

Back to School: Health Education & Physical Education During & Beyond the Pandemic

OAHPERD Coronavirus Task Force Members



1

Goals for Today:

1. Share an overview of the return to school resources.
2. Reinforce expectations, requirements, guidelines and supports for quality health education and physical education.
3. Discuss advocacy strategies and a connection to state initiatives.
4. Reinforce the importance of a Whole School, Whole Community, Whole Child approach to return to school.
 - Emphasize the importance of self-care.

2

Why Create a Task Force?

- Purpose: Support OAHPERD's members and mission for a healthy and physically active Ohio.
- The intent of the task force is:
 1. Coordinate OAHPERD's efforts.
 2. Share relevant information.
 3. Advocate for health, physical education and recreation.
 4. Provide guidance and support to the organization.

3

Who Are We? Task Force Members

- | | |
|-----------------|----------------------|
| • Traci Grissom | • Maria Schneider |
| • Kevin Lorson | • Ruthie Kucharewski |
| • Sasha Taylor | • Pam Bechtel |
| • Kent Hamilton | • Adrian Turner |
| • Julie Kenny | • Sativa Banks |



4

OAHPERD COVID-19 Return to School Resources

- Visit: <https://www.ohahperd.org/covid-19-resources>
- Subject Specific Resources
 - Health Education
 - Physical Education
 - SHAPE America Guidelines and Planning Documents
 - Health & Physical Education Advocacy Document
- State Guidelines & Resources
- CDC Guidelines & Resources
- Whole Child Resources

5

Updated Guidelines

- Ohio Guidelines
 - [Ohio Reset and Restart Planning Guide](#)
 - Local public health guidance
- CDC Considerations
 - [Considerations for Schools & Childcare](#)
 - [Considerations for Youth Sport](#)
- [SHAPE America Health Education, Physical Education and Physical Activity Guidelines](#)

6

OAHPERD Coronavirus Resources

- OAHPERD Position Statement
- Health Education & Physical Education Planning Tools
- Quality Health Education & Physical Education Advocacy
- Think Tank resources

7

General Considerations

- State and local public health directives lead the decision-making process.
- The purpose the toolkit and resources is to help you plan for the school year by posing key questions.
- The goal is to generate an individualized plan that helps you be flexible and prepared for any possible changes that might happen throughout the school year.
 - It is anticipated schools will move throughout the levels of risk and/or instructional formats throughout the year.

8

School Priorities

- Safe and Healthy Physical Environments
- Disease Prevention & Social Distancing
- Relationship building & creating a sense of belonging
 - Teacher-student
 - Student-student
 - Family engagement
- Staff Wellness & Self-Care

9

Health Education Guidance

- Health Education General Planning Guide
- OAHPERD Health Education Model Curriculum
 - Revisit your local curriculum to align your curriculum to the National Health Education Standards and the health education topics required in Ohio Revised Code
 - Utilize the Content Frameworks and Standards Priority Charts to develop your local scope and sequence.
 - Review your planning guide to ensure your curriculum is aligned and connected to the different instructional formats.
- Health Education Scope & Sequence
 - Essential, Modified, Not Applicable
- Plan units and lessons
 - How do I prioritize and plan when it seems things keep changing?

10

Health Education Matrix

	In-School Learning (Limited Restrictions)				In-School with Physical Distancing				Physical Distancing: No Common Areas				Blended (Online & In-Person)				Distance Learning Synchronous				Distance Learning Asynchronous							
	High				Moderate				Low				Minimal															
Content																												
Ohio Standards	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
	5	6	7	8	5	6	7	8	5	6	7	8	5	6	7	8	5	6	7	8	5	6	7	8	5	6	7	8
Activities/Topics	E	M	N/A		E	M	N/A		E	M	N/A		E	M	N/A		E	M	N/A		E	M	N/A		E	M	N/A	
Safety & Disease Prevention																												
Instructional Delivery Considerations																												
Technology																												
Disease Prevention																												
Equipment																												
Space																												
Safety																												
Hydration & Restroom																												

11

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Climate & Culture (Behavior & Relationship Building)																												
Physically & Emotionally Safe Environment																												
Building Relationships with & between Students																												
Creating a Sense of Belonging																												
Promoting Positive Behaviors																												
Other Considerations																												
Resources																												
Professional Development																												
Advocacy & Public Relations																												
Whole Child Initiatives																												
Engaging & Supporting Families																												
Comprehensive School Physical Activity Programs																												
Social-Emotional Learning Connections																												
Teacher Self-Care & Promoting Staff Wellness																												

12

Physical Education Guidance

- Physical Education General Planning Guide
- Ohio Physical Education Evaluation Covid-19 Planning Tool
- *Use this planning tool to meet your needs, it is not necessary to have something in each box, but it is an expectation you will implement all of the Physical Education Evaluation Assessments in 2020-21.
- Physical Education Scope & Sequence
 - Topics/Units - Essential, Modified or Not Applicable
- Plan Units and Lessons
 - Be sure to develop unit plans and lesson plans that could accommodate each of the instructional formats OR prioritize certain activities that can only take place in certain instructional formats.
- *It might be necessary to develop a High, Moderate and Low risk plan for the school year.*

13

Physical Education Evaluation Tool

- Goal – Plan to complete the Ohio Physical Education Evaluation based on local return to school plan.
 - Prepared for any range of possibilities.

Example from Grades 3-5

Example	Assessment Topic	Risk Level	Unit Topic or Activity
Standard 18	Dribbling	High	• Dribble throughout general space, changing direction and speed
		Moderate	• Dribble in self-space, through obstacle course
		Low	• Student submits video of dribble a ball completing a checklist of tasks

14

Physical Education Planning Matrix

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Content																														
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Hydration																														
Restroom or Locker room																														

15

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16

Comprehensive School Physical Activity Programs (CSPAP)

- How can you support your students, school, and staff to be physically active?



17

Whole Child

- Our goal is each student is:
 - Healthy
 - Safe
 - Supported
 - Challenged
 - Engaged
- How do you meet the needs of whole child?
- Opportunities to connect, reinforce and enhance school health.



18

Advocacy

- The important role of health and education has been reinforced in Ohio's return to school plans.
 - We need school for our students' health.
- Benefits of health education, physical education, and the whole child.
- Know the requirements & utilize them.
- Be an advocate
 - Communicate, share, and engage stakeholders

19

Self-Care: Keep your battery charged & healthy!

- Quick charge
- Plug it in
- Maintenance, renewal, & long-term battery care



20

Keys to 2020-21

- Plan for the best and be flexible
 - Prepared for any option
 - Taking a long-term view, but a short-term perspective
- Grace & patience
- Get connected & stay connected
 - Build relationships
 - Professional organizations, mentors, and colleagues
 - Students, families, and communities