

Physical Education Guidelines

Elementary and Secondary Schools



The following guidelines are provided to assist school administrators in planning for the safe delivery of Physical Education during the Reopening of Schools for the 2020-2021 school year and are based on the Ministry of Education “Guide to Reopening Ontario’s Schools”. Additional resources for Physical Education and “play” are available through PHE Canada ([PHE Canada’s Return to School Guidelines](#)). Principals and Vice-principals should consider the following guidelines in planning for the unique needs of each school community:

Gymnasium Use

- Gymnasiums should only be used where physical distancing protocols can be followed.
- Change rooms should not be used unless absolutely necessary and capacity must be monitored to ensure physical distancing requirements are adhered to.
- Consider modifying layouts and using physical and visual guides, such as tape or ropes on floors, grass or sidewalks, and signs on walls to facilitate physical distancing.
- In all elementary and applicable secondary Health & Physical Education courses/classes, efforts should be made to address the overall expectations of the Active Living and Movement strands **outdoors** whenever possible.

Equipment Use

- **Masks must be worn by all students in Grades 4 through 12 while indoors, including physical activity in a gymnasium, weight room, multi-use room, etc.** Students in Grades K-3 are encouraged to wear face covering at all times.
- In addition to planning program delivery that supports physical distancing, teachers should limit the use of shared equipment.
- Shared equipment should be disinfected before and after use
- Handwashing or sanitization should be done before and after physical activity and equipment use.

Additional Resources

- Staff may wish to consult Physical & Health Education (PHE) Canada’s resource ([Physical & Health Education \(PHE\) Canada's resource](#)) or the Ontario Physical and Health Education Association (Ophea) website ([Ontario Physical and Health Education Association \(Ophea\)](#)) for suggestions on teaching physical education in line with current public health recommendations.