



## NEW PROVIDENCE SCHOOL DISTRICT

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August 27, 2020

Dear Parents and Guardians,

I hope you are doing well and looking forward to the school year. This letter provides information about the New Providence School District Physical Education procedures as they relate to the New Jersey Department of Health (NJDOH) COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools.

The recommendation for physical education instruction from the NJDOH states: *Face coverings may be removed during physical education... provided individuals are in a well-ventilated location and able to maintain a physical distance of six feet apart. Vigorous exercise... in a confined space (e.g., indoors) may contribute to transmission of COVID-19 and should be limited. Consider conducting such activities in an area with greater ventilation or air exchange (e.g., outdoors).*

New Providence physical education courses will meet and/or exceed these requirements by:

1. Social distancing of at least 6 feet in all physical education classes.
2. Closing all locker rooms - *All students are required to come to school in clothes and shoes that are appropriate and safe for physical activity each day.*
3. Wearing well-fitting masks in all indoor physical education activities. Such activities will avoid vigorous exercise.
4. Designing lessons that will eliminate the usage of equipment. Students will instead be engaged in lessons such as physical fitness, cardiovascular activities, high intensity interval training, plyometrics, stretching, dance, yoga, body-weight and core exercises, etc.
5. Conducting classes outdoors whenever weather conditions permit.
  - a. During outdoor physical activity, more vigorous physical exertion and lessons will be utilized.
  - b. Students will be allowed to remove their masks during outdoor vigorous activities - maintaining proper social distancing throughout.

Parents/Guardians, please be mindful that as per the district's synchronous education model for its hybrid instruction, students at home will be expected to engage in each day's physical education lesson via Zoom, alongside their peers who are physically in the school building on that day. ***As such, it is imperative that you set aside a space(s) at home that is safe and conducive for physical activity.*** This could include an area in the house and/or space in your yard. Students will need no more than a 6x6 space each day to safely participate in all physical education lessons/activities. The only equipment needed will be proper attire, sneakers, and water.

More specific information will be provided by teachers at each building upon the start of the school year.

Sincerely,

Vincent Carangelo  
Director of Athletics  
Supervisor of Nurses, Health, and Physical Education  
New Providence School District