

Updated
9-14-2020



2020-2021

K-12 Physical Education Protocols

SDPBC K-12 Physical Education Protocols Video Link - COMING SOON

High-performing A-rated District





Palm Beach County Physical Education



Eric Stern

Eric Stern - Administrator of Physical Education

eric.stern@palmbeachschools.org

Work Phone: (561)-629-6820

Initial Guidance Regarding Physical Education

2020-21 SDPBC Florida's Optional Innovative Reopening Plan

(8-12-2020)

- Elementary Physical Education Guidance on Page 5
- Middle and High School Physical Education Guidance on Page 6

SDPBC's COVID-19 Guiding Document SY21 (posted 8-24-2020)



K-12 Physical Education

- Developing physically literate students is extremely important. Physical literacy can be defined as, “the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person” (SHAPE America, 2014).
- This document provides schools with recommendations and guidelines for school reentry for K-12 physical education and physical activity. It will be updated as necessary to incorporate the changes in national guidance and recommendations.
- Finding new ways to support students’ physical, mental, social, and emotional health is paramount. Schools must offer physical education as part of a well-rounded education for all students.
- The COVID-19 pandemic has elevated the importance of prioritizing the health and well-being of all students.



SDPBC K-12 Physical Education Recommendations

Physical Education provides K-12 students with a planned, sequential, and standards-based curriculum. These programs are designed to develop motor skills, knowledge and behaviors for active living, and physical fitness. The skills and knowledge gained by students through physical education are especially important during the COVID-19 pandemic.

Each grade-band protocol document addresses the following categories:

- Physical Environment
- Personal Hygiene
- Instructional Strategies
- Assessment in Physical Education
- Classroom-Based Physical Education (Elementary Only)

Quick Links:

[K-5 PE Protocols](#)

[6-8 PE Protocols](#)

[9-12 PE Protocols](#)

**Updated
9-14-2020**



K-5 Physical Education Protocols

Updated
9-14-2020

Highlights from linked document above include:

- Once students start engaging in physical activity outside and maintain social distancing of at least six feet, they may remove the face coverings.
- While participating in physical education/physical activity classes, it should be noted that students need to hydrate as needed.
- Teachers should use a microphone and speaker when delivering instruction to students. The use of face coverings and the need for students to spread out to accommodate physical distancing may make it more difficult for teacher instructions to be heard.
- Mark off areas with chalk, poly spots, cones, visual aids, and signs to ensure physical distancing among students.
- Advise students to come to school dressed in attire that is appropriate and safe (clothing that is loose and comfortable with athletic shoes) for participation in physical education, whether indoors or outdoors.



Secondary Physical Education Protocols

6-8 PE Protocols and 9-12 PE Protocols

Updated
9-14-2020

Highlights from linked documents above include:

- Once students start engaging in physical activity outside and maintain social distancing of at least six feet, they may remove the face coverings.
- Delay the use of locker rooms and do not require students to change into a physical education uniform for participation.
- Select a location for instruction where students and staff can respect physical distancing guidelines. Ensure lessons are planned around the available space for instruction.
- Focus on individual pursuits and/or skills rather than team sports or activities (e.g., dance and rhythms, exercises without equipment, fitness, mindfulness, throwing underhand and more).
- Advise students to dress for school in attire that is appropriate and safe (clothing that is loose and comfortable with athletic shoes) for participation in physical education, whether indoors or outdoors.
- While participating in physical education/physical activity classes, students should hydrate as needed.



PALM BEACH COUNTY SCHOOLS
*Your **BEST** Choice!*

Palm Beach County



Physical Education

[Physical Education](#)
[Reentry Recommendation](#)
[References and Resources](#)



Eric Stern

Questions? Please contact:

Eric Stern - Administrator of Physical Education

eric.stern@palmbeachschools.org

Work Phone: (561)-629-6820