School Reentry Considerations

**In-School Instruction With Physical Distancing**

## Health Education - Physical Environment

Follow all [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf#page=45 ) for classrooms regarding physical distancing, healthy hygiene habits (including face coverings), and sanitation.

In the classroom, space desks or tables at least 6 feet apart.

Turn desks or tables to face in the same direction (rather than facing each other), or have students sit on only one side of tables, spaced 6 feet apart.

Keep each student’s belongings in a separate, safe and clean space such as individually labeled cubbies, lockers, or areas. Consider purchasing baskets to hold individual student belongings if previously mentioned spaces are not available.

Ensure adequate supplies for all students to eliminate sharing of high-touch materials such as textbooks, instructional materials, equipment, etc. to the extent possible. Clean and disinfect supplies after student use and between class periods.

Suggested citation: SHAPE America. (2020). School reentry considerations: K-12 physical education, health education, and physical activity. Reston, VA: Author.

The recommendations and strategies provided herein are obtained based on guidance for schools provided by the Centers for Disease Control and Prevention (CDC) and national recommendations for physical education, health education, recess, and classroom-based physical activity. The COVID-19 outbreak is an ongoing, rapidly developing situation. Educators are encouraged to monitor publicly available information and to always follow federal, state and local health organization guidance and government mandates. This information may vary and will be updated as necessary.