

Welcome



***Be a Catalyst for
Change Through a
Grassroots Approach***

PE-lifeTM

Presenters

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Your Resource Partner

Advocacy and Program Support



-Vision-

All children embrace wellness for life.

-Mission-

PE4life contributes to improved fitness, social behavior, and learning readiness of children
by
inspiring and empowering schools and their communities to be catalysts for change in
advancing quality physical education.



Core Principles

We believe school communities should:

- ❑ Offer a variety of fitness, sport, leisure and adventure activities to all students
- ❑ Implement a K-12 standards-based PE curriculum
- ❑ Provide a safe and encouraging learning environment
- ❑ Utilize individual assessments
- ❑ Incorporate current technology
- ❑ Extend beyond the walls of the gymnasium
- ❑ Ideally, be offered to every child every day

Changing behavior through quality programming



PE life™

Offer a variety of fitness, sport, leisure and adventure activities to all students

- ▣ Maximize movement
- ▣ Enjoyment
- ▣ Motivation
- ▣ Adequate equipment
- ▣ Utilize facilities
- ▣ Lifetime activities
- ▣ Age and region appropriate

Too often we practice “activity-for-activity-sake” as opposed to careful selection of content as a means toward the end goal of student learning.



Implement a K-12 standards-based Physical Education curriculum

- Integrated fitness
- Developmental progression (PK-12+)
- Movement with a purpose
- Cognitive components (rigor & relevance)

“You haven’t taught until they have learned.”

-Coach Wooden



Provide a safe and encouraging learning environment

- Emotionally & Physically Safe
- Inviting for All
- Teacher Engagement
- Opportunities for Teaching & Learning
- High Expectations
- Shift in Language

Utilize individual assessments

- Purpose & Documentation
 - Student Feedback
 - Program & Teacher Effectiveness
 - Student Learning

- Authentic
 - Self
 - Peer
 - Teacher



Incorporate Current Technology

- Teacher Administrative Tool
- Classroom Management
- Assessment & Feedback
- Motivation
- Communication
- Professional Development



Extend Beyond the Walls of the Gym

- ▣ School
- ▣ Home
- ▣ Community



Ideally, be offered to every child every day

- ▣ Policies
 - Local
 - State
 - National
- ▣ Physical Education & Physical Activity
- ▣ Wellness Policy





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Beyond the Walls



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CSPAP



National Association for Sport and Physical Education of the
American Alliance for Health, Physical Education, Recreation and Dance

Comprehensive School Physical Activity Program



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"Cultures function and persist by consensus."

Dr. Patricia Turner

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Quality Physical Education

- *“The goal of Physical Education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of Physical Activity.”*
- *From NASPE position statement “PE Critical to Educating the Whole Child”*



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PE life™

Before & After School

- Intramurals
- Activity Clubs
 - Juggling, jump rope, cupstacking, walking
- Single Events
 - JRFH/HFH, Field Day
- Walking School Bus or KidsWalk-to-School
- Exergaming or Action Based Learning Lab
- Outdoor/Adventure Activities



During School

- Recess
- Morning Announcements & Exercise
- Classroom Activity/Brain Breaks
- Kinesthetic Classroom
 - Stability balls, disc cushion, standing desk
 - Stand and learn
 - Teach content through movement
- JAM (Just A Minute) School Program
- 7th Inning Stretch



Staff Wellness

- HET (Health E-Tips)
- New Year – New You Initiative
- Biggest Loser Challenge
- Use of Fitness Room
- Join or Co-teach a PE fitness class
- Intramurals/Activity Clubs/Fitness Clubs
- Wellness Assessments & Consultations

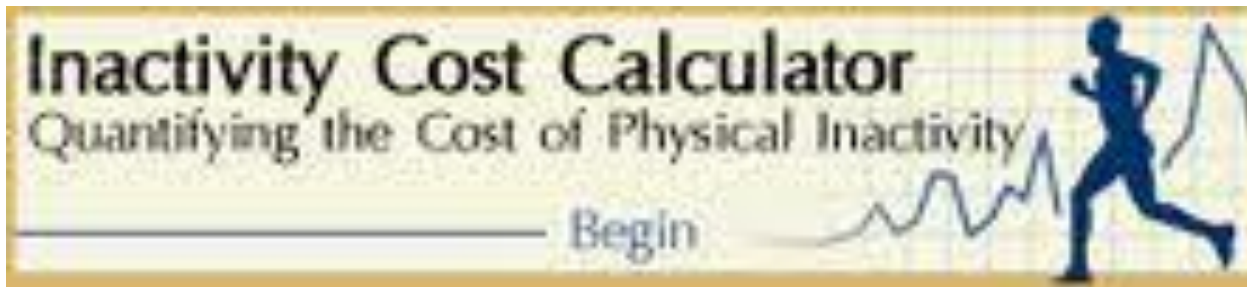


Parent & Community

- Participate in PE/PA at School
- Family Fitness Night or Community Health
- Collaboration with Community Recreation
- Biking & Walking Trails
- Safe Routes to School
- Walk-A-Thons or Local Road Races
- Access to School Fitness Facilities

Inactivity Calculator

- <http://www.ecu.edu/picostcalc/costcalculator/coi.asp>



Benefits of CSPAP

- Quality Physical Education!!
- Increased Minutes of Physical Activity
- Increased Support for Your PE program
- Reinforcement of Concepts Taught in PE
- Increased On Task Behavior
- Reduced Classroom Disruptions





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Development Steps

- Step 1 – Create a core team
 - Involve everyone who can help facilitate the development of your CSPAP – must have a PE teacher, an administrator, and a classroom teacher
- Step 2 – Create a vision statement and action plan
 - Perform baseline assessment
 - Establish objectives
 - Identify activities to meet objectives
 - Define measurable outcomes
 - Create a timeline
 - Clarify roles & responsibilities
- Step 3 – Educate and involve school employees, students' families, and community



Current Status

- Self Assessment
 - ▣ Where are you?
 - ▣ How can you improve?
 - ▣ What are you doing well?
- Examples of Available Assessment Tools
 - ▣ HECAT
 - ▣ PECAT
 - ▣ SHI
 - ▣ LMIS Superintendent Tool Kit



Your Vision and Mission

- **Vision:** Defines the way your CSPAP will look in the future. Vision is a long-term view.
- **Mission:** Defines the fundamental purpose of your CSPAP, describing why it exists and what it does to achieve its Vision.
- **Laundry List:** Ideas of what you want to change, add, or improve in your program to fulfill your vision and mission.
 - Physical Education
 - Physical Activity
 - Promotion



Share the News

- Why promote
 - To educate
 - To change
 - To share
 - To attract



Share the News

- How to promote
 - ▣ Identify audience
 - ▣ Identify program activities & successes
 - ▣ Create consistent message points
 - ▣ Modify your message
 - ▣ Identify methods



Share the News

- When to promote
 - ASAP
 - Continuously





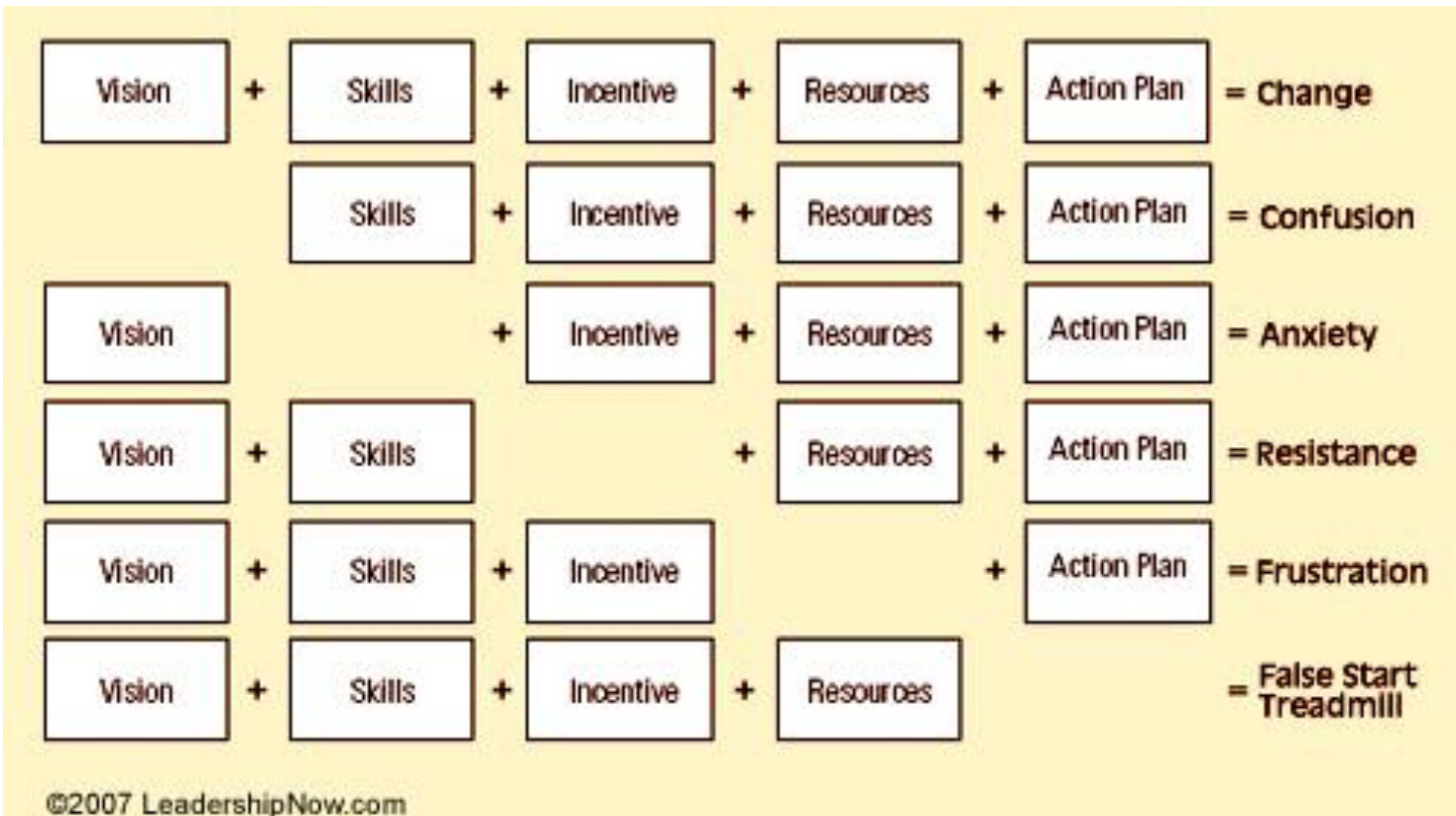
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Time to Share



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Growth/Change Process



PE4Life as a Resource

- www.pe4life.org
- Program Staff
- Partners and Supporters
- Facebook, Twitter, PE4life blog
- Resource Conference
- PE4life Pro Shop



Good Bye Boston!!



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