Implementing Safe Online Physical Education Programs

At the beginning of the Lesson

- **Remind students about cyber safety and privacy:** Remind students of the strategies in place to maintain a high level of security during the lessons.
- **Communicate safety information:** Highlight for students the safety rules to follow during the lesson, the potential risks and the risk treatment strategies, and the way to communicate if they do not feel comfortable or feel an activity is unsafe.
- **Student Safety Check-In:** Review the **Sample S.A.F.E. Student Check-In** with students and have them do a self-assessment of each of the items.

During the Lesson

- **Provide clear direction:** Explain, guide and/or demonstrate the activities as well as the strategies to minimize risk.
- **Seek input from students:** Provide opportunities throughout the activity for students to confirm their understanding and ask questions if they do not understand or are having difficulties.
- **Communicate safety information:** Check-in throughout the lesson with safety tips and reminders and encourage students to communicate if they are not feeling safe during an activity.
- **Be flexible:** Provide modifications or change the activity completely if you feel there are concerns with student safety (for example, equipment being used, the activity requires more space than anticipated, there is confusion regarding how to do an activity).

At the end of the Lesson

- **Student Check-Out:** Take time for students to reflect on their learning using the **Sample S.A.F.E. Student Check-Out** and encourage the students to discuss with their parent/guardian/caregiver.
- **Reflect on safety:** Encourage students to share any safety concerns that arose during the lesson and possible strategies to minimize concerns in future lessons.

After the Lesson

- **Review:** identify strategies to address safety concerns.
- **Record:** document the physical activities, the strategies used, and any safety concerns that arose during the lesson.