

2020 In-Person Learning  
Physical Education/Athletic Physical Education

Locker room Use

Changing into PE clothes in the locker room is optional. Each gender has multiple, large locker rooms that allow for social distancing. SHS staff will monitor the locker rooms to ensure students remain masked and socially distance.

Physical Education

Class will be split into two 40-minute segments with the goal of being able to be outside. While outside, students will be able to remove their masks if they chose to do so as long as they are practicing social distancing.

The first segment will be some physical activity usually walking the track or an activity that will allow the students to properly social distance themselves.

The second segment will be an SST time with the instructor monitoring the students. The Physical Education instructors will consult with other teachers to ensure that the students will have work to be completed.

The goal of this time will be to allow the students some time during the day where they can remove their masks while practicing proper social distancing.

Athletic Physical Education

Class will be split into two 40-minute segments with the goal of being able to be outside for at least one segment. While outside, students will be able to remove their masks if they chose to do so as long as they are practicing social distancing.

The first segment will be either speed and agility work outside or weightlifting in the weight room. If we are in the weight room then the class will follow the guidelines that are presently being used for our summer training.

The second segment will be an SST time with the instructor monitoring the students. The Physical Education instructors will consult with the other teachers to ensure that the students will have work to be completed.

The goal of this time will be to allow the students some time during the day where they can remove their masks while practicing proper social distancing.

**Physical Education/Athletic Physical Education Instructors**

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