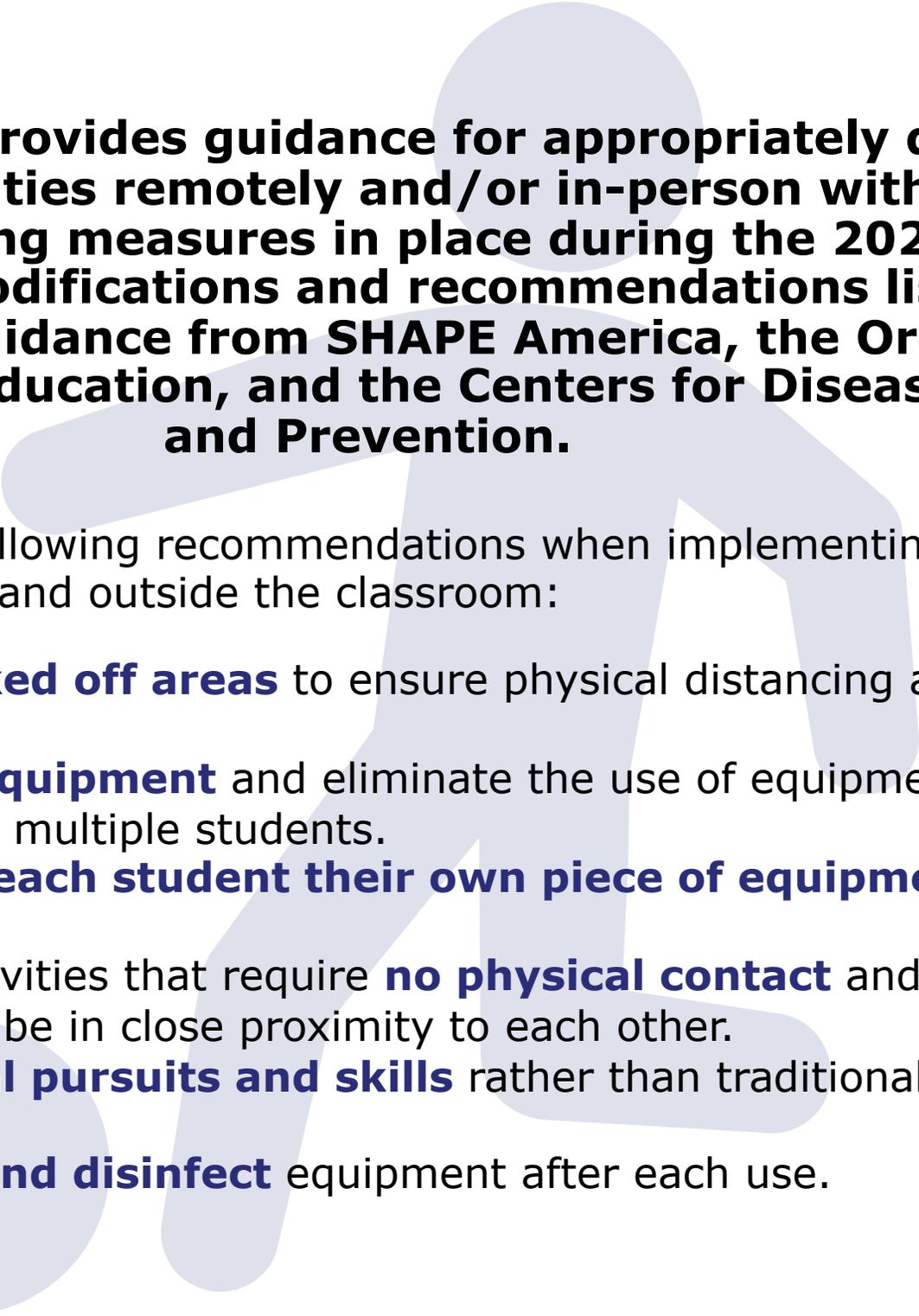




BE Physically Active 2Day!

**Social Distancing and Remote Delivery  
Modifications for Activities**

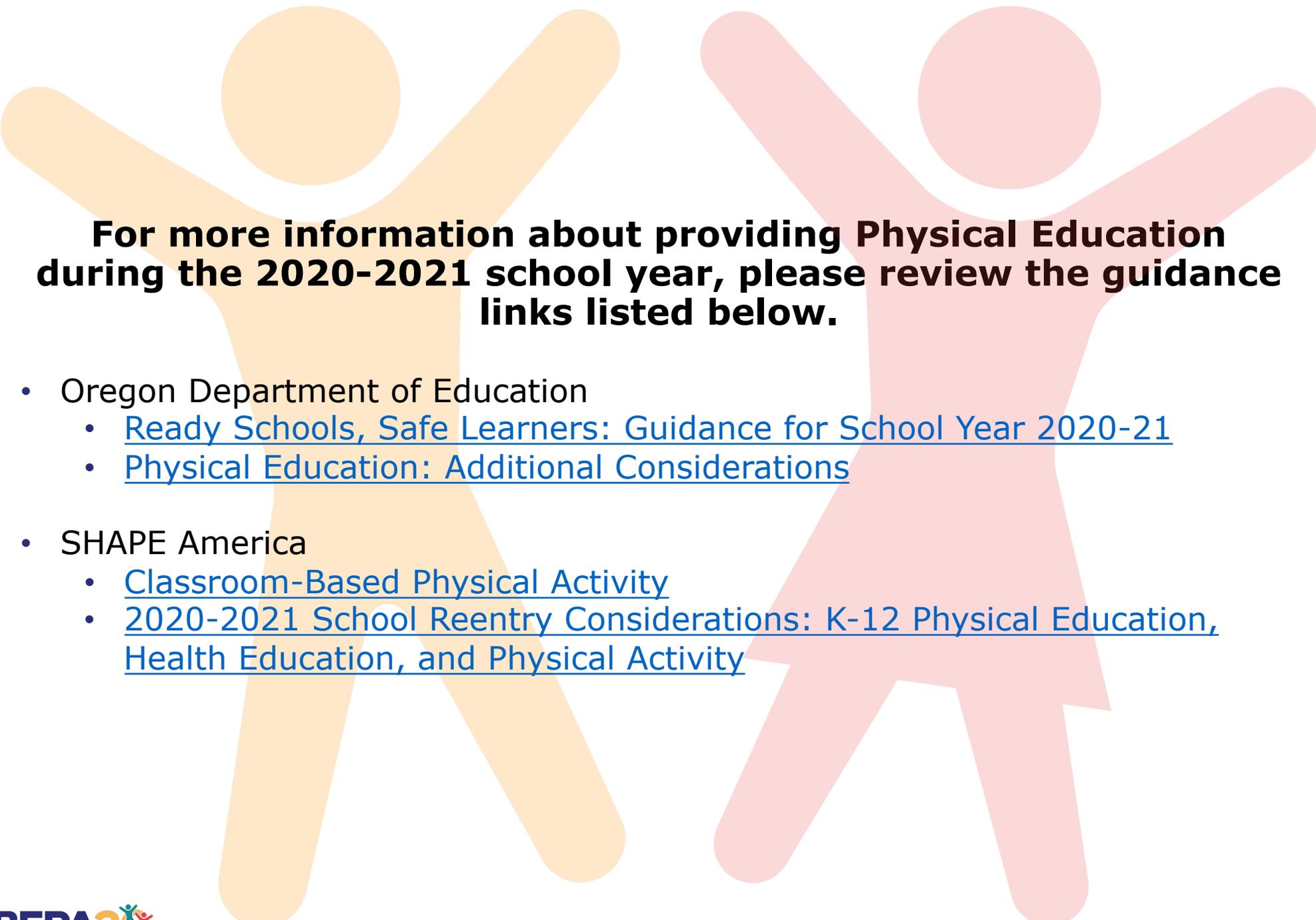
- October 2020 -



**This document provides guidance for appropriately delivering BEPA 2.0 activities remotely and/or in-person with proper social distancing measures in place during the 2020-2021 school year. Modifications and recommendations listed are based on guidance from SHAPE America, the Oregon Department of Education, and the Centers for Disease Control and Prevention.**

Please consider the following recommendations when implementing BEPA 2.0 activities, both inside and outside the classroom:

- **Incorporate marked off areas** to ensure physical distancing among students.
- **Limit the use of equipment** and eliminate the use of equipment that would be shared by multiple students.
- If feasible, **assign each student their own piece of equipment** for a given class period.
- Use games and activities that require **no physical contact** and do not require students to be in close proximity to each other.
- Focus on **individual pursuits and skills** rather than traditional team sports or activities.
- Properly **sanitize and disinfect** equipment after each use.



**For more information about providing Physical Education during the 2020-2021 school year, please review the guidance links listed below.**

- Oregon Department of Education
  - [Ready Schools, Safe Learners: Guidance for School Year 2020-21](#)
  - [Physical Education: Additional Considerations](#)
- SHAPE America
  - [Classroom-Based Physical Activity](#)
  - [2020-2021 School Reentry Considerations: K-12 Physical Education, Health Education, and Physical Activity](#)

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
<b>K-2</b>						
Activate the Alphabet	10	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Always on the Move	12	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Animal Acts	14	Yes	No	Make sure there is at least 6ft between students.	It would be hard to do via Zoom or other streaming services, assuming there is not much room to move around.	No modifications needed.
Ball Roll Up	16	Maybe	No	Make sure there is at least 6ft between students. If feasible, let each student use their own ball (or alternate object) to reduce multiple students sharing the same ball.	It would be hard to do via Zoom or other streaming services.	Try to let each student have their own ball. Use other equipment in addition to beach balls (i.e., bean bags, sports balls, etc.).
Color My Plate	18	Maybe	No	Requires multiple students to conjugate into one area; likely can't do in classroom, but can do outside.	It would be hard to do via Zoom or other streaming services, assuming there is not much room to move around and everyone's environment is different.	No equipment needed.
Dancing Body Parts	20	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Food Group Fitness	22	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.
Food Group Fun	24	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Fruit and Veggie Fun	26	Yes	Yes	Make sure there is at least 6ft between students.	Students could use the raise hand feature of Zoom or other streaming services.	No modifications needed.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
<b>K-2</b>						
Healthy Says	28	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
I Like to Move Dance	30	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
I'm a Food, You're a Food	32	Yes	Yes	Make sure there is at least 6ft between students. Call on students instead of tossing a bean bag to them in order to reduce multiple students sharing the same ball.	Call on students rather than tossing them a bean bag.	Eliminate multiple students touching the same bean bag by calling students by name rather than tossing them a bean bag.
Line Up for Balance	34	Yes	Maybe	Make sure there is at least 6ft between students. If there is not room inside, this activity can be done outside.	It would be hard to do via Zoom or other streaming services, assuming there is not much room to move around.	If trying at home, use household items instead of a beanbag (i.e. rolled up socks, hacksack, etc.).
Movin' and Groovin'	36	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Moving Corners	38	Maybe	No	Make sure there is at least 6ft between students. Likely can't do inside, but can be done outside.	Not feasible to do via Zoom or other streaming services.	No modifications needed.
Over, Under, Around, and Through	40	Maybe	No	Make sure there is at least 6ft between students. Create obstacles that students do not have to touch as they go over, under, around, and through them.	Not feasible to do via Zoom or other streaming services.	Try to use obstacles that don't require students to touch them with their hands.
Overhead Relay	42	Maybe	No	Make sure there is at least 6ft between students. Skip the ball-passing part of the activity; the next student can begin when the person in front of them finishes.	Not feasible to do via Zoom or other streaming services.	Use no equipment rather than having students pass a ball around to eliminate multiple students sharing the same ball.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
K-2						
Snowball Fun	44	Yes	No	Make sure there is at least 6ft between students. Ensure each student has their own bean bag.	Not feasible to do via Zoom or other streaming services.	No modifications needed.
The Breakfast Song	46	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.
Tightrope	48	Yes	Maybe	Make sure there is at least 6ft between students. If there is not room inside, this activity can be done outside.	It would be hard to do via Zoom or other streaming services, assuming there is not much room to move around.	No modifications needed.
Toss Across	50	Maybe	No	Make sure there is at least 6ft between students. If feasible, let each student use their own ball (or alternate object). Instead of tossing the ball back to the starting line, the next student can begin once the first student crosses the finish line.	Not feasible to do via Zoom or other streaming services.	Try to let each student have their own ball. Use other equipment in addition to beach balls (i.e., bean bags, sports balls, etc.).

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
<b>K-5</b>						
Bean Bag Balance	52	Yes	Yes	Make sure there is at least 6ft between students.	Students can use any object to balance with at home.	If trying at home, use household items instead of a beanbag (i.e. rolled up socks, hackysack, etc.).
Bucket Ball	54	Maybe	No	This activity requires sharing equipment with other students. If older students can keep hands away from their faces, it may be feasible to implement.	Not feasible to do via Zoom or other streaming services.	No modifications needed. Be sure to sanitize equipment after use.
Bung-a-Low, Ready, Go!	56	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Cross the River	58	Yes	No	Make sure there is at least 6ft between students. If there is not room inside, this activity can be done outside.	It would be hard to do via Zoom or other streaming services, assuming there is not much room to move around.	No modifications needed.
Find the Veggie	76	Yes	No	Make sure there is at least 6ft between students. Make sure the Veggie Finder guesses who the Veggie is at a safe distance.	Not feasible to do via Zoom or other streaming services.	No equipment needed.
Fruit and Veggie Zig Zag	60	Maybe	No	This activity requires sharing equipment with other students. If older students can keep hands away from their faces, it may be feasible to implement.	Not feasible to do via Zoom or other streaming services.	No modifications needed. Be sure to sanitize equipment after use.
Go Bananas!	62	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
Human, Banana, Soda Pop	64	Yes	Yes	Make sure there is at least 6ft between students.	All students can play against the teacher via Zoom.	No equipment needed.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
<b>K-5</b>						
Muscle Tag	66	Maybe	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing. If social distancing can be maintained, the chaser can use a long pool noodle to tag students to avoid physical contact.	Not feasible to do via Zoom or other streaming services.	Use a pool noodle to tag free runners rather than tagging with hands to promote social distancing.
Partner Tag	68	No	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing.	Not feasible to do via Zoom or other streaming services.	-
Speed Scarves	70	Yes	Yes	Make sure there is at least 6ft between students. If feasible, let each student use their own scarf (or alternate object) to reduce multiple students sharing the same object.	All students can play against the teacher via Zoom or other streaming services; the teacher can be the scarf thrower and all students can be doing the activity together.	Try to let each student have their own scarf. Use other equipment in addition to scarves (i.e., bean bags, beach balls, etc.).
Take a Break	72	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.
We Like to Move It	74	Yes	Yes	Make sure there is at least 6ft between students.	Students can use their own objects at home to make music, or the teacher can play music for them.	No modifications needed.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
3-5						
Activity Stations	78	Yes	Yes	Make sure there is at least 6ft between students in groups. If there is not room inside, this activity can be done outside.	Breakout rooms can be created in Zoom or other streaming services.	No equipment needed.
Amodeba Racing	80	No	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing.	Not feasible to do via Zoom or other streaming services.	-
Bean Bag Blowout	82	Yes	Yes	Make sure there is at least 6ft between students.	Students can use any object to balance at home.	If trying at home, use household items instead of a beanbag (i.e. rolled up socks, hackysack, etc.).
Bean Bag Football	84	No	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing.	Not feasible to do via Zoom or other streaming services.	-
Blob Tag	86	No	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing.	Not feasible to do via Zoom or other streaming services.	-
Bone Up at Breakfast	88	Yes	Yes	Make sure there is at least 6ft between students.	Teachers can use features of streaming services (white board) or use a physical white board.	No modifications needed.
Buy a Vowel	90	Yes	Yes	Make sure there is at least 6ft between students.	Teachers can use features of streaming services (white board) or use a physical white board.	No modifications needed.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
3-5						
Copy Cat	92	Yes	Yes	Make sure there is at least 6ft between students.	Students can copy the teacher's movements and instruction via Zoom or other streaming services.	No modifications needed.
Couch Potato	94	Yes	No	Make sure there is at least 6ft between students. Instead of students passing a bean bag to each other, they can take turns naming an activity in a particular order (zig-zag, clockwise, counterclockwise, etc.) to avoid sharing the same object.	It would be hard to do via Zoom or other streaming services, assuming the teacher can not oversee all groups, ensure everyone is participating, etc.	Use no equipment rather than passing bean bags to each other. Instead, go in a predetermined order (zig-zag, clockwise, counterclockwise, etc.)
Empty Calories	96	Maybe	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing. If social distancing can be maintained, the chaser can use a long pool noodle to tag students to avoid physical contact.	Not feasible to do via Zoom or other streaming services.	Use a pool noodle to tag students rather than tagging with hands to promote social distancing.
Find the Food Group	98	Yes	No	Make sure there is at least 6ft between students. If there is not room inside, this activity can be done outside.	Not feasible to do via Zoom or other streaming services.	No modifications needed.
Food Group Ball Pass	100	Yes	No	Make sure there is at least 6ft between students. Instead of students passing a ball to each other, they can take turns in a particular order (zig-zag, clockwise, etc.) to avoid sharing the same object.	Not feasible to do via Zoom or other streaming services.	Use not equipment rather than passing beach balls to each other. Instead, go in a predetermined order (zig-zag, clockwise, etc.).

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
3-5						
Four Corners	102	Yes	No	Make sure there is at least 6ft between students. If there is not room inside, this activity can be done outside.	Not feasible to do via Zoom or other streaming services.	No modifications needed.
Fruit Salad	104	Maybe	No	Make sure there is at least 6ft between chairs. Encourage students to not get too close to others when finding a new chair. Instruct students not to touch their face when interacting with the chairs.	Not feasible to do via Zoom or other streaming services.	Make sure chairs are at least 6ft apart. Be sure to sanitize chairs after use.
Healthy Week	106	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.
Hopping Scarves Tag	108	No	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing.	Not feasible to do via Zoom or other streaming services.	-
Moving Questions	110	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.
Muscle Ball	112	Yes	No	Make sure there is at least 6ft between students in circles. Instead of grabbing a bean bag in the middle of the circle, students can run into the middle of the circle without grabbing anything to signify the start and finish of a turn.	Not feasible to do via Zoom or other streaming services.	Use no equipment rather than sharing a single bean bag among the groups. Instead, simply have students run into the middle of the circle as if they were to grab a bean bag.
Race Against Time	114	Yes	Yes	Make sure there is at least 6ft between students.	-	No equipment needed.

<u>Activity Name</u>	<u>Page</u>	<u>Social Distancing Friendly</u>	<u>Virtual Delivery</u>	<u>Comments for Classroom Delivery</u>	<u>Comments for Virtual Delivery</u>	<u>Equipment Modifications</u>
3-5						
Tails	116	Yes	No	This activity requires being in close proximity to other students and is not easily modifiable to promote social distancing. If social distancing can be maintained, the chaser can use a long pool noodle to tag students instead of pulling scarves.	Not feasible to do via Zoom or other streaming services.	Use a pool noodle to tag students rather than pulling scarves to promote social distancing.
Treasure Rescue	118	Maybe	No	This activity requires sharing equipment with other students. If students can keep hands away from their faces and can maintain social distancing, it may be feasible to implement.	Not feasible to do via Zoom or other streaming services.	No modifications needed. Be sure to sanitize equipment after use.
True or False	120	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.
What's My Activity	122	Yes	Yes	Make sure there is at least 6ft between students.	-	No modifications needed.