

Cross-Canada Check-In Session: Summary of the May 22 Session

Concerns that were shared:

- Equipment - cleanliness and sharing of equipment
- Will be a slow start and integration of PE into school plans. More likely to start with Health and just PA
- Lack of PHE in return to schools does not reflect the importance of PHE - worry for the future of the subject area, especially as teachers are being reassigned to other subject areas
- How will the gymnasium be set up to ensure proper air flow?
- Teacher mental health and work load - will blended learning mean twice as much work?

Suggestions for PHE when returning to school:

- Number equipment to keep track and assign to individual students
- To keep kids active outside, an easy activity is hopscotch games
- Use a Flipped classroom design to incorporate both online and in class demonstrations
- Have each student sanitize equipment they used before class is over, similar to a gym

Silver Linings from new educational environment:

- May result in a larger PE budget in order to provide ample equipment to provide PE opportunities safely
- Potential limits/reduction in class sizes
- This time has given some students more voice and choice and allows them to look at fitness options that hopefully carry over into life after highschool

Resources:

- [JOGA, from Hockey Canada](#)
- [Anxiety Canada](#)
- [We.org](#)
- Here is the #SexEdCircuit details - not online yet, but I am looking to how I can bring some of the stations to an online space - <https://photos.app.goo.gl/u6FygCPT3SYK1vii6>
- For younger children: uniteforliteracy.com (Covid 19 and Handwashing). The site has over 100 story books
- Facebook group for teachers - <https://www.facebook.com/groups/527525557946683/>
- iloveachallenge.ca Also here is an example of the #SexEdCircuit - circuit in action:
- <https://phecanada.ca/activate/phe-home-learning-centre/emotional-well-being-education-activities>
- Healthy Bodies Education Activities: <https://phecanada.ca/activate/phe-home-learning-centre/healthy-bodies-education-activities>
- Statistics Canada article and infographic on the Health and Behavioural Impacts of COVID-19 on Youth that was just released - The Health and Behavioural Impacts of

COVID-19 on Youth: Results from the Canadian Perspectives Survey Series 1
<https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00020-eng.htm>

- Activities and concerns of Canadian youth during the COVID-19 pandemic
<https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2020036-eng.htm>
- Great resource here in Ontario with links to SELs & HPE Curriculum — <https://smho-smso.ca/>
- <https://mindup.org/>
- <https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>
- Ever Active Schools - <https://everactive.org/>
- <https://www.bokskids.ca/boks-at-home/>
- <https://www.projecteleven.ca>
- <https://www.ophea.net/resources-support-parents-and-caregivers-health-and-physical-education-home>
- CIRA Ontario has a resource called “Barenaked Games”. None of the activities require equipment. www.ciraontario.com
- Book “The Worry Dragon”