

Tips for Health and Physical Education Administrators during the COVID-19 Pandemic

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During these unprecedented times in our educational landscape, administrators have an opportunity to create the “new normal” around at-home/online learning in health and physical education. Our role as instructional leaders is a pivotal one during the next several weeks. Consider these essential tips for administrators in order to fully support health and physical education teachers and continue to promote the role of health and physical education as critical academic subjects during this time.

Tips for Administrators:

1. **Reassure teachers.** Regardless of the length of time of the school closure, developing quality lessons and delivering appropriate instruction is possible. Currently, SHAPE America is updating their dedicated [COVID-19 resource page](#) regularly with content from teachers of the year and content experts from around the country.
2. **Advocate for your program.** Although it may not seem like the appropriate timing, advocacy is critical to helping fellow administrators, classroom teachers and boards of education that health and physical education has a critical role to play at a time when children are at home. Our profession has been well-postured to promote stress-reduction exercises, such as the Mindful Minute in [health.moves.minds](#) as well as providing opportunities for students to be physically active at home. We know that these two facets of our work are urgently important at this time and can help children and families ease fears.
3. **Be sure you have the support YOU need.** Don't be shy about asking for help for your teachers to institute distance learning through the appropriate use of technology and other resources. This includes the appropriate amount of professional development needed to equip teachers with the skills they need to serve students. Have some teachers that are not familiar with a growth mindset? Help them along. Work with them. Remember that the children in their classes deserve a quality experience.
4. **Review and vet lesson plans.** Not everything your teachers will find will be standards-aligned and developmentally appropriate. Be sure objectives and learning activities are meeting the needs of the students in your community, are realistic and measurable. Many educational companies have stepped up to provide free access to resources over the next few weeks. Currently, national professionals on Twitter have been sharing with the hashtag [#HPEatHome](#). Along with the SHAPE America dedicated website, this is also a good start.
5. **Keep everyone positive.** The situation we are in can cause teachers to feel as if they cannot deliver their program. They may feel overwhelmed, uncomfortable and defeated. Your most important role is to keep everyone positive. Many have never attempted online learning. We need to let them know that everything is going to be okay and that we as health and physical education professionals are the most well-postured to keep students thinking about and participating in their own health. From reminding them about hand-washing, to encouraging them to be physically active while at home, the wellbeing of students is at the heart of what we need to be thinking about and it's important to let teachers know we are all in this together.