

## Guidelines for Temporary Modifications to DCS Physical Education

As our school re-opens for the 2020-21 school year, we know it will not be a return to learning as it once was. The entire school day has been impacted, as has Physical Education.

Using guidelines from the CDC, NYSED, DOH and our school, here's the game plan for in-person learning in PE this year.

### Safety

1. Students and teachers should wear masks. The CDC recommends wearing a mask during physical activity and it is critical when social distancing can not be maintained. You may want to bring an extra mask to use after PE is over.
2. Students should clean and sanitize their hands (handwashing-soap and water, hand sanitizer) before and after class. If you feel you must sanitize your hands during class, please ask your teacher.
3. Please do not share personal belongings or items that are difficult to clean and disinfect.
4. There are markings on the floor to allow for safe and proper spacing. There may also be markings around the perimeter for you to put your belongings.
5. Bring your own water bottle and keep it with your belongings. Do not share it.
6. The locker rooms will not be used for changing, but the bathrooms and water will be available. Social distance requirements apply.
7. Any equipment used for class will be disinfected after class and sometimes during class.
8. Handshakes/high 5's/fist bumps are discouraged. Continue to use compliments for good plays.

### Grading

There will be one change to you for earning a passing grade in PE this year. We still expect you to be prepared for class and on time, give a solid effort, be respectful and be safe, and will grade you as we have in the past. **The only difference is that you will not need to change into gym clothes to participate.** You still must wear sneakers and be prepared to go outside more. We will go outside as much as possible, so **be prepared** for any situation on any day. If you forget sneakers, you can borrow some from the box, and they will be disinfected after use.

### Activities

1. We must limit our activity choices at this time. Many of the team games we play are invasion games and considered high risk. We will be focusing on activities that are considered moderate and low risk activities.
2. At this time the weight room is not an option.
3. For some activities, you may wish to bring your own equipment.

### Other

1. When you come to class, sanitize your hands, and sit or stand in a marked position on the gym floor. One person per spot. We will tell you what the day's plan is when everyone is accounted for. Masks can be off while seated in this spot.
2. At the end of class, in the gym, after you've sanitized your hands, sit or stand in an open marked position, one person per spot and wait for the dismissal bell. Masks can be off while seated in this spot.
3. For those who are learning remotely now, and in the event our school has to close and everyone learns from home, activity logs will be posted on google classroom for PE. These logs are similar to what you did in the spring. However, they should be filled in only on the days you would have PE. For example, if you were to have PE only Tuesday and Thursday, you would fill in your log for those two days only. If you were to have PE three days that week, fill it in for Monday, Wednesday and Friday. The logs would be due at the end of the week, on Friday. Late logs will be accepted until Sunday. After Sunday, no credit will be given. \*\* You do not need to log on to attend class virtually for PE class.\*\*

While the current situation is not ideal, we will do the best we can with what we've got to work with. We also need to modify our plan as the need arises and thank you in advance for your cooperation. If you have any questions, please contact Mrs. Hill or Mr. Feeney at DCS.