

# Implementing a Comprehensive School Physical Activity Program



**LET'S  
MOVE**  
in School™

[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

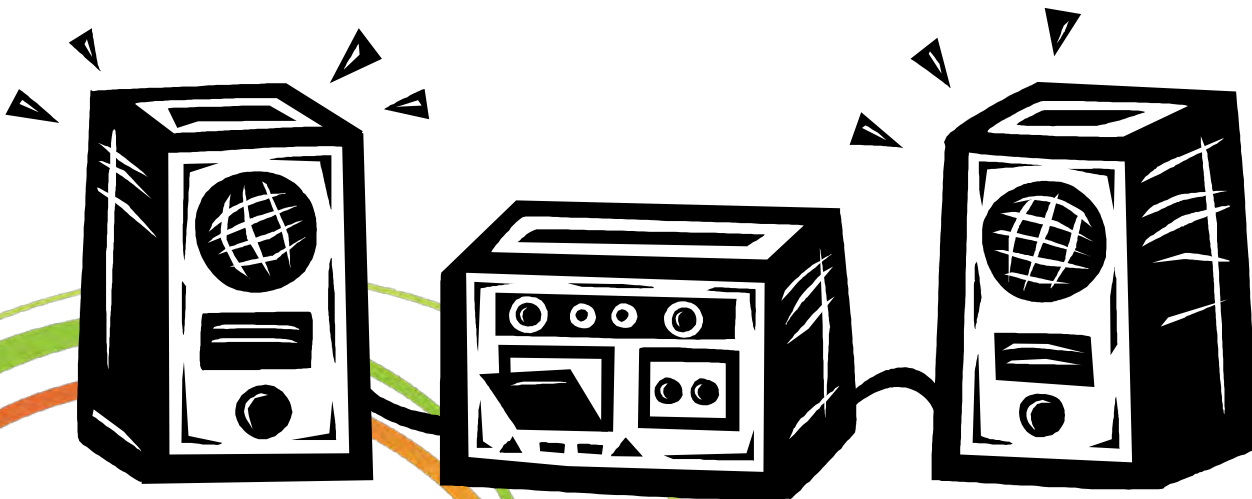


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DAY OF PLAY

# 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!

Family Wellness Night Dancer



Walking School Bus Driver



Community District Weekly Bike Rider



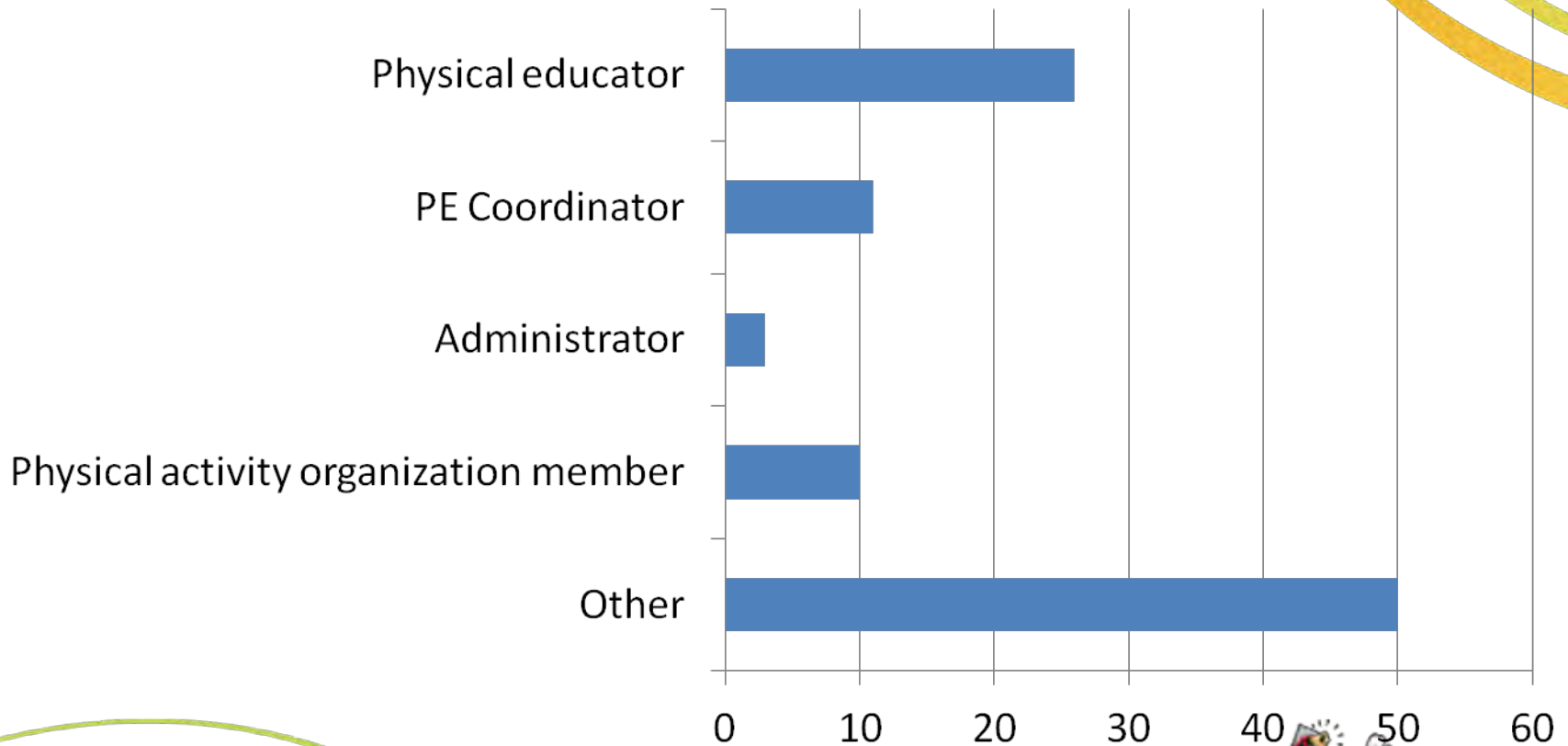
# Poll Question

- Who are you?
  - Physical educator
  - PE Coordinator
  - Administrator
  - Physical activity organization member
  - Other



# Poll Results

Who are you?



# 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







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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.

CDC. Physical Activity for Everyone; <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>.)

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.

(From: [www.cdc.gov/healthyyouth/obesity/index.htm](http://www.cdc.gov/healthyyouth/obesity/index.htm); citation: U.S. Surgeon General. *Overweight and Obesity: Health Consequences.* Rockville, MD; 2001.)



# 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.



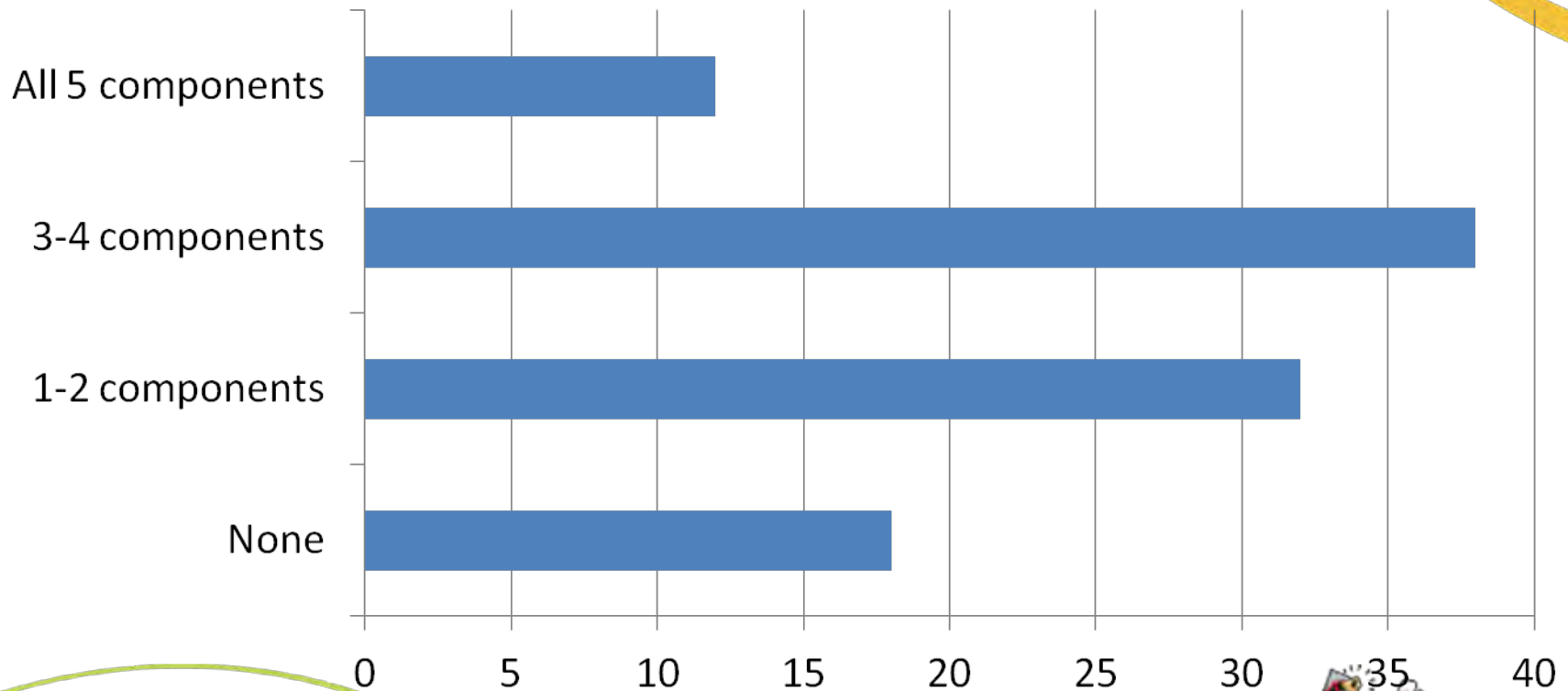
# Poll Question

- 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?



# 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!

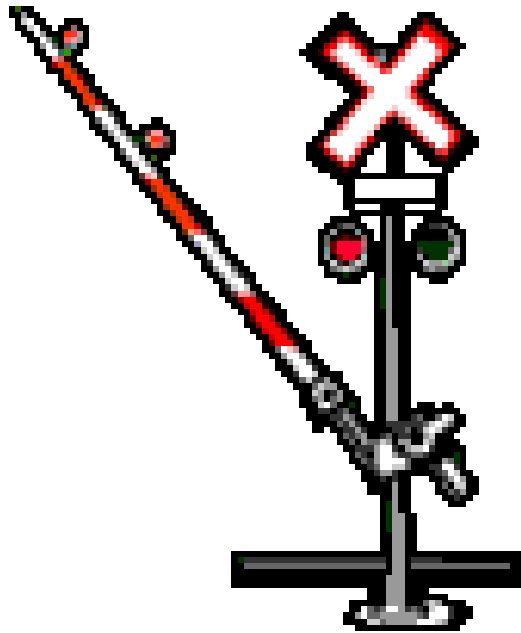


# Noah Drew - Glen Park Elementary Fort Worth ISD

- 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

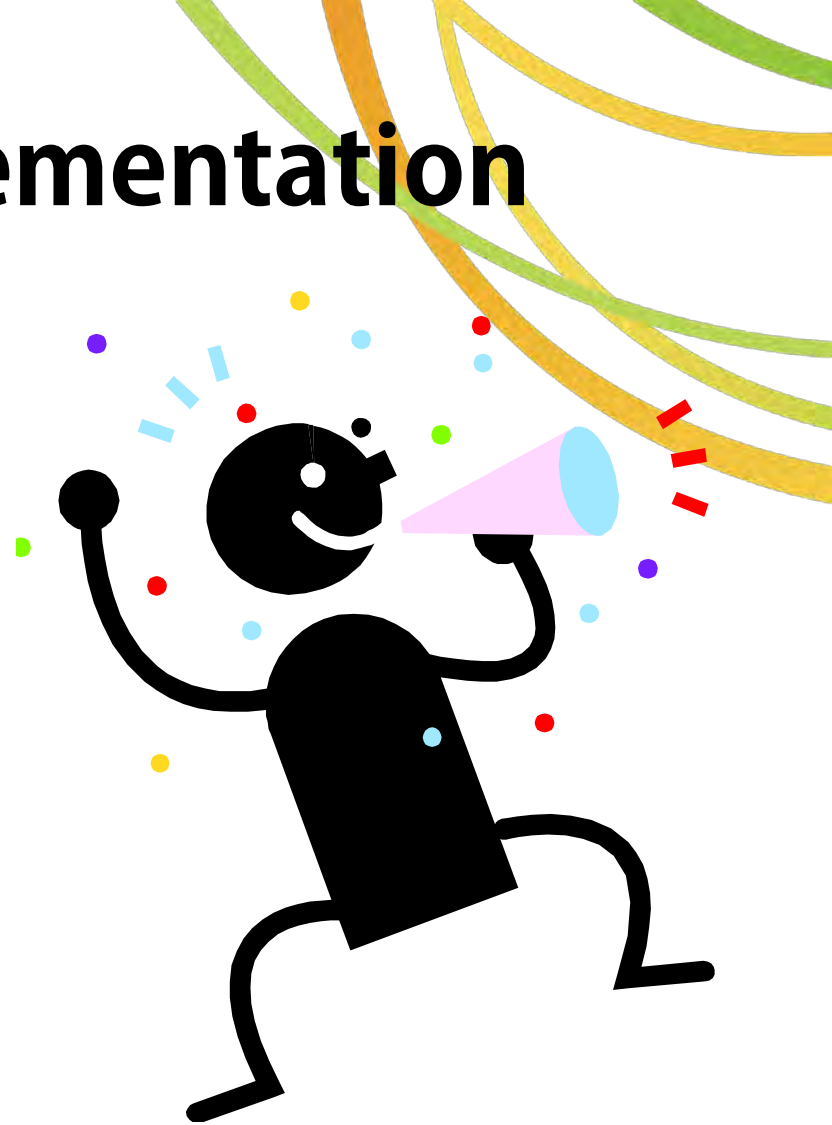


- Don't limit communication to discipline related issues.
- Take the time to explain what their children are learning and why it is important.
- When parents are behind you, others stake holders will follow.



# 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
- 2<sup>nd</sup> Annual Glen Park Walk
- Increased PA during school day - Activity Breaks, suggestions for a more active recess



**WOW!**





**Let's all stand up  
and stretch...**



[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

# Melanie Moore - Allison Traditional Magnet MS Wichita Public Schools

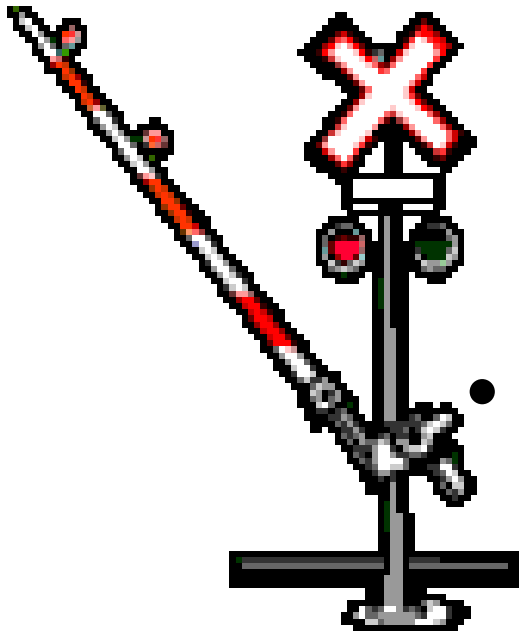
- Wichita, KS
- 527 students - 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades
- 49% free and reduced lunch
- P.E. - an elective, by semester, everyday
- 45 minute classes
- Located downtown
- Magnet school - students bused from all parts of the city
- Facilities - minimal: land-locked, small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



# nickelodeon

Worldwide Day of Play 2011



# 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](http://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.

GREAT FUTURES START **HERE.**



BOYS & GIRLS CLUBS  
OF AMERICA

National  
**PTA**<sup>®</sup>

*everychild.one voice.*<sup>®</sup>

**Kiwanis**<sup>®</sup>  
International

# 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



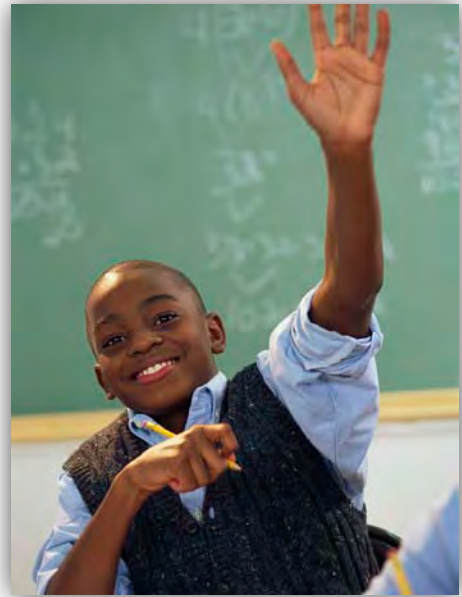


# Contact Information

[Maitland.Lachman@nick.com](mailto:Maitland.Lachman@nick.com)  
212-846-7520



# Question & Answer Session



# Let's Move in School Contact Info



[www.letsmoveinschool.org](http://www.letsmoveinschool.org)



[LMIS@aahperd.org](mailto:LMIS@aahperd.org)



1-800-213-7193

Join us for future Let's Move in School webinars  
on the **2<sup>nd</sup> Wednesday of each month.**  
Register at [www.letsmoveinschool.org](http://www.letsmoveinschool.org)!

