



Advancing Motor Development Research in the 21st Century

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International Motor Development Research Consortium

Position Statement on Physical Education

during the COVID-19 crisis.

The COVID-19 pandemic is an unprecedented time in our history. During this pandemic, children worldwide are not getting enough movement opportunities. Most COVID-19 restrictions limit physical education, organized sport, and unstructured play with other children. This will negatively affect children's motor development and challenge their physical, psychological, social, and cognitive development. Physical Education during school is key for motor development and will assist in developing psychological, social, and cognitive aspects of child development.

Thus, the International Motor Development Research Consortium, an organization dedicated to advancing research in the area of motor development and health, supports the right of **all** children to be physically educated as part of their overall educational program. Removing or reducing Physical Education for children is likely to have far reaching effects on their health and well-being. Keeping Physical Education will benefit children's learning.

Children are susceptible to high levels of uncertainty or anxiety associated with the significant disruptions that have occurred since the outbreak began. Regular physical activity can reduce levels of anxiety or depression, and based on current medical guidelines, can be implemented in physical education in ways that meet public health guidance.

We affirm that all schools must continue with quality general and adapted physical education programs. Further, these programs must be implemented by licensed physical educators at the levels they were at prior to the pandemic for **all** children with and without disabilities. If restrictions prevent in-person school instruction, then quality online programs can still be delivered in the child's home.