

# Physical Education: The Foundation



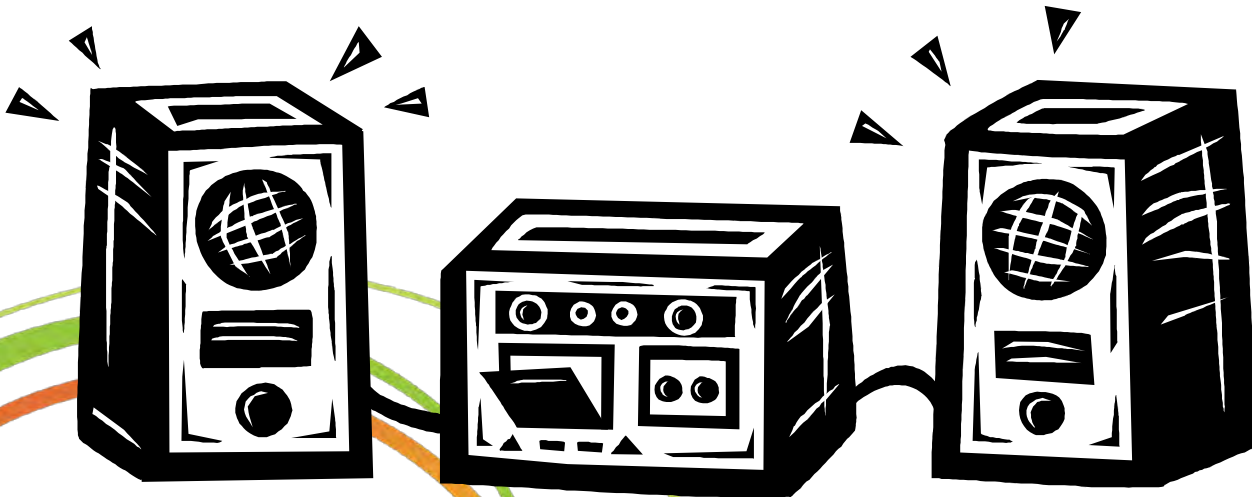
**LET'S  
MOVE**  
in School™

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



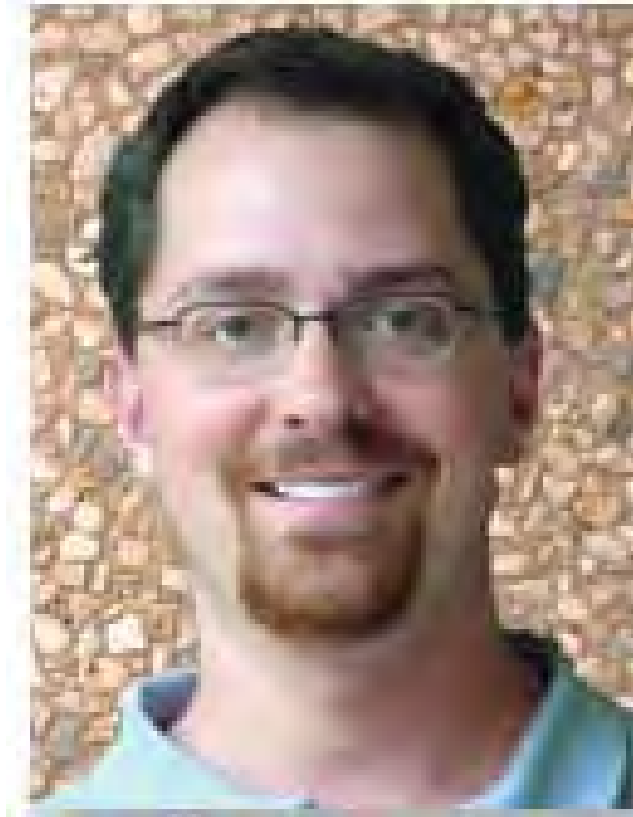
# Can You Hear Me?

- 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

Aaron Beighle, Ph.D.  
University of Kentucky  
[beighle@uky.edu](mailto:beighle@uky.edu)



# 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





# 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





# LET'S MOVE in School™

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





# Poll Question

- Do you collaborate with other staff members to provide opportunities for physical activity throughout the school day?
  - Yes
  - No





# Quality Physical Education

- Provides:
  - learning opportunities
  - appropriate instruction
  - meaningful and challenging content
  - student and program assessment
- Improves:
  - mental alertness
  - academic performance
  - readiness and enthusiasm for learning



# Opportunity to Learn



- All students required to take physical education
- Instructional periods total 150 minutes per week (elementary) and 225 minutes per week (secondary)
- PE class size consistent with that of other subject areas
- Qualified physical education specialist and adapted physical education specialist provides a developmentally appropriate program
- Adequate and safe equipment and facilities



# Meaningful Content

- Written, sequential curriculum for grades P-12, based on state or national standards
- Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
- Fitness education and assessment to help children understand, improve and/or maintain physical well-being





# Meaningful Content



- Development of cognitive concepts about motor skill and fitness
- Opportunities to improve emerging social and cooperative skills and gain a multi-cultural perspective
- Promotion of regular amounts of appropriate physical activity now and throughout life





# Appropriate Instruction

- Full inclusion of all students
- Maximum practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out of school assignments that support learning and practice
- Physical activity not assigned as or withheld as punishment
- Regular assessment to monitor and reinforce student learning



# Student & Program Assessment



- Assessment is an ongoing, vital part of the program
- Formative and summative assessment of student progress
- Student assessments aligned with state/national physical education standards and the curriculum
- Assessment of program elements that support QPE
- Stakeholders periodically evaluate the total PE program effectiveness



# Why is QPE Important?

- Helps all students develop:
  - health-related fitness
  - physical competence
  - cognitive understanding
  - positive attitudes about physical activity so that they can adopt healthy and physically active lifestyles



# QPE Resources

- NASPE Teaching Tools
  - [www.naspeinfo.org/publications/teachingtools](http://www.naspeinfo.org/publications/teachingtools)
- NASPE Resource Briefs
  - [www.naspeinfo.org/publications/resourcebriefs](http://www.naspeinfo.org/publications/resourcebriefs)





# Poll Question

- Are you currently using any of the following resources in implementing your quality physical education program?
  - Moving Into the Future: National Standards for Physical Education
  - State Standards for Physical Education
  - Opportunity to Learn Guidelines
  - Appropriate Instructional Practices Guidelines
  - School Physical Education Program Checklist



# How Can We Get Started?

- Use the turn-key resources and toolkits at [www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org) and register your school to receive information
- Physical Education Teacher Toolkit
  - Single focused theme with tips and resources
  - Physical activity break ideas
  - Communication to parents
  - News about upcoming webinars





# October

a single focused theme with tips and resources

## October Theme: Participate in Your School Community

Generating Family and Community Involvement is critically important for building support for a comprehensive school physical activity program. Here are some easy ways to get everyone involved!

- Conduct a School-Wide [Walk to School Event](#) on October 5.
- [Invite Parents to Participate this School Year.](#)
- Check out these [tips for conducting Parent-Teacher Conferences.](#)
- Encourage all families to post this month's Let's Move in School [Refrigerator Message.](#)
- Register for upcoming [Let's Move in School Webinars.](#)





# october

## physical activity break ideas

### October Physical Activity Break Ideas

Physical activity breaks during the school day provide children and youth an opportunity to be active and take a break from sedentary activities in the classroom. By increasing daily physical activity levels of youth, they will be more focused and ready to return to their academic studies.

Recent studies show that micro-exercise, or brief exercise bouts of at least 10 minutes, may result in fitness and health benefits.

#### Elementary

[MN Energizers K-5](#)

#### Secondary

[Language Arts Energizers](#)







# OCTOBER

a communication to parents

## October Communication to Parents

Use this communication to parents as a letter to send home or as a news piece for school website or school/PTA newsletter.

**Dear Parents,**

Nothing motivates kids more than having a parent involved in everyday activities at school. During this new school year, become a part of your child's physical education. Try volunteering in your child's physical education class, help organize a special physical activity event at the school, or volunteer to be a recess monitor. It will be time well spent, and you will learn more about your child and about the programs we offer.

Physical education is not just for school. Research shows that youth engagement in physical activity is influenced by participation and support of parents and siblings. When families are active together, they spend additional time together and experience health benefits.

Think about experts and activities in our community that might consider some pro bono work at school. Do you have any contacts with managers of a roller skating rink, golf course, bowling alley or swimming pool that our school can access? Do you know any marital arts, fitness, dance or outdoor recreation experts who could share their experiences and knowledge with our students? Help bring those unique partners to our school community so that kids have the opportunity to explore the activity world beyond the walls of our school.

Family and community involvement is critically important to the success of our Let's Move in School program. Please join us in getting your children physically active a minimum of 60 minutes every day.

Monica Lepore, Ed.D.  
Certified Adapted Physical Educator  
West Chester University  
West Chester, PA



Much thanks to Joann Judge, M.A., CAPE for her assistance with this presentation.



# West Chester University Adapted PE Programs





# Children With Disabilities Partnered With University Students...

- 25 years of the WCU Wednesday Night APE Program



- 6 seasons of CampAbilitiesPA@WCU
- 5 seasons of Shining Stars Adapted Dance Camp
- 3 seasons of Rammies Special Olympics Swim Team
- 2 seasons of Rammies Special Olympics Soccer Team
- 2 seasons of Adapted Lifetime Fitness Program



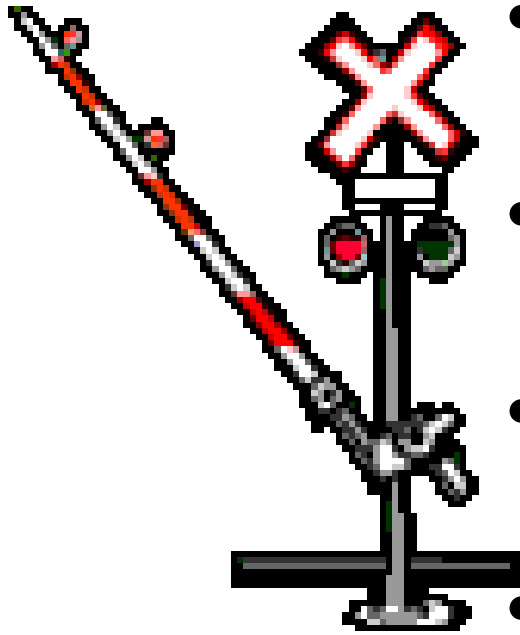


# Barriers to CSPAP

- Acquiring Funds
- Providing Transportation
- Staffing of Supervisory Personnel
- Recruitment of Volunteer Instructors
- Evaluating and Providing Accessibility
- Negative attitudes of Faculty/Staff/Students



# Barriers to CSPAP



- Initial Recruitment of Children with Disabilities
- Access to Developmentally Appropriate Equipment
- Scheduling a Day/Time Convenient for all Participants
- Defining Parental Attitudes towards Adapted Physical Activity
- Acquisition of Facilities (indoor/outdoor, pool, fitness center, dorm)



# How Were Barriers Conquered?

- Secure funds: grants, restaurant fund-raisers, letter writing campaign
- Connect Families: Transportation by families, connecting car pools
- Develop Adapted PE minor to increase staff



# How Were Barriers Conquered?



- Communicate & develop awareness of program value
- Participate on the school ADA committee
- Collaborate with local HPE teachers
- Survey potential families as to their needs
- Communicating to families about the program





# Process of Implementation

- Distribute a needs survey in schools, community organizations, parent support groups
- Write program mission, goals and objectives
- Develop a network of supporters including administrators, families, students with disabilities, community leaders
- Secure facilities through written proposals and personal communication



# Process of Implementation

- Fund Raise: write grants for equipment & other essentials
- Connect with students, families and HPE teachers in the community to develop a network of experts
- Recruit volunteers through adult service organizations, local college programs, and high school clubs such as Key Club and Circle K



# The WCU Adapted Physical Education Program...

- **EMPOWERS** CHILDREN WITH DISABILITIES....  
to self-advocate for access to quality physical activity.
- **ENLIGHTENS** PARENTS...  
to the potential and possibilities that exist for their child.
- **ENCOURAGES** FUTURE PHYSICAL EDUCATORS...  
to develop their knowledge, skills and attitudes to provide quality physical activity programs for all.



Ellen Abbadessa, M.Ed.  
Kyrene School District  
Tempe, AZ

[ellenabbadessa@yahoo.com](mailto:ellenabbadessa@yahoo.com)

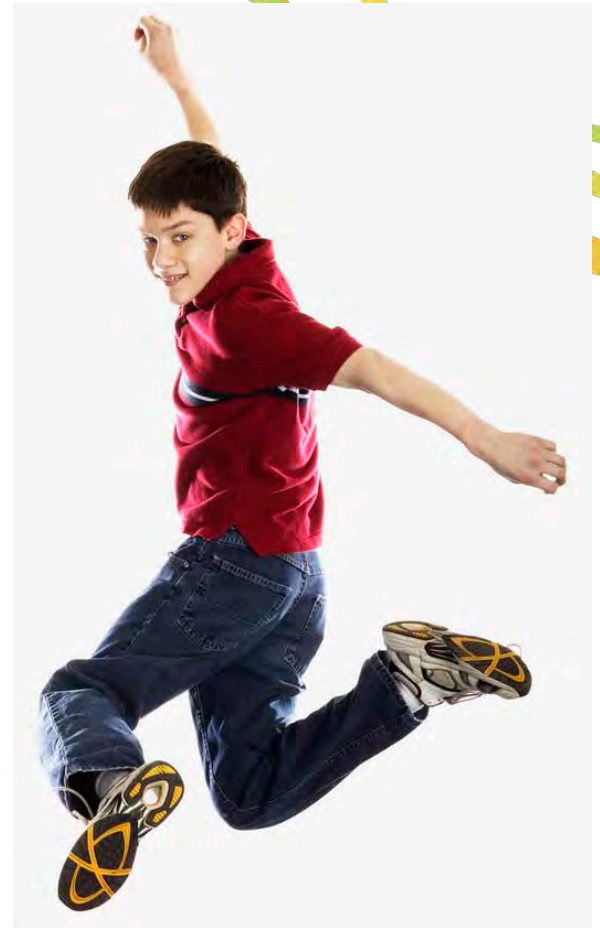


[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)



*Activity Break!*

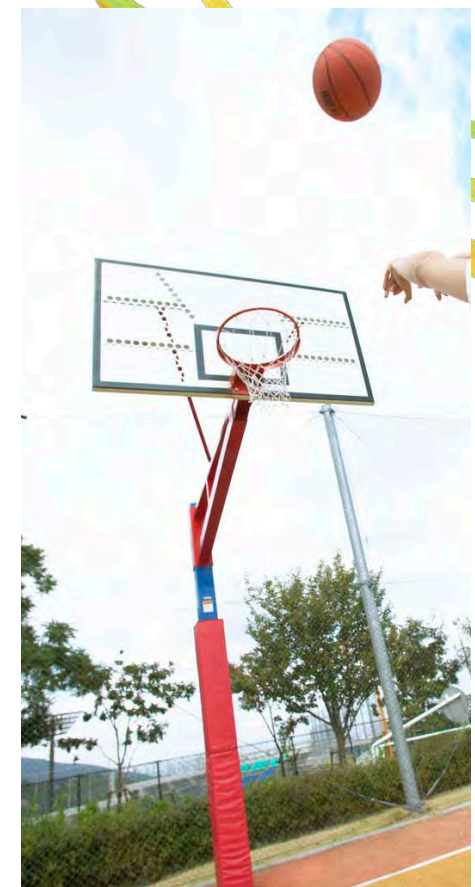
**“My Body”**



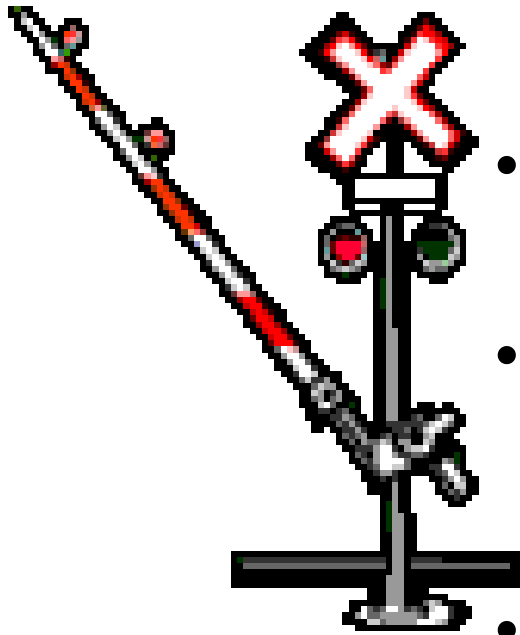
[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

# Kyrene School District

- K-5 award-winning physical education program
- Certified physical education specialists and adapted physical education specialists
- Diverse suburban school district
- Tempe, Phoenix, Chandler, and Guadalupe
- 18,000 K-8 students; 400 preschool children
- Program has gone from 30 minutes, twice per week (60 minutes total) to 45 minutes, once per week
- Multi-purpose room used for PE and as the cafeteria
- Outdoor large basketball court covered in a large shade structure



# Barriers to CSPAP



- Shared LMIS information with colleagues, Superintendent, Governing Board, and community members at a Board Meeting in early April.
- District was very supportive of increasing PA throughout the school day.
- District leadership council made plans in the spring to cut PE, music, art and library services in all K-5 schools to one day per week.
- Community members came out in support of keeping PE two days per week for 30 minutes (60 minutes total).



# LMIS Monthly Theme Program



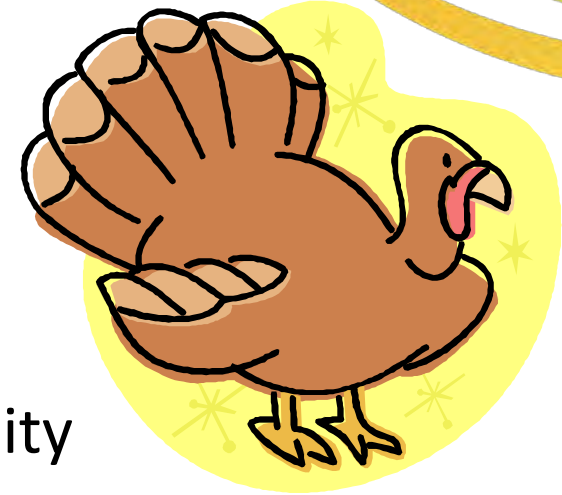
- Developed by K-5 Physical Education Leadership Team during Summer 2011
- Monthly themes that reflected standards-based PE curriculum learning experiences and/or national health observances and special events
- Presented the monthly LMIS themes to the entire elementary PE staff in August





# LMIS Monthly Themes

- August- **LET'S Build a TEAM!**
- September- **LET'S Get FIT!** (Physical Best/FIT Principle activities and cognitive concepts)
- October- **LET'S Get HEALTHY!** (Child Health Month)
- November- **LET'S Run!** (school/community Turkey Trot)
- December- **LET'S Give Ourselves the GIFT of Health!** (12 Days of Fitness to all families as our GIFT to students and families over the winter break)



# LMIS Monthly Themes

- January- **LET'S Set Some Goals!** (Resolutions IN school and AT home)
- February- **LET'S Build a Healthy Heart!** (JRFH and HFH events)
- March- **LET'S Eat Wise and Exercise!** (Balance concepts from Physical Best and Energy 101)
- April- **LET'S SPRING Into Fitness!** (Field Days)
- May- **LET'S MOVE In School Month!** (MOVE to school, MOVE in school, MOVE after school, MOVE in the home and community)



# LMIS Monthly Themes

- June & July- **LET'S Shape-Up this Summer!**
  - Summer Shape-Up Challenges
    - Daily activity calendars integrate academic subjects with physical education skills taught in PE all year
    - Messages about being safe around water
    - Reminders about eating the RAINBOW WAY EVERY DAY!
    - Disseminated to all schools in May 2012



# Top 3 Highlights

- Created Let's Move in Schools Task Force to oversee the development of our CSPAP district-wide
- Includes physical education teachers, principals, superintendent, athletic director, and a community education specialist





# Top 3 Highlights

- 5 Task Force sub-committees
  - **Let's Move in Schools** - LMIS content on KSD website, LMIS initiatives and special events, family and community resources
  - **Playground Committee** - plan for recess activities; minimum equipment list for all playgrounds and distribute rules for games; and support schools with training for school and duty personnel



COOL!



# Top 3 Highlights

- 5 Task Force sub-committees
  - **Curriculum Development Committee** - PE assessment protocols to measure grade level NASPE and Arizona standards and MVPA levels
  - **Brain Breaks Committee** - brain breaks to disseminate to classroom teachers to use during transitions and long bouts of academic instruction.
  - **Staff Involvement** - employee wellness programs (diabetes prevention, biggest loser, etc.)



AWESOME!



# Goals for Physical Education

- “The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt
- Quality Physical Education should LEAD the way as we provide students, staff, families, and our community with a myriad of opportunities to make Quality Physical Education and DAILY Physical Activity a VITAL part of our education system.
- **What WE DO MATTERS!** Healthy and ACTIVE Children are IN SCHOOL and make BETTER LEARNERS!!!



# 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)!

