

PE 2020: Getting Communities in Motion

A photograph of several children playing with hula hoops outdoors. The scene is set against a bright blue sky filled with white, fluffy clouds. In the foreground, a young girl with dark, curly hair, wearing an orange long-sleeved shirt and blue jeans, is captured in motion, her right arm raised and a pink hula hoop around her waist. To her right, another girl in a colorful striped shirt and a red polka-dot skirt is holding a yellow hula hoop. In the background, other children are visible, including one in a blue and yellow shirt and another in a colorful patterned shirt. The overall atmosphere is bright and active, suggesting a community or school event.

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NASPE survey: (2011)

Elementary (16%)
Middle school (13%)
High schools (6%)

Multicomponent evidence

*PA Guidelines Midcourse
Report (USDHHS, 2012)*



Comprehensive School Physical Activity Program

See Rink, J. (Ed.). (2012). Role of Directors of CSPAPs [Special Issue].
JOPERD.

Community Audience to Engage:

Professionals, Facilities, Spaces, Programs

Public relations & communications

Faith-based organizations

Senior centers

Local government

PA-promoting businesses

Early care centers

Local sport teams

Police/Fire

Fitness centers

University faculty & students

Community centers

PTA/PTO

School Board/Admin.

Health care & Medicine

Planning & Zoning

Park & recreational

Other local businesses

Transportation



Some Examples in Practice

Documented after DPA trainings ('11-present)



Fort Worth, TX: Walking School Bus



Walking School Bus

Fort Worth, TX: Walkathon

School Board/Admin.

PTA/PTO

Fitness centers

Other local businesses

PA-promoting businesses

Transportation



Commonalities thus far

One-time event

Commonalities for 2020?
Let's have some fun...



Commonalities in 2020

1. Student driven



Commonalities in 2020

2. Explore & utilizes pre-existing resources, infrastructure & initiatives



Let's Active
regular physical activity increases academic performance
Move Schools
a ROADMAP to an active school →

Commonalities in 2020

3. Targets varied community members

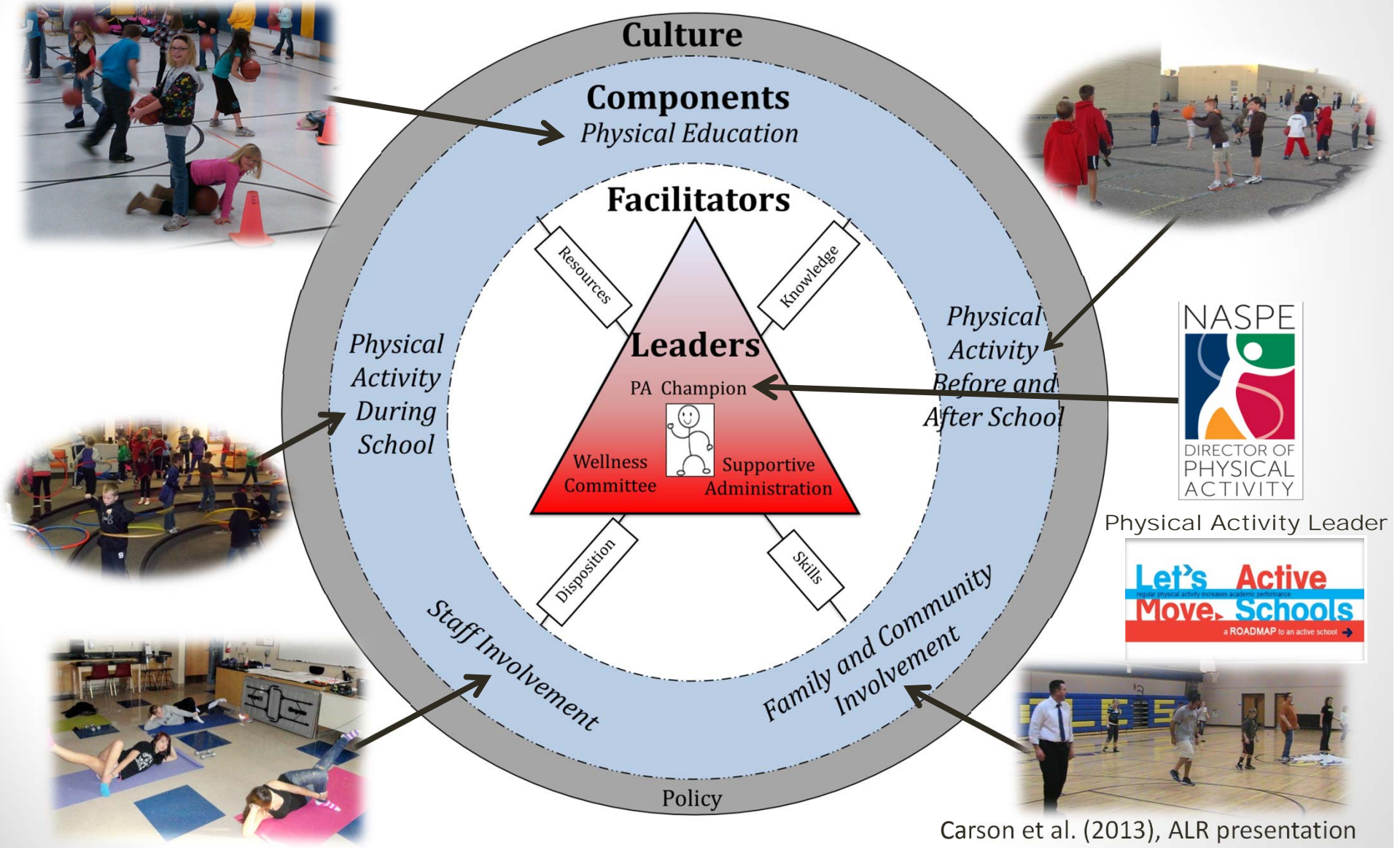


Community Engagement in 2020:

- Joint use agreements
 - Non-school hours
 - Third parties
 - Local recreation facilities
- Regular community-wide events
 - Pedometer challenges
 - Multigenerational nights
 - Fitness & health risk appraisals
 - Wellness fairs w/ physicians
- Community PA models/examples
 - PA Career days/Field trips
 - Demonstrators/adopted in PE
- Service-learning
 - Early care centers
 - Senior centers
- After-school/weekends/summer
 - Intramurals
 - Community fitness centers
 - Outdoor recreation leagues
 - Active outings
- Active Transportation
 - Bike sharing
 - Urban planning
 - Walkability
- Communication & Promotion
 - Social media campaigns
 - Website, phone, texts, apps

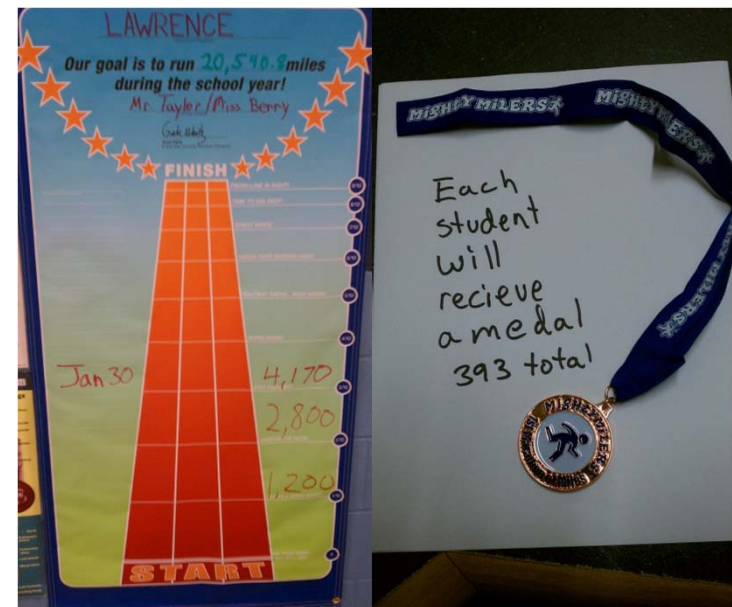


Guiding Framework for Future Research & Practice



Strategies for Implementation:

1. Build a “dream team” or “think tank”
 - Led by a DPA/PAL
 - Includes multiple community stakeholders
2. Conduct baseline assessments & explore current resources
3. Create an action plan
 - Be smart and start small
4. Implement the action plan
5. Celebrate successes





Thank you!



The new DPA... Physical Activity Leader (PAL)

- Let's Move Active Schools (LMAS):
 - <http://www.letsmoveschools.org/>
- **5 Year Goals:**
 - 50,000 schools registered
 - 20,000 trained PALs
 - 2,500 PALs in Year 1

