

Health and Physical Education

Boys Physical Education

The boys PE classes have been participating in various racquet sport tournaments. They began with a weeklong tournament in badminton. That was followed by a ping pong tournament and lastly a pickle ball tournament. The class played in a round-robin style competition and they played in teams of their choosing. To ensure safety during the covid pandemic, each student was provided with their own racquet and ball for the entire class period. At the conclusion of the class period, the students placed their equipment in a cart known as the “dirty laundry basket.” I then disinfected and wiped down all the equipment before the next class began. The students were also provided with hand sanitizer to use before and after class. Even though students were required to wear their masks at all times, the tournaments brought back a feeling of normalcy to the gymnasium.

Girls Physical Education

The girls Physical Education classes have been alternating between using the main gymnasium one week for team activities and the other week heading to the great outdoors for walking. So far we have developed skills in hacky sack, golf, soccer, scoop ball, and lacrosse. While outdoors we have used the stadium track for walking as well as portions of the North Country Trail. During inclement weather when we are scheduled to be outside we have stayed indoors and took the time to read all about the North Country Trail. Students completed a virtual scavenger hunt to learn interesting facts about the trail. Please stress the importance of dressing for outdoor activities as the weather begins to grow colder. The fresh air is important for our students during the pandemic to help maintain a strong immune system. When dressed warmly, students may enjoy many outdoor activities that will keep them active and give them mask breaks. Warm coats, hats, gloves or mittens, and warm footwear should be considered for future classes.