

The Louisiana [K-12 Physical Education Content Standards](#) is to provide physical education teachers, administrators and parents a guide to understanding and interpreting physical education for the future. The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. Effective physical education shall provide a minimum of 150 minutes per week to students in Grades K-8, and 1.5 credit hours to students in high school, of moderate to vigorous physical activity, essential skill knowledge and skill development, and opportunities to apply that knowledge and skills in a variety of physical activities. The skills and knowledge gained by students through physical education are especially important during the COVID-19 pandemic.

Follow [Strong Start 2020](#) guidelines for more safety and health guidelines.

Below are considerations for the physical environment, personal hygiene, equipment safety & sanitation, and instructional strategies for physical education.

Physical Environment

- Select a location for physical education instruction where students and staff can respect physical distancing guidelines and remain 6 feet apart. If available facilities do not have sufficient space, class sizes will need to be modified appropriately to allow for physical distancing of 6 feet apart.
- Complete an inventory of outdoor spaces (school yard, local parks and green spaces) and designate zones that can be used for PE
- Classes should not be combined, and class size should not be increased for physical education instruction. More space for instruction may be required for physical education class due to increased respiration of students when participating in moderate-to-vigorous physical activity
- Evaluate available outdoor spaces on school property. When possible, use outdoor spaces for physical education instruction. When outdoors, avoid the use of playground equipment, benches, or other permanent structures
- If students are required to stay inside the classroom have Physical Education Teachers rotate to each classroom to provide instruction throughout the day
- If using the gymnasium, open the doors to maximize air flow
- Advise students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors
- It is recommended that locker rooms are not to be used for changing and the requirement that students must change into a physical education uniform for participation in physical education
- incorporate marked off areas (e.g., poly spots, cones, visual aids, signs) to ensure physical distancing among students and reduce cross contamination
- Sanitize all equipment between class periods. Consult with the school-wide COVID-19 response team and [CDC Guidance](#) on proper sanitation procedures for cleaning.
- Encourage students to bring personal water bottles

Personal Hygiene

- Students and staff should be encouraged to wash hands before entering and exiting class. Use CDC downloadable resources on [handwashing](#) as visual cues and reminders to teach staff and students.
- If possible, have multiple hand cleaning stations inside the classroom and outside for students and staff to use (hand-sanitizing stations, portable handwashing stations).
- Follow all [Face Covering](#) guidelines that are set by Louisiana Department of Health guidelines and [Strong Start 2020](#) guidelines

Equipment Safety and Sanitation

- Keep each student's belongings in a separate, safe and clean space such as individually labeled cubbies, lockers, or areas. Consider purchasing baskets (**Milk Crates, see Food Service Staff**) to hold individual student belongings if previously mentioned spaces are not available

- Inventory physical education equipment at the school to identify which pieces of equipment can be easily and effectively sanitized

Instructional Strategies

- Continue to address all five [K-12 Physical Education Content Standards](#) by selecting associated activities that require little or no use of shared equipment by students. Educators may need to shift the focus of their curriculum. **NOTE: In some situations, it may not be possible to address all Grade-Level Outcomes due to the constraints of physical distancing**
- Use games and activities that require no physical contact and do not require students to be in close physical proximity to each other. Provide lessons that include no contact activities and no or limited equipment (e.g. shadow tag, jumping rope, running, etc.). Workstation equipment set-up should consider strategies for social distancing throughout activity.
- All efforts should be made at every level to assist students in creating personal activities and exercise plans that include logging and reporting of learning processes, achievement of standards and all available assessment benchmarks

Recess/Physical Activity

- Provide recess or free time to engage in safe physical activity daily for all K-12 students whenever possible. Recess should provide opportunities for all students to be active and allow free choice by students.
- Involve students in the planning and organizing of recess time, including discussion about activities, inclusion, social harm, equipment management, fair play, and hygiene practices to stop the spread of COVID-19
- Use painted play spaces or create play areas with stencils or cones to designate zones to help students identify how to safely comply with physical distancing guidelines and to provide sufficient opportunities for free choice during recess
- Follow [Strong Start 2020](#) guidelines for more safety and health guidelines.