

## Cross-Canada Check-In Session: Summary of the May 29 Session

### Documents:

- <https://phecanada.ca/activate/return-school-phe-guidelines> (EN)
- <https://eps-canada.ca/activez/retour-lecole-lignes-directrices-pour-leps> (FR)

The purpose of the Guidelines document is to show that PHE is possible and critical for the mental and physical well-being of students and teachers as they return to school. Now is the time for everyone to advocate for the inclusion of PHE - this document is meant to start those conversations. Many of the recommendations also apply to other subject areas beyond Physical and Health Education.

### How has this document been shared already?

- HPE Department Heads
- Colleagues from all subject areas
- Sent directly to government officials on Twitter
- Shared with Directors of Education
- Shared with all superintendents, principals and PHE teachers in our board
- Shared with provincial and territorial teachers organizations

### Ongoing concerns of participants:

- We are at a new, inner city, secondary school with no field or outdoor activity area, and a very small fitness room. Space was already an issue so next year will be quite the challenge. And, many of our students rely on public transportation.
- Extra curricular activities are not scheduled for the fall, how can we introduce those safely?
- Will cost be prohibitive for the creation of Student PE kits? Can budgets be re-profiled to account for these extra equipment needs?
- Will the re-opening of public gyms, will Resistance courses be able to be included in schools in the fall?
- How can we use this document to develop grade and course specific guidelines?
- How can we successfully and effectively assess students in any of the return to school scenarios? We may have to reach outside the box to ensure quality assessment.

### Resources:

- When Should School Re-Open? Final Report SAGE  
<http://www.independentsage.org/wp-content/uploads/2020/05/Independent-Sage-Brief-Report-on-Schools-5.pdf>
- We created 4 videos based on skipping ropes, small stress balls, balloons and bean bags. We also have printable game instructions to go along with them that have some

messaging around physical literacy and fundamental movement skills.

<https://www.youtube.com/channel/UCVrqXC5YEn9eMKzjXSiS7Kg>

- OPEN.org out of the states also created some physical distancing games. Might provide some ideas <https://openphysed.org/wp-content/uploads/2020/03/MMNOW00-CompletePacketVol1.pdf>

Positive opportunities for the fall:

- This will be a really good time to focus on fundamental movement skills
- This is an opportunity to change the mainstream perspective of PE from gym/sports to wholistic child education
- Help students to learn life skills for when they are out of high school
- Get students to spend more time outside and enjoy being outside safely in all seasons