



PLAINVIEW-OLD BETHPAGE

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION

JOSEPH BRAICO, DIRECTOR

PHONE -516-434-3100

EMAIL – JBRAICO@POBSCHOOLS.ORG

Physical Education FAQs

Where will Physical Education take place?

All physical education classes will take place outside whenever the weather permits. Should the weather not permit the class to be held outside classes will be held inside the gyms. If classes are held inside each gym has been laid out to meet all social distancing guidelines.

What are the Social Distancing Guidelines for Physical Education?

Students will need to maintain a distance of 12' while engaged in aerobic activities.

Will locker rooms be available for students to change for class?

No, all locker rooms will be closed to start the year. Students should come to school dressed in clothes that are appropriate for participation in physical education. Clothes that are considered appropriate are crew neck t-shirts or sweatshirt, athletic shorts or sweats, yoga pants and athletic sneakers.

Will students have access to water fountains during class?

No, we are asking that students bring water bottles that can be filled at the water hydration station throughout the school.

What will be the personal hygiene procedures for physical education class?

Students must use hand sanitizers prior to entering and exiting the class.

Will equipment be used during physical education class?

The physical education teachers will look to design lessons without the use of equipment. In the event that equipment is needed to teach a particular skill or concept (striking an object with a long handed implement, etc...) sharing of equipment will be prohibited. For equipment that will be touched or handled by students, each student will be assigned their own piece of equipment for that

class period. The equipment will then be properly cleaned and disinfected following all CDC and NYS DOH guidelines,

What will subjects or units be taught in physical education class?

Teachers will continue to address State and National Standards for K-12 Physical Education. The focus this year will be more on individual pursuits or skills rather than traditional team sports or activities (e.g., dance and rhythms, exercises without equipment, fitness, mindfulness, outdoor pursuits, track and field, throwing underhand, kicking and target games). We will also be using games and activities that require no physical contact and do not require students to be in close physical proximity to each other.