

Physical Activity at Home Survey

Dear _____
(District) _____ Family,

I am the Adapted Physical Education (APE) teacher currently assigned to provide services for your child. At this time, the APE department is wanting to do as much as possible to ensure that every child has the opportunity to remain physically active while schools are closed due to COVID-19.

***Remember that your child's safety and health is the districts utmost priority.** If you intend to participate in physical activities outside of your house or within your community, be sure to follow all existing COVID-19 protocols (social distancing, 20 second handwashing, face-touching, etc.). Sharing sport equipment, using playground equipment and drinking out of public drinking fountains is not recommended. Please take every precaution necessary to ensure that your family remains safe and healthy while participating in all future physical activities.

Access to Sport Equipment

Throwing Equipment:

Example: Tennis ball, frisbee
basketball, frisbee, whiffle ball etc.

In my home, I currently have access to...

Kicking Equipment:

Example: Soccer Ball, Playground
Ball, Football, etc.

Striking Equipment:

Example: Baseball bat, balloons,
tennis racquet, badminton racquet, etc.

Other Considerations

<i>Please mark with an "X"</i>	Frequent Access	Some Access	No Access
Internet (Wi-fi)			
Technology (I-Pad, PC, Television, etc.)			
Large open space (yard, field, track, etc.)			
Able-bodied family member who is willing to administer physical activities			
Family member that is familiar with technology and accessing digital content.			

After completing this survey, please E-mail or mail the form to _____ (Appropriate District Address) _____. Until schools reopen, the APE department will continue to provide your family with support and resources. If you have any questions or concerns, please do not hesitate to contact me at _____ (APE E-mail and or Appropriate Phone #) _____. Please remain calm, safe, healthy and ACTIVE!

Sincerely,

(Signature)

