Implementing a Comprehensive School Physical Activity Program

LET'S MOVE in School

www.LetsMoveInSchool.org

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nickelodeon worldwide DAY OF PLAY
Can You Hear Me?

• Turn up volume on speakers or select “use telephone” on your control panel and follow the call-in instructions listed

• For technical assistance during the webinar please call: 1-800-263-6317
Meet the Speaker

Georgi Roberts
Director of Health and PE, Fort Worth ISD
and No. 1 Believer That We All Should Be Active at School!

Community District Weekly Bike Rider
Walking School Bus Driver
Family Wellness Night Dancer

www.LetsMoveInSchool.org
Poll Question

• Who are you?
  – Physical educator
  – PE Coordinator
  – Administrator
  – Physical activity organization member
  – Other
Poll Results

Who are you?

- Physical educator: 25
- PE Coordinator: 10
- Administrator: 5
- Physical activity organization member: 10
- Other: 50
Let’s Move in School Goal

• To ensure that every school provides a comprehensive school physical activity program with quality physical education as the foundation so that youth will develop the knowledge, skills and confidence to be physically active for a lifetime.
AAHPERD and LMIS

• The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) supports the goal of First Lady Michelle Obama’s Let’s Move! campaign.

• Pledges to give teachers, principals, superintendents, school boards, and parents the support they need to help our kids to become more physically educated and active in school.
What is a CSPAP?

• Comprehensive School Physical Activity Program (CSPAP)
• School districts and schools utilize all opportunities for school-based physical activity
• Develop physically educated students who participate in the nationally-recommended 60+ minutes of physical activity each day
• Develop the knowledge, skills, and confidence to be physically active for a lifetime
Physical Education

Physical Activity During School

Physical Activity Before and After School

Staff Involvement

Family and Community Involvement

LET'S MOVE in School™

www.LetsMoveInSchool.org

National Association for Sport and Physical Education of the
American Alliance for Health, Physical Education, Recreation and Dance

Comprehensive School Physical Activity Program
**PE is the Foundation**

- Physical education is the academic subject that provides standards-based instruction on motor/movement knowledge and skills, physical activity and fitness knowledge and skills, personal and social responsibility, and valuing physical activity for its many benefits.
CSPAP Goals

- Enable all students to participate in at least 60 minutes of moderate-to-vigorous physical activity each day
- Provide coordination among the CSPAP components to maximize knowledge and skills learned in physical education so that all students will be fully physically educated and well-equipped for a lifetime of physical activity
Why Implement a CSPAP?

1. Evidence shows that physically active students have better learning readiness, attention, fewer behavior issues, and ultimately better academic outcomes.
   (CDC. *The association between school based physical activity, including physical education, and academic performance.* Atlanta, GA: U.S. Department of Health and Human Services; 2010.)

2. Children and adolescents need 60 minutes (1 hour) or more of physical activity each day.

3. Approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese.
   (From: [www.cdc.gov/obesity/data/trends.html](http://www.cdc.gov/obesity/data/trends.html); data from the National Health and Examination Survey (NHANES).)

   They are more likely than youth of normal weight to become overweight or obese adults.
Breaking Down the CSPAP Components
Physical Education

• Implement a standards-based curriculum that includes a clear scope and sequence.

• Identify clear objectives (i.e., psychomotor, cognitive and affective) for each physical education lesson.

• Provide instruction in a wide variety of skills related to sport, lifetime activities, and fitness.
Physical Activity During the School Day

- Include a healthy living tip or quote as part of each morning’s announcements.
- Provide short (5- to 10-minute) physical activity breaks during long stretches of seated instruction.
- Provide all secondary school students with drop-in recess activities so they can be active during their lunch or free periods.
Physical Activity Before and After School

• Create safe opportunities for students to walk and bike to school in collaboration with parents and community organizations.

• Open and supervise physical activity facilities for staff and student use before and after school.

• Organize physical activity clubs and intramural sports to encourage physical activity participation by students of all abilities.
Staff Involvement

• Conduct a staff needs assessment to identify health-related needs and work with local organizations to address those needs.
• Hold walk-and-talk meetings with colleagues.
• Provide staff professional development on creating opportunities for physical activity in the classroom.
Family and Community Involvement

- Include physical education and physical activity information on the school website and in each school newsletter.
- Invite community participation in special events.
- Teach students how to use community physical activity resources.
Poll Question

• Is your school, district, or organization already implementing or supporting any of the CSPAP components?
  – All 5 components
  – 3 - 4 components
  – 1 - 2 components
  – None
Poll Results

Is your school, district, or organization already implementing or supporting any of the CSPAP components?

- All 5 components
- 3-4 components
- 1-2 components
- None
How Can We Get Started?

• Begin by looking at the CSPAP model and asking:
  “Are we allowing students **every** opportunity to be physically active from the moment they walk in the door to the moment they leave the building?”

• Use the turn-key resources and toolkits at [www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org) and register your school to receive information.
How Do We Keep Going?

• Recognize that it will take time to implement a CSPAP.
• Engage partners and supporters.
• Take one step at a time.
• Celebrate your successes!
Noah Drew - Glen Park Elementary
Fort Worth ISD

• Fort Worth, TX
• 850 students
• Approximately 95% Free or Reduced Lunch
• Elementary, K-5 served in PE
• 45 minute PE classes meeting every other day
• Facilities: Detached gym with access to open fields
Barriers to CSPAP

• Low Involvement and low expectations
• Staff - concerned with their own workload
• Administration - need to build trust
• Community - lack of funds, time in schedule, awareness of programs
Overcoming Barriers - Staff

• Take your position seriously. Do not let teachers keep students during PE, let the school know that what you do is valuable.

• Be organized and clear when outlining plans. Make it easy for staff to participate.

• Bribe them!
Overcoming Barriers - Administration

• Think like a Principal - be prepared for every contingency
• Organization is paramount
• Utilize available resources, be sustainable
Overcoming Barriers - Community

• Reach out to staff, someone has a valuable contact
• Take advantage of available programs, be flexible
• Treat your guests well, make them want to come back
Overcoming Barriers - Parents

• Don’t limit communication to discipline related issues.
• Take the time to explain what their children are learning and why it is important.
• When parents are behind you, others stakeholders will follow.
Process of Implementation

• Seek approval early
• Give notice of event early - publicize
• Show everyone that you are excited about the event.
• Don’t attempt to plan, gather resources, set up and staff an event all by yourself.
• Don’t be frustrated by naysayers
• Find eager staff and help them see their ideas come to fruition.
• Keep events on calendar, grow and improve.
Top 3 Highlights

• Family Fitness Nights - Spring and Fall
• 2nd Annual Glen Park Walk
• Increased PA during school day - Activity Breaks, suggestions for a more active recess
Let’s all stand up and stretch…
Melanie Moore - Allison Traditional Magnet MS
Wichita Public Schools

- Wichita, KS
- 527 students - 6th, 7th and 8th grades
- 49% free and reduced lunch
- P.E. - an elective, by semester, everyday
- 45 minute classes
- Located downtown
- Magnet school - students bused from all parts of the city
- Facilities - minimal: land-locked, small playground, one gymnasium
Barriers to CSPAP

• Where I have support
  – Administration: YES?! (Recent administration change)
  – Staff: emotionally, yes. In action, no.
  – School board: Yes, philosophically.
  – Community: Unknown

• How have I overcome and how am I overcoming barriers?
  – The “idea” is non-traditional
  – Time: school schedule and mine
Process of Implementation

• Used a “planned event”
  – NASPE’s “National Physical Education and Sport Week”
    • Let’s Move In School Dance
      – Taught dance in PE classes
      – Taught dance at lunch recess the week before
      – Focused on 6th graders
Process of Implementation

- Planned new short-term event
  - Lunch Recess “3-on-3” Soccer Tournament
Process of Implementation

• Continuing this year....
  – Quarterly Lunch Recess Tournaments
    • Soccer, Flag Football, Volleyball, Floor Hockey
  – Offer to do a Professional Development Session during winter in-service
  – Participate in a community health event
Top 3 Highlights

• Idea of Physical Activity outside of Physical Education

• Lunch recess tournaments have given purpose to some students (i.e. misbehavior, less lunch recess drama, less absenteeism)

• Students feeling a sense of belonging, whether participating or watching
Goals For This School Year

• Goal #1 – Have two teachers do classroom Physical Activity with positive results
• Goal #2 – Have students assist during lunch recess tournaments
• Goal #3 – Recruit 10 parents to assist and participate in a school/community physical activity
Overview
About Nickelodeon's Worldwide Day of Play

Since 2001, Nickelodeon has demonstrated its commitment to the issue of health & wellness everyday through PSA’s, programming, specials, online and events.

Now in its 8th year, Nickelodeon’s Worldwide Day of Play (WWDOP) is the centerpiece of The Big Help’s health & wellness campaign.

- The objective of WWDOP is to connect with kids in a meaningful way, inspiring them to make healthy choices and embrace an active lifestyle.

- From 12PM to 3PM Nickelodeon and all Nick networks and websites will go dark, turning off all programming, to get kids outside and active with the message: GET UP, GET OUT and GET ACTIVE!
Nickelodeon, WWDOP and the PALA Challenge

This year, Nickelodeon is partnered with the President’s Council on Fitness, Sports and Nutrition and Let’s Move to motivate kids to take the President’s Active Lifestyle Award (PALA) Challenge.

• The PALA Challenge served as the key message of The Big Help’s summer-long health & wellness campaign, culminating in a celebration of kids’ efforts on Worldwide Day of Play.

• Nickelodeon talent, superstar athletes, celebrity ambassadors, and real kids took the PALA Challenge and logged their efforts on Nick.com/thebighelp.
Nickelodeon’s Partner Support

**Worldwide Day of Play** exists—and extends nationwide and internationally—because of the support and collaboration of major organizations who share Nickelodeon’s dedication to kids and the issue of health & wellness.

- **Local schools** in partnership with communities, *National PTA and NASPE/AAHPERD* host their own Worldwide Day of Play events during school or after school.

- **Long-term Nickelodeon/Big Help partners** including *Boys & Girls Clubs of America, NFL Play 60, National PTA, the National Wildlife Federation, The Corporation for National and Community Service, Kiwanis, NASPE/AAHPERD* and more organize thousands of WWDOP events around the country.

- **Mayors and Governors** host *Let’s Move* events in their communities and provide official proclamations using Nickelodeon’s WWDOP toolkit materials.
Global Headquarters - Washington DC

For the first-time, Nickelodeon is bringing **WWDOP** to *The Washington, D.C. Ellipse.*

- **The giant field day** will celebrate the success of one million Americans completing The PALA Challenge.

- More than **50+ partner and community-based organizations** committed to kids and the issue of health & wellness will be on site with their own dedicated activity areas.

- **Nickelodeon’s biggest stars** will be on hand at Worldwide Day of Play’s Global Headquarters in DC including: Miranda Cosgrove, Victoria Justice, Keke Palmer, Jeff Sutphen and the cast of *Big Time Rush.*

- The Washington DC events will be covered “**LIVE**” on Nickelodeon reaching over **90 million homes** in the US.
YOU Can Be A Part Of Worldwide Day of Play...
Be A Part of the Celebration!

Worldwide Day of Play is celebrated with more than 3,500 organized grassroots events in all 50 states and 16 countries

- **YOU** can participate in Worldwide Day of Play by hosting your own local event. It is fun and easy to participate, all you have to do is encourage kids to play

- Events can be on or around 9.24.11 and they can be an hour or all day long

- Visit [pro-social.nick.com](http://pro-social.nick.com) to register your event and access planning resources and information

- D.C. area families are also invited to attend the event on the Ellipse which is free and open to the public
Nickelodeon’s Online Resources

Nickelodeon provides schools, organizations, partners and communities with resources to help plan your own local play day:

• Kids’ website, Nick.com/thebighelp is dedicated to helping kids be more active and health
  - Site features editorial content, games and activities for kids in the Big Help Clubhouse

• Adult destination, pro-social.nick.com has event planning resources and registration info
Grassroots Outreach Materials

• Nickelodeon created the Worldwide Day of Play Playbook as a planning resource for local events. It has tips on how to plan an event, event ideas and flyers, permission slips and more.

• There is also a version of Playbook called How iPlay for kids with special needs created in partnership with AbilityPath.org.

• Posters, e-blasts, swag and grants are also available for local sites.
Contact Information

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Question & Answer Session
Let’s Move in School Contact Info

www.letsmoveinschool.org
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1-800-213-7193

Join us for future Let’s Move in School webinars on the 2nd Wednesday of each month. Register at www.letsmoveinschool.org!