

“Implementation of school health promotion and the use of SHE materials in the time of COVID-19

- Status in North Macedonia -

In the Republic of North Macedonia, the health promotion in the schools during the coronavirus pandemic is carried out continuously, although in difficult conditions, through the different subjects. In accordance with the legislation on primary education, protocols were prepared for the implementation of shortened curricula in all subjects according to the age of the students. During the spring, the schools were closed, while from October, 2020, teaching is organized as follows:

1. From 1-3 grade with physical presence
2. From 4 to 9th grade basic education, classes in high schools and faculties via On-line platform from home.

In terms of health promotion, teaching in the field of nutrition, physical activity, personal and collective hygiene and protection of KOVID19, prevention of addictions, sexual and reproductive health, etc., they were held within 30-35 minutes.

Exp. Code for organization and realization of teaching with physical presence in the subject of physical and health education for I, II, III grade

- ❖ The teaching with physical presence in I and II grade is realized by a subject teacher in physical and health education, while the teaching in III grade is realized by grade teachers.
- ❖ According to the weather conditions, most of the teaching of physical and health education will be realized outdoors;
- ❖ When the weather conditions are not favorable for the realization of outdoor classes, the classes will be realized in the sports hall, exclusively for students from one class.
- ❖ During the realization of the classes with physical presence, the teacher and the students will obligatorily respect the recommendations and directions from the protocols given by the Ministry of Education and Science.
- ❖ Schedule for organization and realization with physical presence is according to the weekly and daily schedule.
- ❖ When entering the gym, teachers are obliged to respect the prescribed distance of 1.5 m between all present in the gym.
- ❖ Different entrances and exits will be used at the entrance and exit of the hall.
- ❖ Before entering the hall, the students are obliged to change their shoes and put on their clean sneakers, and put the other shoes in a plastic bag.
- ❖ When teaching outdoors, students can take off their protective masks, but with a physical distance of 2m.
- ❖ Physical and health education teachers conduct body shaping exercises for a period of 10-15 minutes, followed by 15 minutes of elementary and relay games.
- ❖ Due to protection from Covid-19 the use of sports equipment and props will be limited.

Code for organization and realization of online teaching in the subject of physical and health education for IV to IX grade

- ❖ The teaching of physical and health education for IV to IX grade through online teaching will be realized by respecting the basic goals.
- ❖ The teaching of physical and health education VI to IX grade will be realized by the subject teachers of physical and health education, and in IV and V grade by the class teachers.
- ❖ duration of one lesson is 30 minutes.
- ❖ Schedule for organization and realization of online teaching is according to the weekly and daily schedule.
- ❖ Online teaching is realized from the sports hall with prepared activities, methods and techniques.
- ❖ Students are obliged to regularly and actively participate in all established forms and activities of distance learning.
- ❖ Teacher continuously gives maximum support to the students if they have difficulties in fulfilling the obligations.
- ❖ Teacher permanently checks the knowledge and keeps a proper pedagogical record and e-portfolios for the students.
- ❖ Teacher is obliged to be dressed in appropriate sports equipment.
- ❖ Teacher regularly informs the students and their parents about the achievements in the subject.

Online classes is planned to last 35 minutes, three times in the week, in which educators whether through internal communication with children, whether the recorded material, have to maintain the set instructional units. Interaction is fun for all, as for children, but also for their parents.

For this program were held numerous workshops, so teachers have responsibility for the development of children and their activity, pedagogical development, but also for building a healthy life style, and healthier nation.

Elena Kosevska/26th October 2020