

Advocating for Physical Education During COVID-19 and Beyond

A GUIDE FOR PARENTS AND CAREGIVERS



COVID-19 has brought many changes, especially in education where schools have faced challenges in providing quality education as they adapt to remote, in-person and hybrid models. As a result of these challenges, physical education in schools might look very different than previous years.

It is important that students have access to physical education regardless of how instruction is delivered. Children's physical health and well-being should always be prioritized. Physical education does not happen without support from parents/caregivers and educational leaders, which all have important roles to play:

- Physical education teachers plan lessons and teach students to enjoy many types of movement and be fit and healthy for a lifetime.
- Principals schedule classes and make sure teachers are providing effective instruction.
- Superintendents and school boards decide how to fund physical education classes, teachers and facilities.

Parents and caregivers can influence all three of these groups by using this document to ensure that physical education is provided to all students. To start conversations with the right people, use these action-oriented discussion points.



When Reaching Out To:

PHYSICAL EDUCATION TEACHERS



ASK THEM TO

- Share information with families about how physical education is taught (e.g., days per week, minutes per class, standards addressed) as well as expectations for additional physical activity through physical education assignments.
- Provide various ways to participate in physical education (e.g., alternatives to normal physical education equipment, videos of teacher, live classes, written instructions, videos to follow) to meet all students' needs.
- Promote Active Schools' "[Guide to Engaging Parents in School Physical Education and Physical Activity](#)".

PRINCIPALS



ASK THEM TO

- Make physical education classes mandatory.
- Ensure that [students with special needs are receiving appropriate instruction](#).
- Support physical education by sharing resources and tools with the school community.
- Include physical education teachers in COVID schoolwide planning and trainings.

SUPERINTENDENTS & SCHOOL BOARDS



ASK THEM TO

- Hire and retain licensed, certified physical education teachers.
- Provide professional development for physical education teachers including COVID-specific approaches.
- Ensure that every school has adequate equipment in good condition that meets the needs of all students.
- Establish inclusive policies and practices to ensure that physical education classes are available.
- Provide support for remote, hybrid and in-person instruction including funding for learning platforms, [sanitation supplies and physical distancing practices](#).