

[Click this link to view in browser](#)



Academic Standards

Physical Education and Health Newsletter October 2022

October is a busy month for Physical Education and Health.

Hopefully, you have routines in your classes, everyone is in the groove for the new year, and your students are learning the importance of Health and Physical Literacy.

Read on to find out more about what's going on in the month of October to increase student knowledge of health and well-being.

Are you celebrating "Bring PE to Your Family Week" at your school?

In October, many schools are celebrating "Bring PE to Your Family Week" as a way for families to actively engage in physical activities together to promote health and wellness and increase awareness of the benefits of physical activities for all ages.

Click the links to see how you can celebrate "Bring PE to Your Family Week" at your school.

[SHAPE America-Bring PE to Your Family Week](#)

[OPEN Physed - Bring PE to Your Family Week](#)

Did you know that October is Health Literacy month?

Health Literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Health Literacy allows us to take control of our well-being by making smart, informed decisions about our health choices and communicating our needs to advance our health.

If you look at the Arizona State Health Standards, you will notice that Strand 3 and 4 discuss accessing information and interpersonal communication pertaining to advanced health and asking for help. To learn more, click the link for the Health Arizona Standards placemat. ([click here](#))

To help you incorporate Health Literacy into your lessons, SHAPE America has provided some great free resources for your students to support them in taking charge of their own health. Click the link for your free resources.

[SHAPE America](#)

Recess Law SB1083

Did you know Arizona has a law that requires students in K-5 to participate in 2 recesses a day?

On April 4, 2018, Senate Bill 1083 was signed into law. **The law requires all schools that have grades K-5 provide two recess periods per school day.** Per the law, recess is defined as “a period of time during the regular school day, including time before or after a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils”.

Studies have found that recess benefits students by improving their memory and attention, helping them stay on topic in class, reducing their disruptive behavior, and improving their social development, according to the Centers for Disease Control and Prevention (CDC).

If you would like to find out more on how to improve recess practices in your school, please click here ([ADE recess page](#)).

Exciting news!

As part of a research project, ADE partnered with ASU to disseminate a survey on whole school activity and wellness. To find out more and take the survey, [click here](#).

Don't forget to check out the Arizona State Health and Physical Education Convention in November.

Come look for me, Angela Budovksy-Robinson, and Keri Schoeff. We will be presenting "The How and Why of Assessment in PE: Creating a Culture of Thinking and Learning" and "Equity, Diversity, and Inclusion: the 21st Century Shift in Physical Education". Hope to see you there!

UPCOMING EVENTS!



Have you checked out the Physical Education Data Project?

The [Physical Education Data Project](#) is an online tool utilized by the Arizona Department of Education that offers insights into physical education course offerings and participation rates in Arizona schools. The Dashboards allow users to explore the state's physical education data,

exploring statewide geographic comparisons, county-/district-/school-level reporting, enrollment information, and trends in enrollment over time.

[Click Here for Physical Education Professional Development Opportunities](#)

Is your school looking for some specific Physical Education professional development? Click the link and fill out the form. [District Professional Development](#)

CONNECT WITH US



ARIZONA
Official Website of the State of Arizona

The Arizona Department of Education advances equity and excellence for all students by serving school leaders, educators, and staff, collaborating with communities, and leading with data-driven best practices. [LEARN MORE >](#)