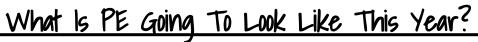


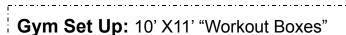
TCCS Physical Education Mrs. Christy Valentine 2020-2021



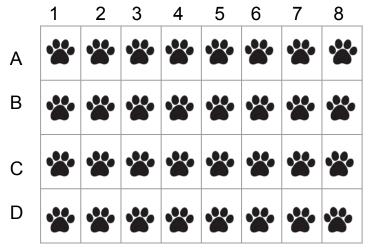
Using the recommendations from the Center for Disease Control for both youth sports and classrooms, SHAPE Pennsylvania and SHAPE America (Society of Health and Physical Educators), TCCS physical education will be conducted every day in the gymnasium and outside spaces. Students in elementary grades will be have physical education once a week for 43 minutes and students in middle and high school will have daily physical education if enrolled in a class during the semester.

Procedures:

- Students are required to have a clean pair of tennis shoes to participate in indoor PE and recess. These shoes are recommended to be kept at school. Upper elementary through high school will be going outside as much as possible and will want to bring or wear a pair of shoes to school that can be worn outside as well.
- There is no locker room usage this year. Students are advised to dress for participation in physical education to school. This is a recommendation by the CDC and SHAPE. Good hygiene is always encouraged, so proper workout clothes are a must.
- Middle and high school students will place their belongings in designated areas in the gymnasium and change their shoes. Water bottles with students' names on them are advised for all grade levels.
- Hand sanitizer will be used prior to class and before placing masks back on at the end of class
- All equipment will be sanitized after/before being used. Each student will
 use their own designated equipment throughout the class period with few
 exceptions. We will be using limited equipment.
- Middle school and high school students may be asked to help wipe down equipment at the end of the period. Elementary will not be asked to help.
- Masks will be worn to and from physical education class and when traveling to
 the field or playground for outdoor physical education. Middle and high school
 students will be asked to put their masks with their belongings maintaining
 social distancing until they arrive in their "workout boxes". Elementary
 students will be each given a plastic bag with their name on it, to seal their
 mask into during class when distanced.



Up to 32 students in the gymnasium can be socially distanced. No shared equipment unless using feet. (i.e. soccer) Students will still be able to move around the perimeter of the gym floor. This will be a similar set up when outside. Paw prints are color coded for activities.















What Activities Will We Be Able To Do?

Activities as far as team sports will not be possible due to space restrictions. However, there is a lot we still can learn and do!!! It's up to the students to be respectful, responsible, and safe! As the students learn to stay and move in their distanced spaces, we will be able to add more activities and leave our boxes...but this will take practice!

Elementary Activities:

Locomotor, non-locomotor, manipulative (throwing, kicking, dribbling, etc.), dance, balance and flexibility, jump roping, fitness activities, and running activities (obstacle courses).

Upper Elementary, Middle School, and High School Activities:

Running/Walking Trails
Fitness and Cross Training
Yoga/Mindfulness
Jump Rope
Dance
Golf



Disc golf

Grid Style/"Foosball" Activities-Soccer, Field Hockey, Floor Hockey Racquet Sports with modifications

Dear Parents/Guardians:

We are learning as we go and I will try my very best to keep your child safe and active during this challenging time! Physical activity is not only an important part of your child's physical health but vital for their mental health as well! This will be challenging for both the students and myself but we will figure it out and have fun as we establish new routines! As always, if you have any concerns please feel free to contact myself via email or the school phone number. I personally will be wearing a mask at all times when indoors and will only remove it outside if I am more than 6+ feet away from the students. I am looking forward to seeing and being active with the Bulldogs again!

Sincerely,
 Christy Valentine
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