A young boy wearing a blue t-shirt, black shorts, a white baseball cap, and sneakers is standing on a rocky shoreline. He is balancing a large log horizontally across his arms, extending them outwards. The background features a large body of water, a line of trees, and a distant city skyline under a cloudy sky.

Physical Activity at a Distance

Healthy active kids in the era of physical distancing

PHE CANADA SPOTLIGHT SERIES

JUNE 17TH, 2020

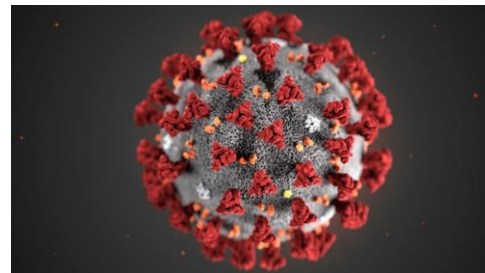
Eugene Contreras
PHE Teacher, Gatineau, QC

The Quebec Context

▶ Pre-COVID-19

- ▶ 2 hours/week minimum PHE elementary and secondary
- ▶ Most schools (including elementary) have PHE specialists
- ▶ Government recommends 60 minutes of DPA, but it's not provincially mandated
- ▶ Generally strong recognition of the need for students to move regularly throughout the day – UDL, flexible seating, movement in the classroom, extended recess

Then this guy came along...



COVID Shutdown and Moving Online

- ▶ March 13th – schools closed; 2-week “holiday”
- ▶ March 30th – online learning begins (optional for students, no evaluations)



- ▶ Provide a structure and focus to avoid overwhelming resources ([calendar](#))

- ▶ May 11th – Schools re-open to students outside of Montreal, but...



TOOLS FOR CREATING AN
ACTIVE HOME

ACTUALITÉ ÉDUCATION

- ACTUALITÉ
- COVID-19
- ENQUÊTES
- SPORTS
- SPECTACLES
- ARGENT
- MONDE
- VIE
- PORTE-MONNAIE
- MAISON EXTRA
- ÉVASION
- GUIDE DE L'AUTO
- OPINIONS
- BLOGUES
- Hublo
- +
- EN DIRECT

Pas de cours d'éducation physique dans l'école post-confinement

f PARTAGEZ SUR FACEBOOK | PARTAGEZ SUR TWITTER | AUTRES



CET ÉTÉ, C'EST DANS
VOTRE COUR
QUE ÇA SE PASSE!

SOUSSION EN LIGNE
PISCINE - MEUBLE DE JARDIN - SPA

CLUB PISCINE Fitness

Merci d'encourager une entreprise dici!

The advertisement features a blue background with a photo of people swimming in a pool. The text is in white and yellow. At the bottom, there is a small blue box with white text.

Restructuring PHE

- ▶ Back to school with physical distancing measures in place: Lord Aylmer School
 - ▶ Outdoors; teachers bring students to me
 - ▶ PHE teachers are spatial awareness specialists!
 - ▶ Each student given a skipping rope and tennis ball
 - ▶ Zoom activity session from empty classroom in case of inclement weather
 - ▶ Encourage and support movement in the classroom and use of outdoor spaces by classroom teachers as much as possible



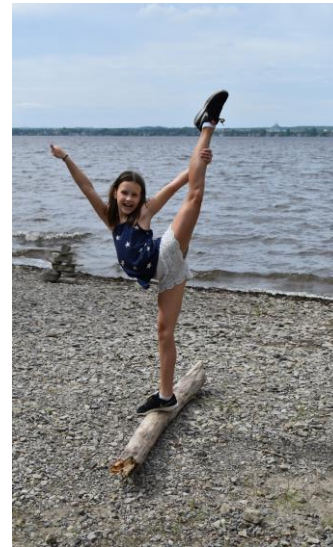
Teachable Moments

- ▶ Being bored can be a good thing!
 - ▶ What CAN I do?
- ▶ Students can have meaningful interaction from 2m apart
- ▶ There are so many ways to make things work!
 - ▶ PHE community support
- ▶ Physical Literacy is about developing competence and confidence in a variety of environments – so let's use them!



So many things to do!

- ▶ Track & Field
- ▶ Skipping
- ▶ Ball manipulation skills & challenges
- ▶ Golf Variations
- ▶ Gymnastics
- ▶ Hopscotch
- ▶ Dance
- ▶ Neighbourhood nature walks



Sticks and Stones





Trees – the
original
play
structure!

Natural Fitness Circuits



So where do we go from here?

- ▶ We need to be flexible and creative to jump into whatever situation we find ourselves in for Fall 2020.
- ▶ What doesn't change is that kids need to move!
- ▶ Ongoing communication in the PHE community will be important.
- ▶ Whatever the scenario is, we CAN and we must continue to promote healthy habits for life.

