Good Shepherd Catholic School



Physical Education

Introduction

These guidelines are written with the goal of keeping the integrity of quality Physical Education programs while navigating through a "new normal." Physical Educators should work with their Administrators to formulate protocols that fall in line with the following guidelines:

Philosophy

Physical education is an integral part of the curriculum in an elementary school and essential that it continue safely.

Process

- 1. Weather permitting, PE class will be held outside. During inclement weather, PE will take place in the Gym/cafeteria. PE class may be held in the classroom if needed.
- 2. Students will wash or sanitize their hands before and after the PE class.
- 3. Students are encouraged to bring personal water bottles for hydration before, during and after PE.
- 4. Our PE teacher will be trained in sanitizing protocols set out by the OCE.
- 5. Equipment will be sanitized between each class.
- 6. Each class will have a bin of equipment that only they will use for recess and PE.
- 7. Social distancing activities will have priority; facemasks will be worn when social distancing is not possible.