ☐ Increase the emphasis on incorporating physical activity during transitions, the beginning of the school day, and the closing of the school day.
- ☐ Provide students and caregivers with daily [activities](#) to stay physically active and mentally healthy at home.
- ☐ Don't withhold physical activity breaks or require physical activities as disciplinary actions for students.

Local Advocacy

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 & 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!](#)

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!

Federal Advocacy

- CARES Act
- \$13.2 Billion in ESSER funds distributed to states & LEAs

 Relief	 Preparation & Prevention	 Recovery
March 13 – May 30, 2020 Meeting immediate needs and managing school closures and planning for summer school	June 1 – August 30, 2020 Addressing and stabilizing disruption and preparing for safe school openings, as well as a future health disruptions	September 1, 2020 - September 30, 2021 Managing on-going recovery needs of students and schools, and reimagining safe learning environments

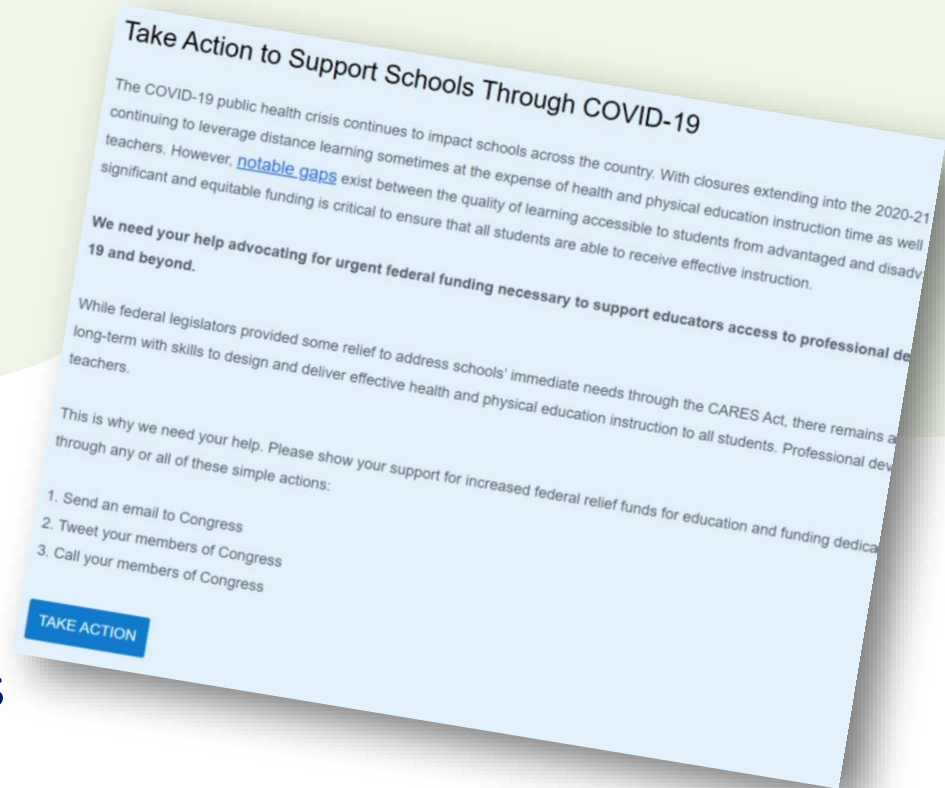
The CARES Act: A Federal Funding Opportunity for Health and Physical Education

Keri Schoeff June 2, 2020 Advocacy, Health & PE



Federal Advocacy

- Need for additional COVID bailout funding for schools
- HEROES 2.0 Passed in House
 - \$175B for K-12
 - \$39B higher ed
 - \$5B facilities repair
 - \$12B WiFi & hotspots
 - \$4B restore state & local \$
- Senate proposal tied to schools opening in person
- Please share & take action



Federal Advocacy

- Appropriations Continuing Resolution through Dec 11
 - Funds government at existing levels for ESSA, Title IV-A \$1.21B
- ESSA Title IV-A proposals in Congress
 - House \$1.21 Billion
 - Senate \$1.25 Billion
- How is your school spending their funds?
- Take action & advocate! #MoreTitleIV



Federal Advocacy

- Looking ahead to 2021
- Importance of BACKYARD ADVOCACY!
- New session of Congress
- New members of Congress
- Presidential Administration
- 2021 webinar in January
- Virtual SPEAK Out! Day in March



THANK YOU!

Carly Wright

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@CWrightHPE

