

HEALTH AND PHYSICAL EDUCATION PARENT/GUARDIAN REMOTE LEARNING INFORMATION AND CHECKLIST

The following information and checklist is for parents/guardians whose child/ren will be participating in the Health and Physical Education Curriculum in a Remote Learning setting.

“Remote learning provides an opportunity for students to continue their learning in the Health and Physical Education curriculum, while at home, and supports their ability to meet the overall expectations of the curriculum. It is important to adapt the safety practices used at school during Health and Physical Education to a student’s remote learning environment as well as consider additional risks that may be present.” (OPHEA, Safety Considerations for Remote Learning in Physical Education, 2020)

During remote learning physical education activities, parents/guardians have an important role to play in planning and maintaining a safe environment. Parent/Guardians are requested to read and implement the following checklist:

Parent/Guardian Checklist:

Activity Area - Indoors

- Check the environmental conditions are suitable for participation (e.g., the indoor temperature is comfortable for activity; if air conditioning is not available, open windows);
- Check that there is enough room in the activity area for the student to be physically active;
- Remove obstacles and potential hazards from the space (e.g., tables, chairs, throw rugs);
- Avoid areas that may not be safe (e.g., close to doorways/stairs, slippery floors); and
- Check that the area has safe footing and good traction.

Equipment:

- Check that equipment to be used is in safe working order.

Clothing/Footwear/Jewelry:

- Check that your child has the appropriate clothing and footwear prior to being active. Clothing should not restrict movement. Footwear should be designed for athletic activities (e.g., running shoes tied with laces or fastened with Velcro). Jewelry that may inhibit movement or cause injury must be removed.

Medication:

- Check that your child has ready access to his/her necessary medication for safe participation (e.g., asthma inhaler, diabetes-test kit and fast acting sugar).

Hydration:

- Check that your child has access to water, prior to, during and after activity.

Supervision:

It is important for your child’s safety that there be adult supervision (e.g., parent/guardian or an adult approved by parent/guardian) where the child is being physically active. Parents/guardians can select one of the following types of supervision based on knowledge of their child, their physical abilities and the type of physical activity:

- Constant visual – watching your child at all times while being active
- On Site – physically present in the same room as your child with other activities going on
- In the Area – in another room close by if difficulties arise

Note: Where parent/guardian feels for some reason that the proposed activity is not safe for their child to participate (e.g., activity area does not provide enough space) parent/guardians are not to permit child to be physically active under those conditions and to inform the teacher.

Student health, injury or illness:

Parents/guardians are advised to communicate with teacher/school regarding:

- Any changes in a student's health (e.g., medical conditions, injury, illness, concussions);
- A student who is injured or starts feeling ill during a lesson.

Communication with Teacher/School:

Parents/guardians should communicate with teacher/school regarding thoughts and feelings related to remote learning procedures and strategies.