

# Tuscola East Prairie PE Plan for 2020-21

Due to the COVID-19 virus the PE department will have to make some modifications to the routine that we have done in the past. This document will hopefully give us a plan as to what students and teachers can expect from PE classes. This will need to be flexible because things can always change very quickly.

## **Students entering the gym for Class**

- Students will need to first apply hand sanitizer as they enter the gym, remembering to keep their distance from each other.
- Students will need to go directly to their assigned spot which will be at least six feet apart from any other student. PE teachers will give each student a spot that is marked on the floor. Students need to STAND at their spot and remain 6 feet apart until they are directed otherwise by their teacher.
- All jewelry must be placed in a small container and then in the student's backpack.
- Materials (backpacks) can remain in the student's spot during class. They could also be put in another designated spot such as spread out along the wall.
- Attendance will be taken while students are standing in their assigned spots. NO ONE is dressing for PE. Remote students' attendance will also have to be taken at this time.
- Once attendance is taken and announcements are made, students will go outside to stretch/run to begin class (weather permitting). Students will need to remain 6 feet apart while doing this. Masks can come off at this time and put in their pockets or with their materials.

## **Students exiting class**

- Students will sit in designated spots when coming back in. These spots may be on the bleachers or at their original spots when coming into class. Masks will have to come back on when entering the building.
- Students will be released in sections to help with social distancing when it is time to leave.
- Hand sanitizer must be applied once more before students leave the gym.

## **Cleaning**

- Every students' assigned spot on the gym floor will need to be sprayed before the following class comes in.
- Every piece of equipment used will need to be cleaned before the next class. "Cleaning students" may be assigned to assist in this.
- Any ball or other object cannot be touched by another student until it is cleaned. Sanitizing buckets could be used in order to help with this. For example- a student could hit a golf ball, drop it in the sanitizing bucket, and then another student could grab it out of the bucket.

### **Activities for Remote Learners**

- Remote learners will have to meet online for attendance each day when class begins.
- Remote learners should be given instruction at the beginning of class and then be allowed time to do what they need to do. They should then check back in before the end of class.
- Remote learners could do something similar to what the rest of the PE class is doing or they could also be given something else such as an exercise routine on a Youtube video.
- Remote learners should be encouraged to record their heart rates during some activities with the goal of getting to their target heart range.

### **Inside Class Days**

- There will be days where students will be forced to be inside due to weather. Teachers will have activities to do and routines will hopefully be kept about the same.
- Students will need to wear masks throughout the class if we are inside. The activities we do might be kept less strenuous for this reason.
- There may be a section (girls or boys) that will have to go to another area besides the gym if the number of students exceeds 50 total.

### **Grading**

- Grading will have two parts:
  - Each day students will receive a daily grade for effort and attitude. Each student should be able to earn all these points each day simply by doing what they are told and putting in a good effort for whatever activity is planned that day.
  - Students that are in-class will also get a dress grade. This will be for having proper PE shoes for class. This means no sandals, boots, flip-flops, dress shoes, or any other type of non-athletic shoe. Please talk with your individual PE teacher if you have any questions on this. Remote students will not have to worry about this. All points will come from effort/attitude.
- It is suggested that students keep a pair of athletic shoes in their bag if they choose to wear shoes to school that would not be suitable for PE. Shoes for PE must be clean as well, especially if we stay inside.
- Talk to your individual PE teacher for the exact break-down of points. It is strongly recommended to check Teacherease on a weekly basis to better understand your grade.

### Class Outline for 1st Quarter

This will most certainly be flexible. The 8th Grade will most likely have health lessons built in at some point, some running days could be switched with activity days (golf), etc.

<b>East Prairie PE</b>					
	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<i>Week #1</i> Aug 24 - 28	<b>Boys:</b> Intro to Class <b>Girls:</b>	<b>Boys:</b> Intro to Class <b>Girls:</b>	<b>Boys:</b> Calisthenics <b>Girls:</b>	<b>Boys:</b> Golf <b>Girls:</b>	<b>Boys:</b> Golf <b>Girls:</b>
<i>Week #2</i> Aug 31 - Sept 4	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf
<i>Week #3</i> Sept 7 - 11	<b>Labor Day</b>	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf
<i>Week #4</i> Sept 14 - 18	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Golf <b>Girls:</b> Fris Golf
<i>Week #5</i> Sept 21 - 25	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf
<i>Week #6</i> Sept 28 - Oct 2	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf
<i>Week #7</i> Oct 5 - 9	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf
<i>Week #8</i> Oct 12 - 16	<b>Columbus Day</b>	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf	<b>Boys:</b> Cal <b>Girls:</b> Cal	<b>Boys:</b> Run/Walk <b>Girls:</b> Run/Walk	<b>Boys:</b> Fris Golf <b>Girls:</b> Golf