



# **Covid-19 and Physical Education: Practical Protocol and Activity Ideas**

## **Building on the PHE Canada Document**

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# Covid-19 and Physical Education

## Practical Protocol and Activity Ideas

### Building on the PHE Canada Document: [Download Document](#)

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This document means to build and provide practical suggestions on the PHE Canada document, specifically on pages 11-13 focusing on “PHE Instructional Considerations.”

#### Student Ideas

- Reminder
  - Remember that new research shows that droplets are released during exhalation during talking, shouting, laughing, and physical exertion—you are at increased risk in a physically active environment.
- Student’s wearing a mask?
  - Permit a few comments on the idea of wearing masks (PHE discouraged this as they think masks will only cause students to touch their faces more often).
    - Participants, because wearing a mask reduces air flow, and therefore may contribute to participants feeling lightheaded, dizzy, or having shortness of breath—participants should stop their activity and give their body time to adjust to the demands of the activity with decreased oxygen supply. Overtime a person’s body will adjust to the more limited air flow (but do not expect to run a marathon and do a personal best while wearing a mask).
    - When is it possibly not a good idea to wear a mask?
      - People with cardiovascular or respiratory conditions should get their doctor’s advice on wearing a mask during physical activity.
      - Students who are overweight or obese may find very limited activity to be exhausting, and they should also consult their medical doctor for advice on activity and wearing a mask.

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- Equipment Sharing
  - Do not share equipment—unless the equipment is kicked (soccer balls for example).
  - Do not pick up equipment with your hands, and if you do pick up equipment, make sure the equipment has been properly disinfected and not touched by others after disinfection.

## **Teacher Ideas**

- An overarching concern/opportunity with Covid and physical activity is that student learning will be very personalized (focusing on activities that keep social distancing in mind, limited sharing of equipment, and current fitness levels (cardio-respiratory fitness, obesity...))
- Protect yourself and your students
  - Follow the same procedures as expected of your students.
  - Ensure that students follow the healthy protocol.
  - Consider wearing a mask.
- Teaching suggestions
  - Establish a disinfection routine—try include students in that process so they learn and so that process happens more quickly.
  - If you have a small space to have students active in, then some students will need to be playing while others are on the side. For those on the side they need to be spread out:
    - Consider putting tape or some spot identification spots on walls to spread these students out.
    - Students on the sides can be on teams that are playing, and pass (only with their feet) any balls that go to the sidelines.
    - Develop a circuit of exercises stations and when everyone is completed their station, the students rotate or switch with players active on the playing area.

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## **Staying safe through a variety of activities and games**

Going through equipment from Gopher Sport that works well in not sharing equipment in a team game (except for use of feet)--though physical distancing will need to be maintained—all sticks need to be disinfected at the end of each class:

- Broomball <https://www.gophersport.com/sports/broomball?tg=1>
- Field Hockey <https://www.gophersport.com/sports/field-hockey?tg=1>
- Floor Hockey <https://www.gophersport.com/sports/floor-hockey?tg=1>
- Lacrosse <https://www.gophersport.com/sports/lacrosse?tg=1>
- Scoops <https://www.gophersport.com/search-unbxd?q=scoop>
- Soccer <https://www.gophersport.com/search?q=soccer+equipment>
- You Fo <https://www.gophersport.com/pe/activities/you-fo-set?item=162696>

### **Physical distancing in Invasion Games—only using feet or sticks...**

- No goalies (unless--use pins)
- Create grids--players play within
  - 3-5 second pass/shot rule
  - Add a second ball
  - Play small sided still, maybe four against four—see diagram below
  - Use kick-ins (no throw-ins) when ball goes out-of-play

Pin	O	X	O	X	Pin
Pin	O	X	O	X	Pin

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## **Target Games**

- Hula Hoop Horseshoe <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes>
- Hula Hoop Horseshoe Race <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes-Race>
- Kickpar <https://www.canadago4sport.com/Target1/Kickpar>
- SyncroBall <https://www.canadago4sport.com/Target1/SynchroBall>
- TripleShot Disc Target <https://www.gophersport.com/sports/disc-golf/tripleshot-disc-target-set?item=169024>
- Launch Baseball <https://www.canadago4sport.com/strike/Launch-Baseball>
- Golf <https://www.gophersport.com/search-unbxd?&q=Golf%20Equipment&rows=40&view=grid&start=0>
- Disc Golf <https://www.gophersport.com/search-unbxd?q=Disc%20Golf%20Equipment>

## **Net Games (and drills)**

- Team Launch <https://www.canadago4sport.com/Net/Team-Launch-Light>
- Badminton—One player picks up a yellow bird in her hands, and the other player picks up a white bird in her hands. Players can flip (with their racquet) or kick opponent's bird to their side and keep their bird out of play, when not serving, by tossing it to the pole on their right side. <https://www.gophersport.com/sports/badminton?tg=1>
- Pickleball--Identify a pickleball (or use pickleballs from two different companies). One player picks up a pickleball with his hands, and the other player picks up the other pickleball with his hands. Players can flip or kick opponent's pickleball to their side and keep their pickleball out of play, when not serving, by rolling their ball to the wall behind them. <https://www.gophersport.com/sports/pickleball?tg=1>
- Table Tennis--Identify a table tennis ball (or use table tennis balls from two different companies; or use a white and yellow table tennis). One player picks up a table tennis ball with her hands, and the other player picks up the other table tennis ball with her hands. Players can flip (with their paddle) or kick opponent's table tennis ball to their side and keep their tennis out of play, when not serving, by placing their ball in their pockets or other safe spot. <https://www.gophersport.com/sports/table-tennis?tg=1>
  - Love this retractable net set that can be used on any table <https://www.gophersport.com/sports/table-tennis/stiga-retractable-net-set?item=12570>
  - Love this Spring Pong game with more durable balls... lower cost per table, and a new spring to an older game <https://www.gophersport.com/sports/table-tennis/springpong-table-tennis-set>
- Tennis—Identify a tennis ball (or use tennis balls from two different companies). One player picks up a tennis ball with his hands, and the other player picks up the other tennis ball with his hands. Players can flip or kick opponent's tennis ball to their side and

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keep their tennis ball out of play, when not serving, by rolling their ball to the fence behind them. <https://www.gophersport.com/sports/tennis?tg=1>

## **Striking/Fielding Games—Using only Feet**

- Cricket Kickit <https://www.canadago4sport.com/strike/Cricket-Kickit>
- Kick Baseball <https://www.canadago4sport.com/strike/Kick-Baseball>
- Bases Loaded (but kickball version) <https://www.canadago4sport.com/strike/Bases-Loaded>
- Beat the Ball Home (but kickball version) <https://www.canadago4sport.com/strike/Beat-the-ball-home>

## **Fitness**

- Warmup charts without equipment <https://www.gophersport.com/pe/gym-posters/teach-nique-warm-ups-banners?item=9332>
- F.I.T.T Banners <https://www.gophersport.com/pe/gym-posters/teach-nique-fitt-banners?item=10848>
- Exeropoly <https://www.canadago4sport.com/Warmups/Exeropoly>
- Ladder activities—for about 50 different ways <https://www.canadago4sport.com/agility-ladders>
- Hoop Activity Spots <https://www.gophersport.com/pe/hoops/hoop-activity-spots?item=7324>

## **Most Tag Games with Cleaned Pool Noodles for Its**

<https://www.gophersport.com/sports/swimming/funoodles-foam-rod-floats?item=-204621>

## **Obstacle Course**

- River Stones and Hilltops <https://www.gophersport.com/pe/movement/river-stones-and-hilltops?item=4643>
- Hula Hoop Standz <https://www.gophersport.com/pe/hoops/hoopstandz-hoop-holders?item=10205>
- Hula Hoop Klipperz <https://www.gophersport.com/pe/hoops/rainbow-hoopklipperz?item=4683>
- Maneuver Maze <https://www.gophersport.com/pe/movement/maneuvermaze-obstacle-course?item=162174>
- Simple Step <https://www.gophersport.com/pe/movement/simplestep-balance-beam?item=154075>
- Figure 8 <https://www.gophersport.com/pe/movement/figure-8-balance-beam?item=5275>
- Create a Course <https://www.gophersport.com/pe/movement/create-a-beam-plus-balance-set?item=9753>
- Spooner <https://www.gophersport.com/pe/movement/the-spooner?item=5584>

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## **Dance**

- Resources <https://www.gophersport.com/pe/dance?tg=1>
- Everybody Move <https://www.gophersport.com/pe/movement/everybody-move?item=6202>
- Samples <https://www.pinterest.ca/canadago4sport/dance/>

## **Daily Physical Activity**

- Everybody Move <https://www.gophersport.com/pe/movement/everybody-move?item=6202>
- Simon Says <https://www.canadago4sport.com/Leadership/Simon-Says>
- Simon Says do Previous <https://www.canadago4sport.com/Leadership/Simon-Says-Do-Previous>
- Simon Says do Opposite <https://www.canadago4sport.com/Leadership/Simon-Says-Do-Opposite>

## **Brain Games**

- Ying Yang You Instructions <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Instructions>
- Ying Yang You Slow <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Slow>
- Ying Yang You Back <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Back>
- Ying Yang You Faster <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Faster>

## **Leadership Games**

- Tip the Bucket <https://www.canadago4sport.com/Leadership/Tip-the-Bucket>
- Cooperative Writing <https://www.canadago4sport.com/Leadership/Cooperative-Writing>
- Carry and Drop the Bean Bag <https://www.canadago4sport.com/Leadership/Carry-and-Drop-the-Bean-Bags>
- Architect <https://www.canadago4sport.com/Leadership/Architect>

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## **Numeracy**

- Even and Odd With Wall Sit and Run <https://www.canadago4sport.com/Numeracy/Even-and-Odd-With-Wall-Sit-and-Run>
- Ready Set Shoot <https://www.canadago4sport.com/Numeracy/Ready-Set-Shoot->



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## **Limiting Shared Equipment**

The PHE Canada document does not encourage the sharing of any equipment. For those teachers in other countries, you may wish to consider the following thoughts.

On May 19, 2020 the United States' Centers for Disease Control and Prevention (CDC) changed its guidelines to state <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>:

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

The virus does not spread easily in other ways

COVID-19 is a new disease and we are still learning about how it spreads. It may be possible for COVID-19 to spread in other ways, but these are not thought to be the main ways the virus spreads.

- From touching surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.

Based on the CDC guidelines, a school and instructor's wisdom, you may decide to engage students where there is limited sharing of equipment. How might we do that? Permit a couple of examples if you can still reduce equipment contact if you decide it is wise to go in this direction.

### **Net Games**

- Have players share a bird, table tennis ball, or tennis ball.
- Playing other two-player games:
  - Width and Depth <https://www.canadago4sport.com/Net/Width-and-Depth>
  - Two Square <https://www.canadago4sport.com/Net/Two-Square-Stability-Ball>

### **Striking**

- Use a different ball for each baseball/cricket inning and for each new pitcher.

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- There is no unnecessary passing of the ball (tossing the ball around the bases after a strike out...)—but I would rarely (never?) do a full-sized baseball/softball game in a Physical Education class.