

## ARTICLE REVIEWED

### *Physical Education in the COVID Era: Considerations for Online Program Delivery Using the Comprehensive School Physical Education Framework*

Webster, C. A., D'Agonstino, E., Urtel, M., McMullen, J., Culp, B., Loiacono, C.A.E., & Killian, C. (2021). Physical education in the COVID era: Considerations for online program delivery using the comprehensive school physical education program framework. *Journal of Teaching in Physical Education*, 40(2), 327-336.

#### THE PROBLEM:

The spread of COVID-19 led many schools to seek new ways for providing education. During this time, online physical education became a primary and necessary source for providing physical education to students. While online physical education was the answer during the pandemic, the authors argue that it may be a resource that is here to stay as an alternative to the standard physical education experience in K-12 PE.



#### Research Summary:

The purpose of this article was to identify ways that online physical education fits within the comprehensive school physical activity program (CSPAP) framework. The CSPAP has three goals: 1) provide quality physical education for all students; 2) increase all students' practice opportunities for skills learned in physical education; and 3) help all students achieve the national recommendations for physical activity (U.S. Dept. of Health & Human Services, 2018).

#### Conclusion:

In this study, the researchers identify the ways online physical education relates to CSPAP and can help students' meet the recommended goals. The authors recognize that research on online physical education and CSPAPs is limited, and they provide an in-depth review of where research is needed. Specifically, the authors stress that online physical education can provide equity and inclusion, family and community engagement to support physical education, and recommendations for family and community collaborations. It is recommended to look at Figure 2 in the article to see the breakdown of online physical education integrated with CSPAP.

#### Key Takeaway:

This study highlights the importance of CSPAP and the new use of online physical education. It is important to note that online physical education has three support systems: school physical education, family, and community. This article highlights some of the equitable issues of online physical education, such as access to high-speed internet. It is recommended to read the article to understand how the authors suggest addressing such issues in order to provide a quality online physical education experience.