



PA, The Simple Solution

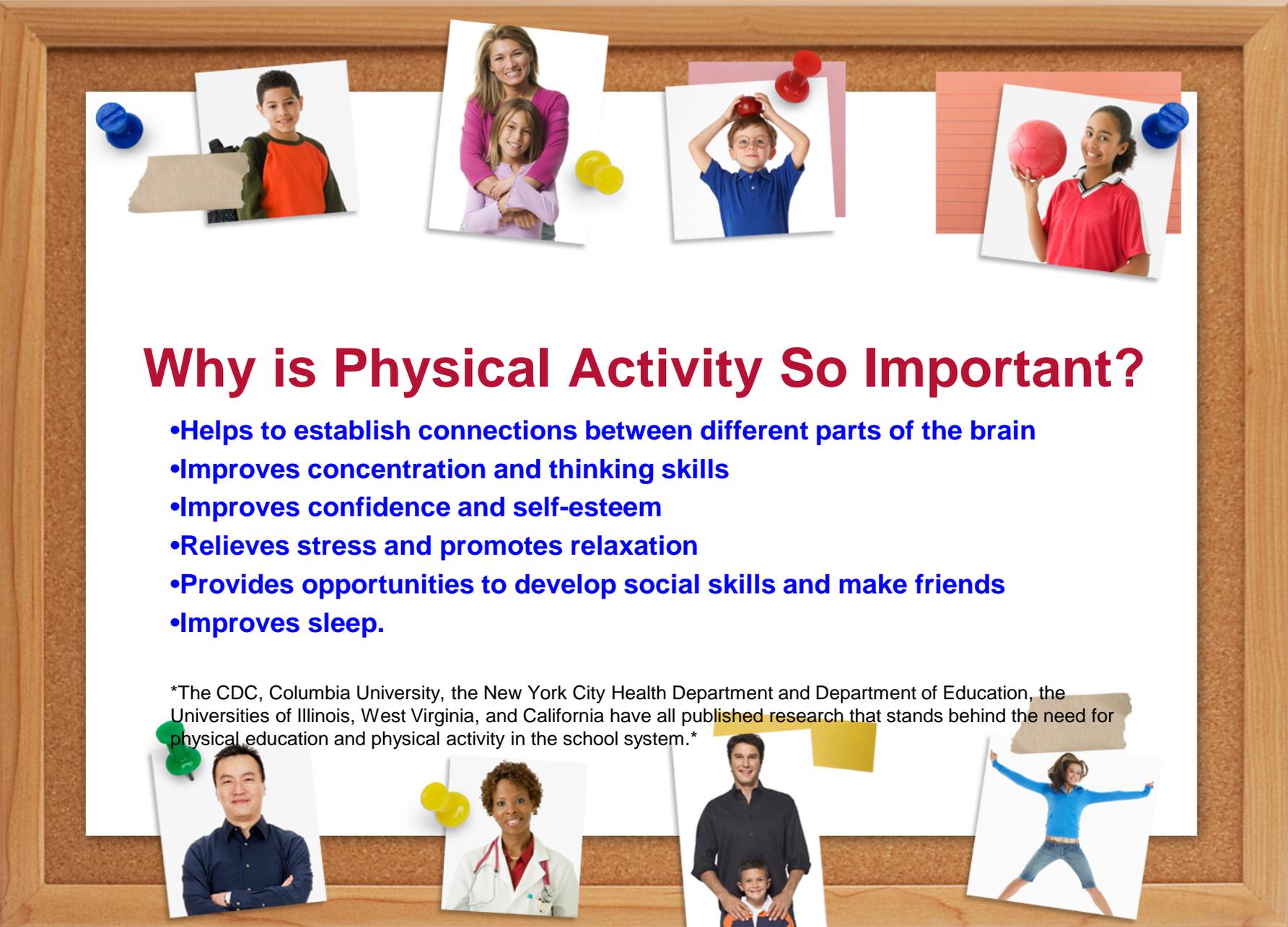
Keri Schoeff

**Physical Education Coordinator
Arizona Department of Education**



Which is More Appealing?





Why is Physical Activity So Important?

- Helps to establish connections between different parts of the brain
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Relieves stress and promotes relaxation
- Provides opportunities to develop social skills and make friends
- Improves sleep.

The CDC, Columbia University, the New York City Health Department and Department of Education, the Universities of Illinois, West Virginia, and California have all published research that stands behind the need for physical education and physical activity in the school system.



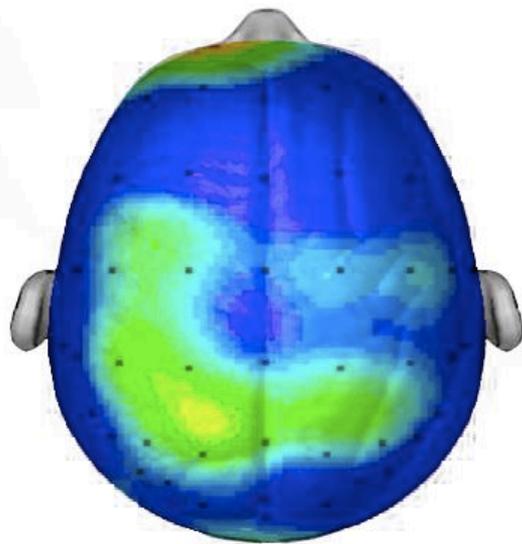
Research* Shows that Increasing Physical Activity Can:

- Improve Academic Performance
- Decrease Absenteeism
- Decrease Drop-Out Rates
- Prevent and Reduce Childhood Obesity

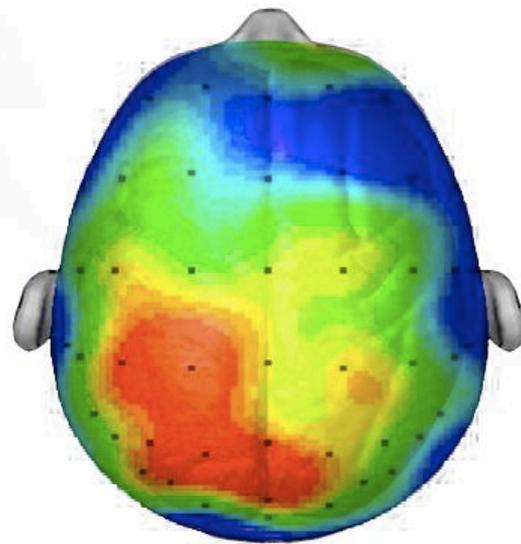
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Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois



How Active Are Kids?

- Only 29% of high school students achieve the recommended 60 minutes per day every day of the week.
- Only 31% of high school students attend physical education daily.
- 26% of elementary schools did not provide regularly scheduled recess for students in all grades.
- Only 44% of elementary schools had students participate in regular physical activity breaks during school.
- Only 44% of all schools supported or promoted walking/biking to school.

Self reported data from the Youth Risk Behavior Survey



How Does Arizona Measure Up?

- **No minute requirements for PE/PA**
- **No recess requirements**
- **No graduation requirements**
- **Waivers, Exemptions and Substitutions are allowed**
- **No state-wide assessment**
- **New standards**
- **Great work!**



How can my school increase Physical Activity?

- Physical Education Classes
- Walking/Biking to School
- Before School/After School Activity Clubs
- Classroom Physical Activity Breaks
- Provide Daily Active Recess for 20 minutes (K-6)
- Intramural Sports, Interscholastic Sports (6-12)

AZ Kids Can't Afford to Wait!

Leverage Health to Advance Student Achievement

“As we prepare our students for future success, we must remember that time spent in the classroom is only one aspect of their achievement. If children are hungry throughout the school day, how can we expect them to perform at their best? If they haven't been able exercise, will they really be able to concentrate and absorb the material expected of them? We have to give students the time and resources they need to be healthy, focused learners. If we don't, they will go to school every day with one more challenge to overcome.” –

Arizona Superintendent of Public Instruction Diane Douglas

AZ Kids Can't Afford to Wait!

Proposal 4: Comprehensive School Physical Activity Programs
Support schools in the implementation of Comprehensive School Physical Activity Programs (CSPAP) to provide all students with 60 minutes of physical activity per day.

Purpose:

- Increase academic achievement and graduation rates.
- Decrease behavior based discipline problems, absenteeism, childhood obesity rates and community health care costs.
- Ensure time allocated for physical education, physical activity and recess meets national recommendations.



Healthology
School health in action.

ARIZONA'S COORDINATED SCHOOL HEALTH PROGRAM

Implement a Comprehensive School Physical Activity Program?

A CSPAP is a systemic approach by which schools use all opportunities for school-based physical activity to develop physically educated students who participate in the nationally recommended 60 minutes of physical activity each day and who 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

60 minutes a day

Staff Involvement

Family & Community Engagement

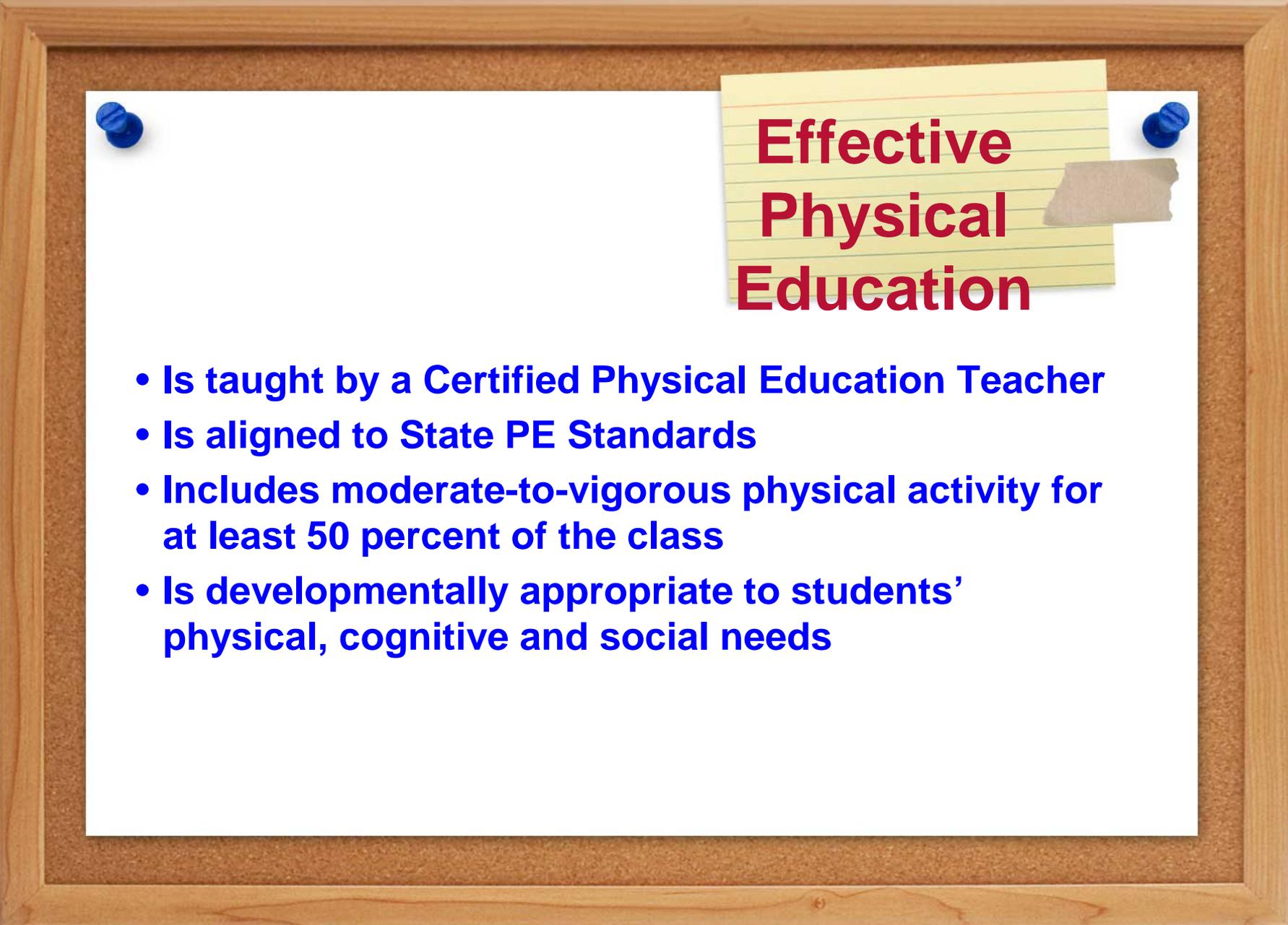




Exploring the 5 Components of a CSPAP

1. Effective physical education
2. Physical activity during school
3. Physical activity before and after school
4. Staff involvement
5. Family and community engagement





Effective Physical Education

- **Is taught by a Certified Physical Education Teacher**
- **Is aligned to State PE Standards**
- **Includes moderate-to-vigorous physical activity for at least 50 percent of the class**
- **Is developmentally appropriate to students' physical, cognitive and social needs**

PA During School

- **Activity Segment in the Morning Announcements**
- **Classroom Physical Activity Breaks**
- **Daily Active Recess that's 20 minutes in length**
- **Provide opportunities for intramural sport activities during lunchtime**
- **Active transition time**



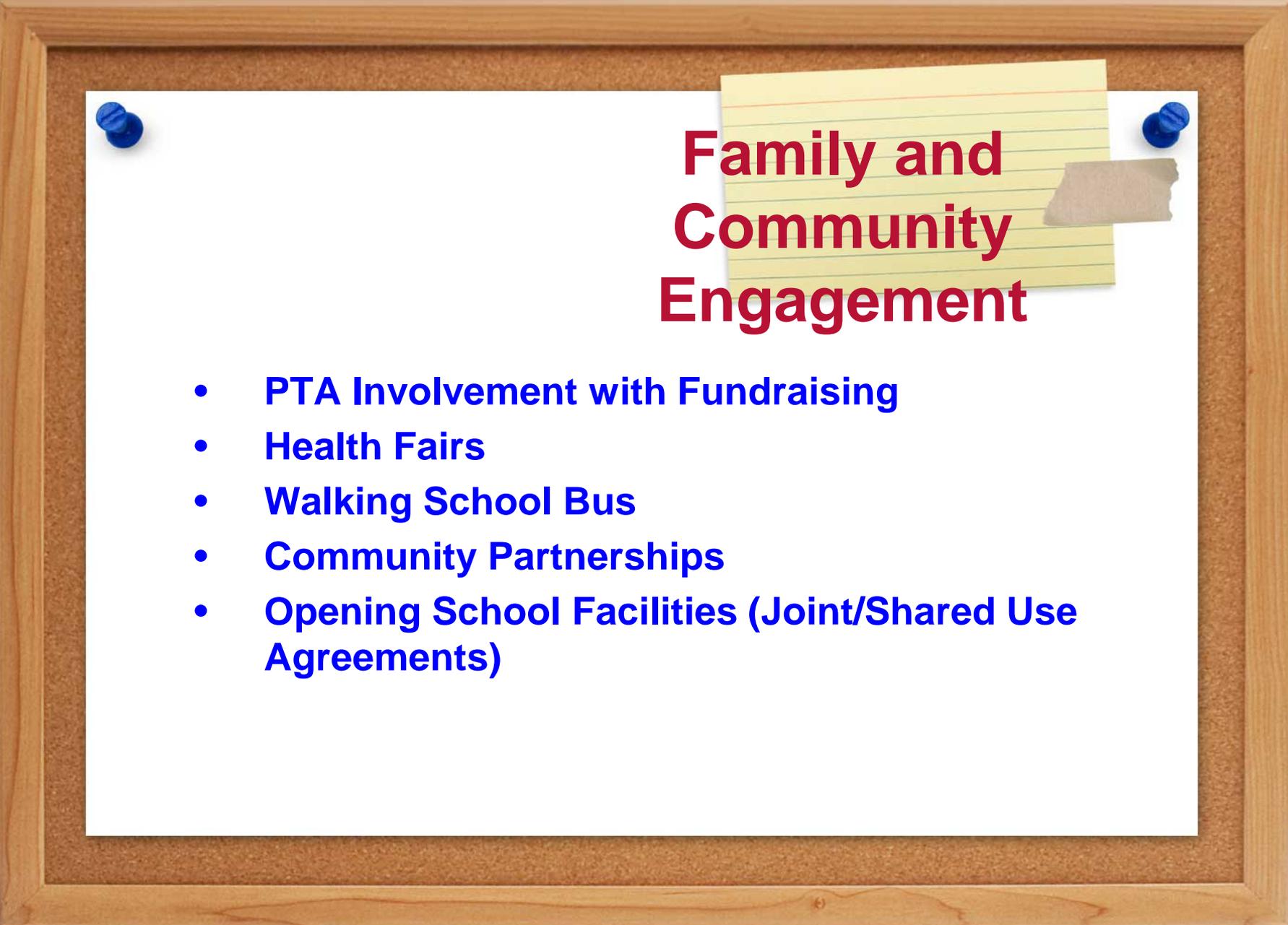
**PA
Before/After
School**

- **Promote Walking/Biking to School**
- **Physical Activity Clubs**
- **Intramural Sports**
- **Interscholastic Sports**
- **Before and After School Programs**
- **Community Based Sports Programs**

Staff Involvement

- **Staff Support of PA**
- **Employee Wellness**
- **Use of School Facilities**
- **Role Models**





Family and Community Engagement

- **PTA Involvement with Fundraising**
- **Health Fairs**
- **Walking School Bus**
- **Community Partnerships**
- **Opening School Facilities (Joint/Shared Use Agreements)**

7 Design Filters

For an Early Positive Experience

- 1. Universal Access:** Design for the hardest to reach.
- 2. Age Appropriate:** Six is not sixteen. Make it fit.
- 3. Dosage & Duration:** Getting to optimal.
- 4. Fun:** Let kids be kids.
- 5. Incentive & Motivation:** Make them want it.
- 6. Feedback to Kids:** How am I doing?
- 7. Teach/Coach/Mentor:** Make or break. It's all in the teachers.



Classroom Physical Activity Resources

- [GoNoodle](#)
- [Brain Breaks](#)
- [Fit for a Healthier Generation](#)
- [Let's Move Active Schools](#)

Questions?

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Healthology
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www.Healthologyaz.com

