

EQUITY CONSIDERATIONS FOR CLASSROOM PHYSICAL ACTIVITY

Incorporating Movement into In-person & Virtual Learning



Actions to Take



Physical space (at school, home, or community location)

- Choose or adapt activities to account for limited space
- Communicate with families/caregivers before if more space is needed for movement during virtual learning

Student individual needs and abilities

- Model movement modifications (e.g., sit/stand) during instructions
- Tap into the expertise of PE or Special Education teachers for adaptation ideas



Race, gender, language, ethnicity

- Introduce culture and language through movement, music, and dance
- Engage students and families to share more about their cultures

Technology and equipment

- Select activities with no required equipment
- Provide alternative equipment options from household items



Student participation

- Explore reasons for lack of engagement and identify opportunities for inclusivity
- Have students involved with selecting, creating, and/or leading an activity

