



Local School Wellness Policy-Physical Education/Activity Webinar

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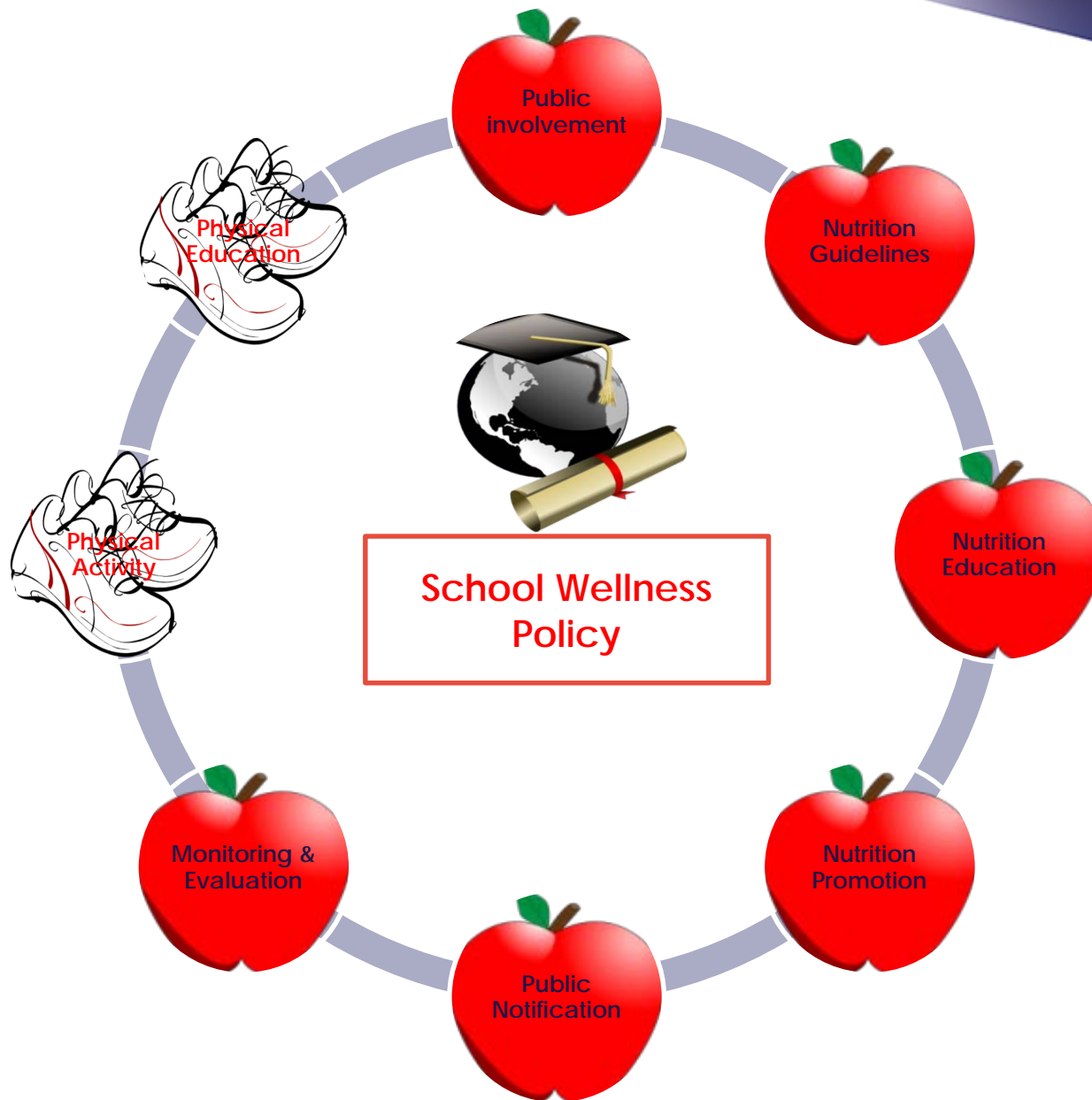




Outline

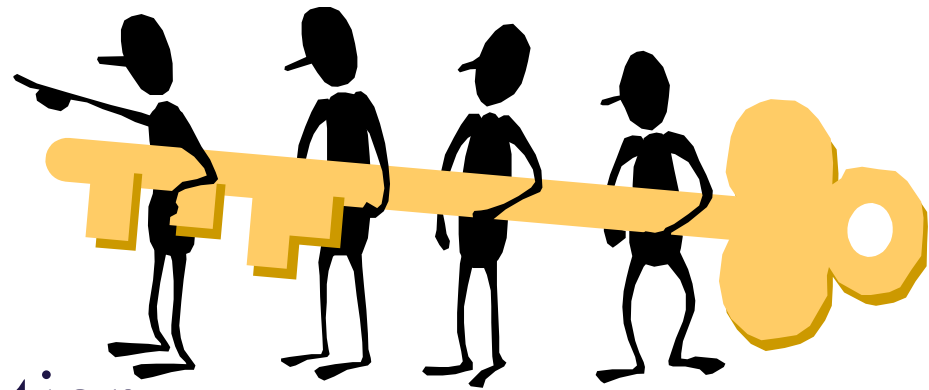
- Summary of the first 4 elements of SWP
- Final provision of the Physical Education/Activity (PE & PA)
- Best Practices on PE & PA
- Resources on PE & PA
- School Success Stories





Wellness Policy Requirement Overview

- ~~Public Involvement~~
- ~~Nutrition Guidelines~~
- ~~Nutrition Education~~
- ~~Nutrition Promotion~~
- Physical Activity
- Physical Education
- Public Notification
- Monitoring and Evaluation





Physical Education



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.





Physical Activity



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.



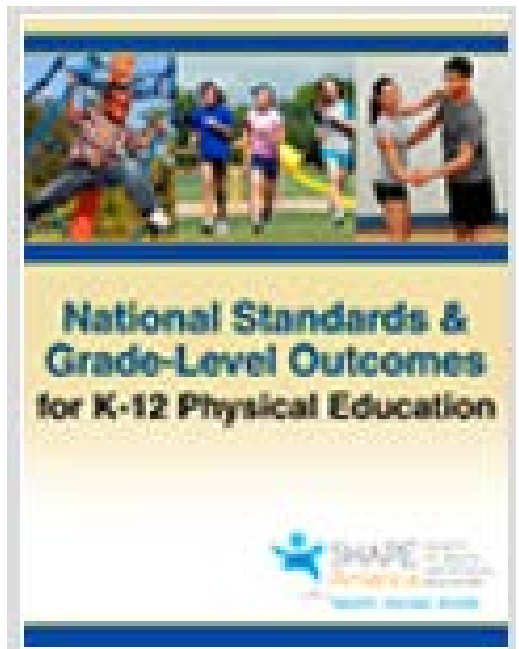
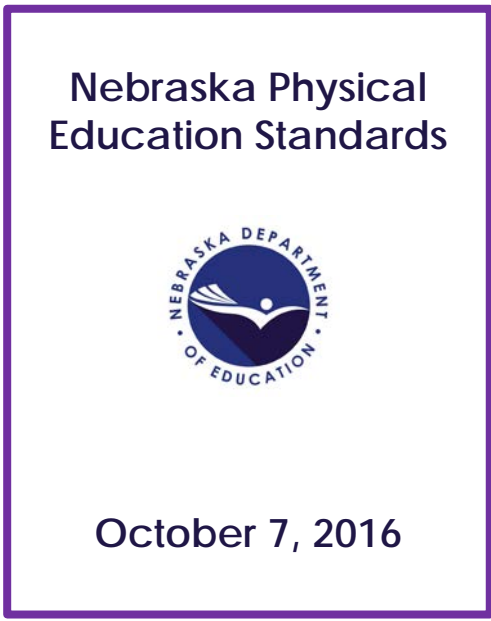


PHYSICAL EDUCATION/ACTIVITY RESOURCES





State and National Standards



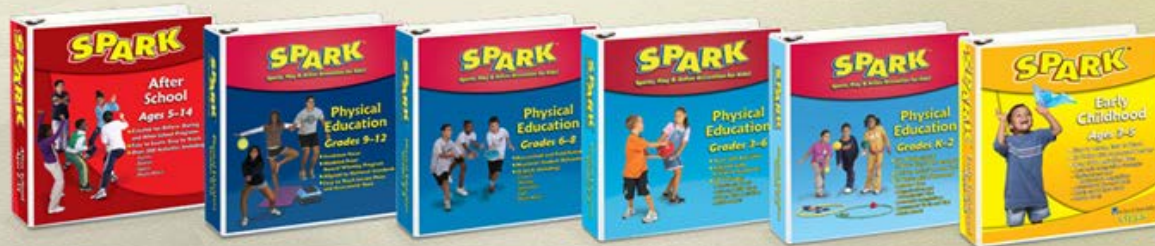
www.education.ne.gov/AcademicStandards/index.html

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





SPARK Programs



<http://www.sparkpe.org/>





CATCH® CEC Physical Activity Box

CATCH®

COORDINATED APPROACH TO CHILD HEALTH



CATCH® Kids Club Activity Box for Grades K - 5



CATCH® K - 2 Activity Box



CATCH® 3 - 5 Activity Box



CATCH® 6 - 8 Activity Box

<http://catchinfo.org/>





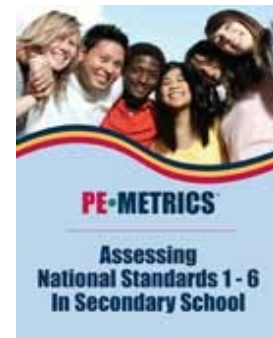
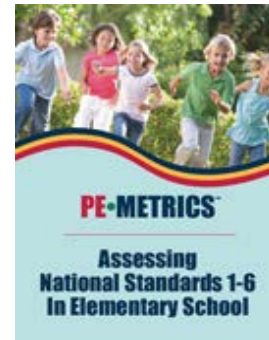
Physical Education Assessments



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



<http://www.pyfp.org/>



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





<http://www.shapeamerica.org/jump/index.cfm>



<https://www.gonoodle.com/>

<http://www.letsmoveschools.org/about>





Read the new blog written by students, for students!

Blog ▶

Connect with Fuel Up to Play 60 Fans (13 and over).

Connect ▶

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





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






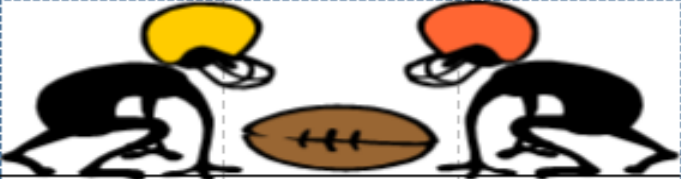


"Walkie Talkie" Sutherland Public Schools





Lake Recess Success

Lake Elementary-North Platte PS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mr. K K-2=Pass Patterns 3-5=Football	2
3	4 Mrs. H K-5=Walk and Talk	5 Mr. K K-2=Pass Patterns 3-5=Football	6 Mr. Hiatt K-2=French Fry Tag 3-5=Football	7 No School	8 No School	9
10	11 Mrs. H K-5=Walk and Talk	12 Mr. K K-2=Pass Patterns 3-5=Football	13 Mr. Hiatt K-2=French Fry Tag 3-5=Football	14 Ms. Douglas K-2=Jump Rope 3-5=Knockout	15 Mr. K K-2=Pass Patterns 3-5=Football	16
17	18 No School	19 Mr. K K-2=Pass Patterns 3-5=Football	20 Mr. Hiatt K-2=French Fry Tag 3-5=Football	21 Ms. Douglas K-2=Jump Rope 3-5=Knockout	22 Mr. K K-2=Pass Patterns 3-5=Football	
	25 Mrs. H K-5=Walk and Talk	26 Mr. K K-2=Pass Patterns 3-5=Football	27 Mr. Hiatt K-2=French Fry Tag 3-5=Football	28 Ms. Douglas K-2=Jump Rope 3-5=Knockout		



Walk Wednesday Thayer Central PS



Wellness Night

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!

