Local School Wellness Policy-Physical Education/Activity Webinar

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Outline

• Summary of the first 4 elements of SWP
• Final provision of the Physical Education/Activity (PE & PA)
• Best Practices on PE & PA
• Resources on PE & PA
• School Success Stories
School Wellness Policy

- Public Involvement
- Nutrition Guidelines
- Nutrition Promotion
- Monitoring & Evaluation
- Public Notification
- Physical Education
- Physical Activity
Wellness Policy Requirement Overview

- Public Involvement
- Nutrition Guidelines
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Physical Education
- Public Notification
- Monitoring and Evaluation
LEAs are now required to include goals for physical activity and other school-based activities to promote student wellness
• Standards-based physical education
• Health and fitness focused curriculum
• Education links with school environment
Comprehensive Physical Activity Program

60 Minutes

http://www.cdc.gov/healthyschools/physicalactivity/cspap.htm
Physical Education
Best Practices

✓ Certified physical education teachers
✓ Standards-based curriculum; lifetime fitness focused
✓ Adequate time: Elementary = 150 mins/week; Secondary = 225 mins/week
✓ Quality Instruction and appropriate practices
✓ Accountability: Assessment, policies, monitoring, and consequences
✓ No exemptions/waivers/substitutions
Physical Education
Sample Policy Language

• All students in grades K-5 will receive 30 minutes of physical education per day.
• School administrators will encourage teachers to attend physical education related training at least once a year and will support their participation.
LEAs are now required to include goals for physical activity and other school-based activities to promote student wellness

• PA Integrated into the classroom
• Daily recess for elementary (minimum of 20 minutes)
• Education links with school environment
Physical Activity
Best Practices

Changing the school environment to support being physically active:

- Daily recess
- Physical activity integrated into the classroom
- Before school physical activity
- After school physical activity
- Physical activity utilized as a class reward
- Community run/walk
- Safe Routes to School
Physical Activity
Sample Policy Language

• Elementary school students will have a minimum of 20 minutes a day of supervised recess, preferably outdoors.

• Physical activity will not be used (e.g., running laps, pushup) or withheld (e.g., recess, physical education) as punishment.

• Opportunities for physical activity will be regularly incorporated into other subject areas.
PHYSICAL EDUCATION/ACTIVITY RESOURCES
State and National Standards

Nebraska Physical Education Standards

October 7, 2016

www.education.ne.gov/AcademicStandards/index.html

www.shapeamerica.org/standards/pe/index.cfm
SPARK Programs

Physical Education

After School

Early Childhood

Coordinated School Health Initiative

http://www.sparkpe.org/
CATCH® COORDINATED APPROACH TO CHILD HEALTH

CATCH® CEC Physical Activity Box

CATCH® K - 2 Activity Box

CATCH® 3 - 5 Activity Box

CATCH® Kids Club Activity Box for Grades K - 5

CATCH® 6 - 8 Activity Box

http://catchinfo.org/

USDA TEAM LET'S MOVE!
Physical Education Assessments

FitnessGram

http://www.ssgecom.com/fitnessgram/teachers.asp#a04

Presidential Youth Fitness Program

http://www.pyfp.org/

PE-METRICS

Assessing National Standards 1-6 In Elementary School

Assessing National Standards 1-6 In Secondary School

http://www.shapeamerica.org/publications/products/pemetrics.cfm

USDA TEAM LET'S MOVE
http://www.shapeamerica.org/jump/index.cfm

http://www.letsmoveschools.org/about

https://www.gonoodle.com/
Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day. We want kids to make a difference not only in their lives, but also their community.

Whether you’re a student, supporter or educator, simply choose your path to get involved and get going.

I’m a Student

I’m a Supporter

I’m an Educator

http://www.fueluptoplay60.com/
Fuel Up To Play 60 Award
Hartington PS

Pay to the Order of: Hartington Wildcats $3400.00
Three thousand four hundred & no cents

Roger Goodell
Commissioner of the NFL
2016 SHAPE Nebraska Conference
50 Million STRONG
November 7 & 8, 2016 – Younes Conference Center -Kearney, NE

http://www.shapenebraska.com/
Walk and Talk
Hawthorne Elementary-Hastings PS
“Walkie Talkie”
Sutherland Public Schools
# Lake Recess Success

Lake Elementary-North Platte PS

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Walk Wednesday
Thayer Central PS
Walk to School Day
Hartington PS
Happy Feet Zumba
Hartington PS
Before School Walking Programs
David City PS
“Your legacy is what you do every day. It’s every person whose life you’ve touched.”

Maya Angelou
Thank You For Attending Today!