



**THE DISTRICT**  
YSLETA INDEPENDENT SCHOOL DISTRICT

# PHYSICAL EDUCATION PLAN

Reset, Reimagine, and Respond:  
Reentry Plan for Fall 2020

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# INTRODUCTION

This document provides Ysleta ISD schools with guidelines for K-12 physical education and health education. It will be updated as necessary to incorporate changes in federal, state and/or local guidelines and protocols. Recommendations included in this document are to be used by school administration, physical education staff, and health teachers to make decisions appropriate for their school's circumstances.

The recommendations and strategies included in this document are based on the guidance for schools provided by the Centers for Disease Control and Prevention (CDC) and national recommendations for physical education, health education, recess, and classroom-based physical activity.

The health and safety of our students is our #1 priority, and the following guidance is based on what is currently known about the coronavirus disease (COVID-19). The Athletics Department designed this guidance to help prevent workplace exposure to COVID-19 for all students, coaches, and staff. This guidance will be updated as additional information becomes available.

Athletics will continue to work closely with the TEA, campus administration, the State of Texas, and City of El Paso health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions of public health officials regarding community level strategies.

## Physical Education (PE)

### A. Physical Environment

1. Select a location for PE instruction where students and staff can abide by social distancing requirements and remain 6 feet apart. If available facilities do not have sufficient space, class sizes should be adjusted appropriately to allow for 6 feet of distance between students/staff. When possible, use outdoor spaces for PE instruction. However, when outdoors, avoid the use of playground equipment, benches, or other permanent structures.
2. Avoid physical contact with others. Do not shake hands, hug, fist-bump, or high-five.
3. Classes should not be combined, and class size should not be increased for PE instruction. More space for instruction may be required for PE class due to increased respiration of students when participating in moderate-to-vigorous physical activity.
4. If students are required to remain in the same classroom for all instructional periods throughout the day, have PE teachers rotate through classrooms to deliver instruction. Ensure PE teachers are familiar with the classrooms and spaces where instruction will be delivered, so they may adjust their lessons and activities appropriately based on the space available.
5. If using the gymnasium or multipurpose room for instruction, keep doors and windows open, if possible, to maximize circulation and air flow in order to accommodate increased respiration by students while participating in physical activity. Consult with the schoolwide COVID-19 Response Team to ensure ventilation system is working properly and the opening of doors and windows is safe for students/staff.
6. Consider postponing or modifying units of instruction that take place in school weight rooms and/or consult local community COVID-19 guidelines on the use of these type of facilities.
7. Coordinate with classroom teachers and the schoolwide COVID-19 Response Team on a plan for transporting students from the classroom to the PE space (gymnasium, outdoors, multipurpose room, etc.). Provide visual guides and signs on floors and in hallways to ensure social distancing as students and staff move from classroom to the PE space and back.
8. Ensure safe access to facilities. Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
9. Advise students to come to school dressed in clothes appropriate for participation in PE, whether indoors or outdoors. It is recommended schools eliminate the use of locker rooms and the requirement for students to change into a PE uniform for participation in PE.
10. Plan to incorporate painted play spaces and/or marked off areas (poly spots, cones, visual aids, signs, etc.) to ensure physical distance between students during physical activity.

11. Consult with the school-wide COVID-19 Response Team and CDC guidance on proper sanitation procedures for cleaning high-touch surfaces in your facility (doorknobs, tables, handles).
12. Students will be required to bring their own individually labeled water bottles. They are prohibited from sharing water bottles. Water refill stations will be provided and supervised by a coach. Water fountains will not be available for student use.

#### B. Personal Hygiene

1. Hand washing/sanitation will be emphasized before, during, and after PE activities when practicable.
2. Students will be taught proper hand hygiene, respiratory etiquette, and social distancing requirements. Visuals and reminders will be posted in areas where PE classes are held.
3. Face coverings are encouraged for staff and students during physical activity, if feasible, and are required when social distancing is difficult. Face coverings are not recommended for anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
4. During restroom breaks, students are required to wash hands; utilize the “one in, one out” model, and sanitize hands after exiting. Trash cans will be placed near doors to encourage students to open the door with the paper towel used to dry hands. Locker room use is not allowed for any reason.

#### C. Equipment Safety & Sanitation

1. Limit use of PE equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period.
2. Take inventory of PE equipment at the school to identify which pieces of equipment can be easily and effectively sanitized. Some materials (porous or cloth material) cannot be effectively cleaned and should be removed from instructional areas (area rugs, pillows, cushions, etc.).
3. For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. Properly clean and disinfect equipment between classes. If there is no equitable access to equipment for all students, or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.
4. If using equipment, keep extra materials available in case a piece of equipment being used by a student becomes dirty or unsanitary during a lesson or activity.
5. Keep each student’s belongings in a separate, safe, and clean space, such as individually labeled cubbies, lockers, baskets, or areas.

#### D. Instructional Strategies

1. All Texas Essential Knowledge and Skills (TEKS) will continue to be addressed by selecting associated games and activities that require no physical contact; do not require students to be in close physical proximity to each other; and require little to no use of shared equipment by students.
2. 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.
3. The focus of activities will be more on individual pursuits or skills rather than traditional team sports or activities (dance & rhythms, exercises without equipment, fitness, mindfulness, outdoor pursuits, track & field, throwing underhand, kicking and target games, etc.).
4. Lessons are to be planned around the available space for instruction.
5. Identify activities and units that can enhance the development of health education skills (e.g., self-management, interpersonal communication).

## Health Education

### A. Physical Environment

1. In classroom, space desks or tables at least 6 feet apart.
2. Desks should face the same direction. If using tables, have students sit on only one side of the table spaced 6 feet apart. Utilize district-provided desk dividers for all desks and tables.
3. Keep each student's belongings in a separate, safe, and clean space such as individually labeled cubbies, lockers, baskets, or areas.
4. Ensure adequate supplies for all students to eliminate sharing of high-touch materials such as textbooks, instructional materials, and equipment to the extent possible. Clean and disinfect supplies after student use and in between class periods.

### B. Personal Hygiene

1. Hand washing/sanitation will be emphasized before, during, and after health class when possible.
2. Students will be taught proper hand hygiene, respiratory etiquette, and social distancing requirements. Visuals and reminders will be posted throughout classroom.
3. Face coverings are to be worn by staff and students according to the Protocols for Face Coverings. Face coverings are not recommended for anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.

### C. Instructional Strategies

1. All TEKS will continue to be addressed by selecting associated activities that require no physical contact and do not require students to be in close physical proximity to each other and require little or no use of shared equipment and/or /supplies by students.
2. Teachers should consider focusing on certain skills and content that are more relevant during the COVID-19 pandemic.