

The Louisiana [K-12 Physical Education Content Standards](#) are designed to provide physical education teachers, administrators and parents a guide to understanding and interpreting physical education for the future. The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. Students in grades K-8 should be provided with daily physical education to develop essential knowledge and skills, and opportunities to apply that knowledge and skills in a variety of physical activities. High School students shall earn a half unit of Health and 1.5 units of Physical Education to graduate. The skills and knowledge gained by students through physical education are especially important during the COVID-19 pandemic.

Follow the Louisiana Department of Education (LDOE) [Ready to Achieve 2021-2022](#) guidelines for more safety and health guidelines.

Below are considerations for the physical environment, personal hygiene, equipment safety & sanitation, and instructional strategies for physical education.

Physical Environment

- The maximum group size that may convene indoors in a single room should be determined by physical distancing requirement.
- Younger students who are unable to wear face coverings or maintain a physical distance from other students or adults should be assigned static groups. This should include, at a minimum, students in grade 2 or lower. The static group composition should be maintained for as long as possible.
- The composition of a group may change if students are able to maintain a physical distance of at least three feet from other students and six feet from adults in a classroom or indoor setting, to the greatest extent possible. Adults should maintain six feet of distance from other adults.
- Follow the Louisiana Department of Education (LDOE) [Ready to Achieve 2021-2022](#) guidelines for face coverings.
- While outdoors, all fully vaccinated and unvaccinated adults and students do not need to mask if they adhere to physical distancing requirements.
- To the greatest extent possible, schools must limit crowding at entry and exit points and maintain maximum group sizes and physical distance recommendations. Have designated enter (drop-off) and exit (pick-up) processes for staff and students.
- If groups convene outdoors, a physical barrier is not required, but each group should remain separated.
- Complete an inventory of outdoor spaces (schoolyard, local parks and green spaces) and designate zones that can be used for PE. When possible, use outdoor spaces for physical education instruction.
- If students are required to stay inside the classroom, have Physical Education Teachers rotate to each classroom to provide instruction throughout the day.
- If using the gymnasium, open the doors or windows to maximize air flow.
- Advise students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors.
- Incorporate marked off areas (e.g., poly spots, cones, visual aids, signs) to ensure physical distancing among students and reduce cross contamination.
- Designate each cohort, or grade level with specific physical education equipment. This will help with sanitation and frequently touched equipment.
- Frequently touched surfaces should undergo cleaning with a commercially available cleaning solution, including EPA-approved disinfectants or a diluted bleach solution, multiple times throughout the day.
- Playground equipment and athletic equipment should be cleaned daily or as necessary, depending on frequency of use. Refer to the [Ready to Achieve 2021-2022](#) guidelines and [CDC Guidance](#) on proper sanitation procedures for cleaning.
- Encourage students to bring personal water bottles.

Personal Hygiene

- Students and staff should be encouraged to wash hands before entering and exiting class. Use CDC downloadable resources on [handwashing](#) as visual cues and reminders to teach staff and students.
- If possible, have multiple hand cleaning stations inside the classroom and outside for students and staff to use (hand-sanitizing stations, portable handwashing stations).
- Follow all [Face Covering](#) guidelines that are set by Louisiana Department of Health guidelines and LDOE [Ready to Achieve 2021-2022](#) guideline.

Equipment Safety and Sanitation

- Try to keep each student's belongings in a separate, safe and clean space such as individually labeled cubbies, lockers, or areas. Consider purchasing baskets (**Milk Crates, see Food Service Staff**) to hold individual student belongings if previously mentioned spaces are not available.
- Inventory physical education equipment at the school to identify which pieces of equipment can be easily and effectively sanitized.

Instructional Strategies

- Continue to address all five [K-12 Physical Education Content Standards](#) by selecting associated activities that require little or no use of shared equipment by students. Educators may need to shift the focus of their curriculum.
- Use games and activities that require no physical contact and do not require students to be in close physical proximity to each other. Provide lessons that include no contact activities and no or limited equipment (e.g. shadow tag, jumping rope, running, etc.). Workstation equipment set-up should consider strategies for social distancing throughout activity.
- All efforts should be made at every level to assist students in creating personal activities and exercise plans that include logging and reporting of learning processes, achievement of standards and all available assessment benchmarks.

Recess/Physical Activity

- Try to provide recess or free time to engage in safe physical activity daily for all K-12 students whenever possible. Recess should provide opportunities for all students to be active and allow free choice by students.
- Involve students in the planning and organizing of recess time, including discussion about activities, inclusion, social harm, equipment management, fair play, and hygiene practices to stop the spread of COVID-19.
- Use painted play spaces or create play areas with stencils or cones to designate zones to help students identify how to safely comply with physical distancing guidelines and to provide sufficient opportunities for free choice during recess.

NOTE: Best practices may change in accordance with updates from the Centers for Disease Control (CDC) and Louisiana's Office of Public Health. Best practices are based on current medical knowledge of how COVID-19 is transmitted, primarily through close physical contact.