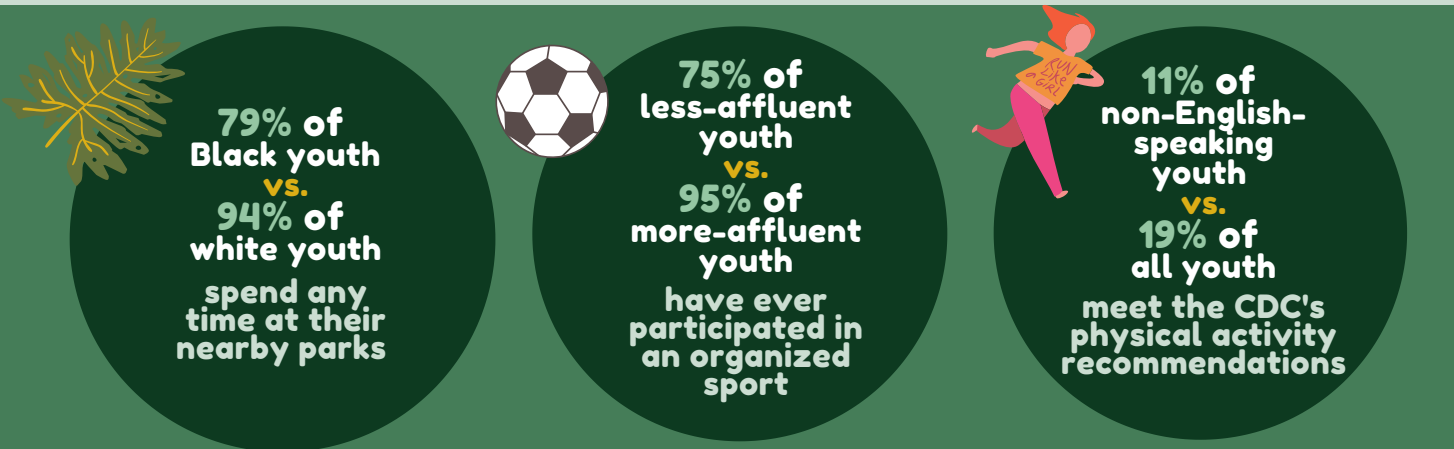


# PRIORITIZING SCHOOL-BASED PHYSICAL ACTIVITY & EDUCATION DURING REOPENING

## HOW SCHOOL LEADERS CAN REDUCE DISPARITIES RESULTING FROM COVID-19



Disparities exist and are being exacerbated by COVID-19, but **school provides an equitable access point for youth physical activity.**

School-based PE, sports, and recess might be the **only way some youth can get the critical benefits of physical activity.**

**Failure to meaningfully incorporate physical activity into schools will perpetuate and exacerbate disparities for those already furthest from educational justice.**



**The good news: physical activity and play are conduits for healing and learning.**

**WE ENCOURAGE SCHOOL LEADERS TO CONSIDER PHYSICAL ACTIVITY AS EDUCATIONAL IN ITS OWN RIGHT.**

**We offer the following recommendations to school leaders to explicitly include physical activity and education in reopening plans.**

### Physical Education & Literacy

- Do not suspend the 100-minute weekly PE requirement.
- Plan for a robust PE program that can take place at school & home.
- Maintain adapted PE supports for those who need them.

### Recess & Outdoor Play

- Consider that being outside is both safest right now and also a contributor to health and well-being.
- Partner with community-based organizations to operate programs before and after school outside on school grounds.

### Active Play & Outdoor Learning

- Orient learning around opportunities to move, play, and be outdoors.
- Integrate these opportunities into lessons in other subjects like math, science, or reading.
- Create educational activities to support active transport to school (i.e. walking and biking).

### School-Based Organized Sports

- Ensure that interscholastic sports (if offered) remain accessible to all youth in the event of remote instruction.
- For example, youth who do not have transportation to school because of remote learning will not be able to participate in after-school activities.