



FROM ZERO TO SIXTY



ACTIVITY

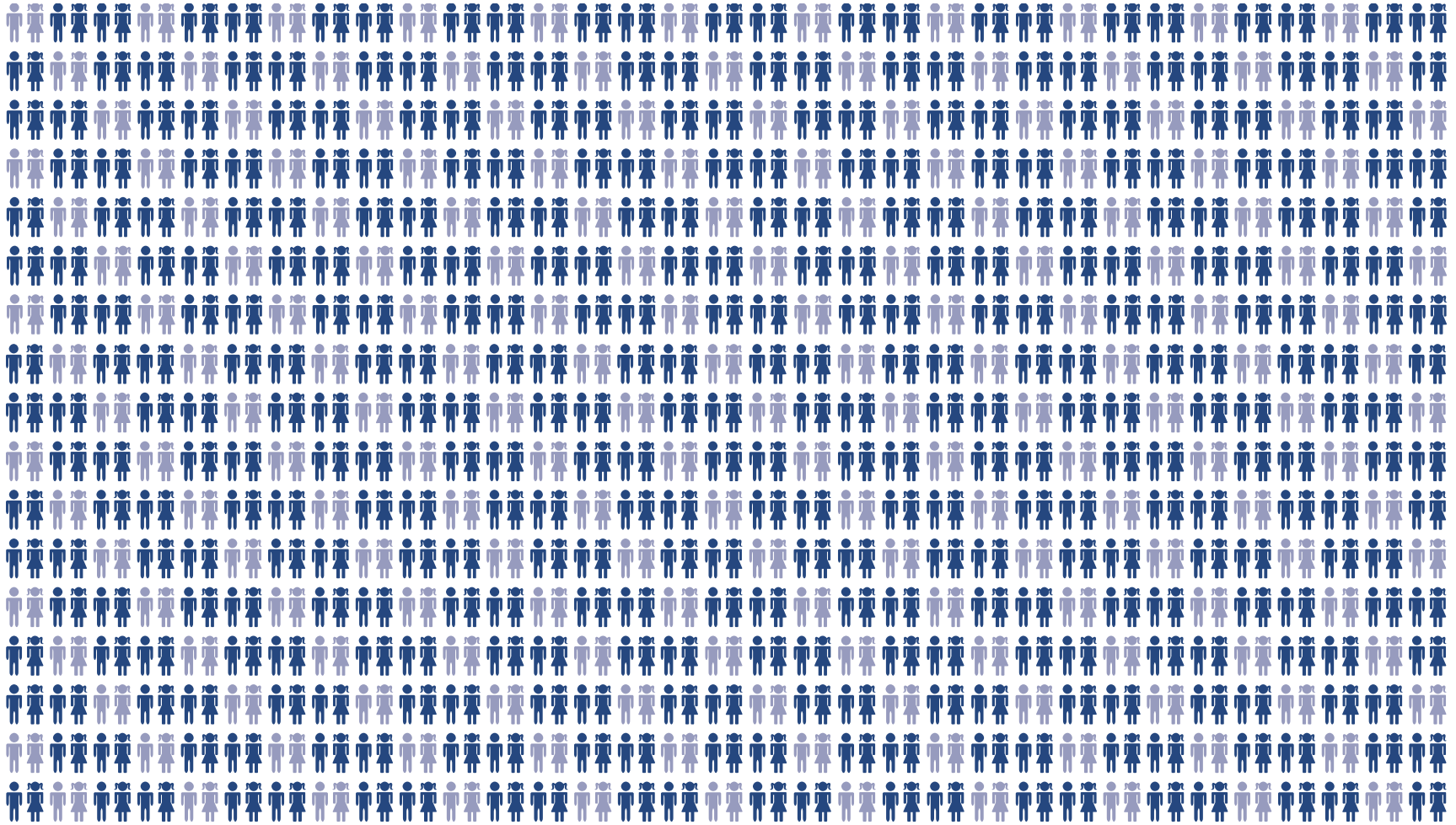


387,000 CHICAGO PUBLIC SCHOOLS STUDENTS





NEARLY HALF ARE OVERWEIGHT OR OBESE





CPS OFFICE OF STUDENT HEALTH AND WELLNESS

MISSION

To remove health-related barriers to learning such that students may succeed in college and life.

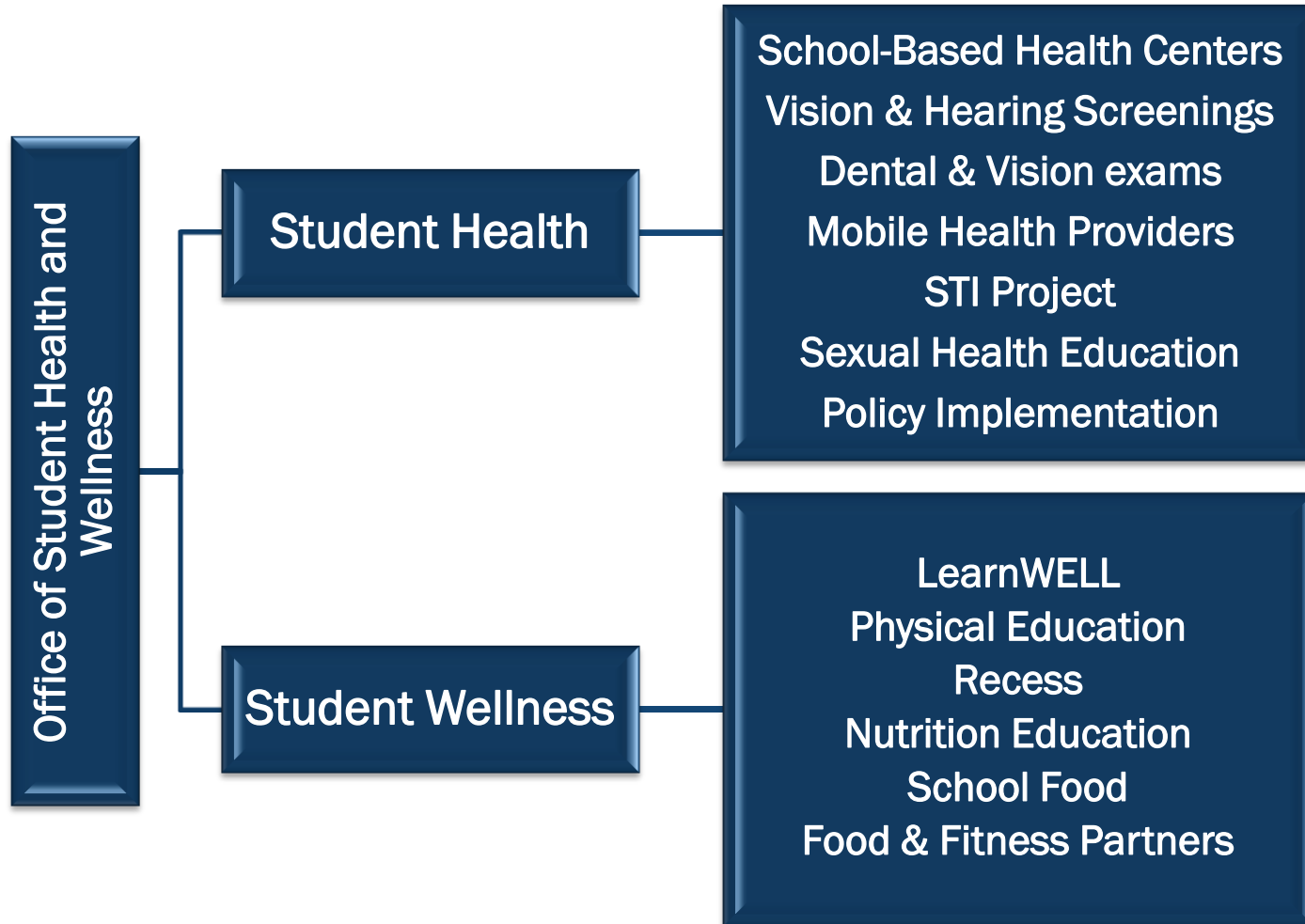
VISION

To create a Healthy CPS that serves as a national benchmark for student health and wellness.





OFFICE OF STUDENT HEALTH AND WELLNESS





**STUDENT
WELLNESS**



7+

Hours spent at school

1/2

Amount of daily calories consumed at school

20%

more likely to have better grades in math and English with daily physical activity

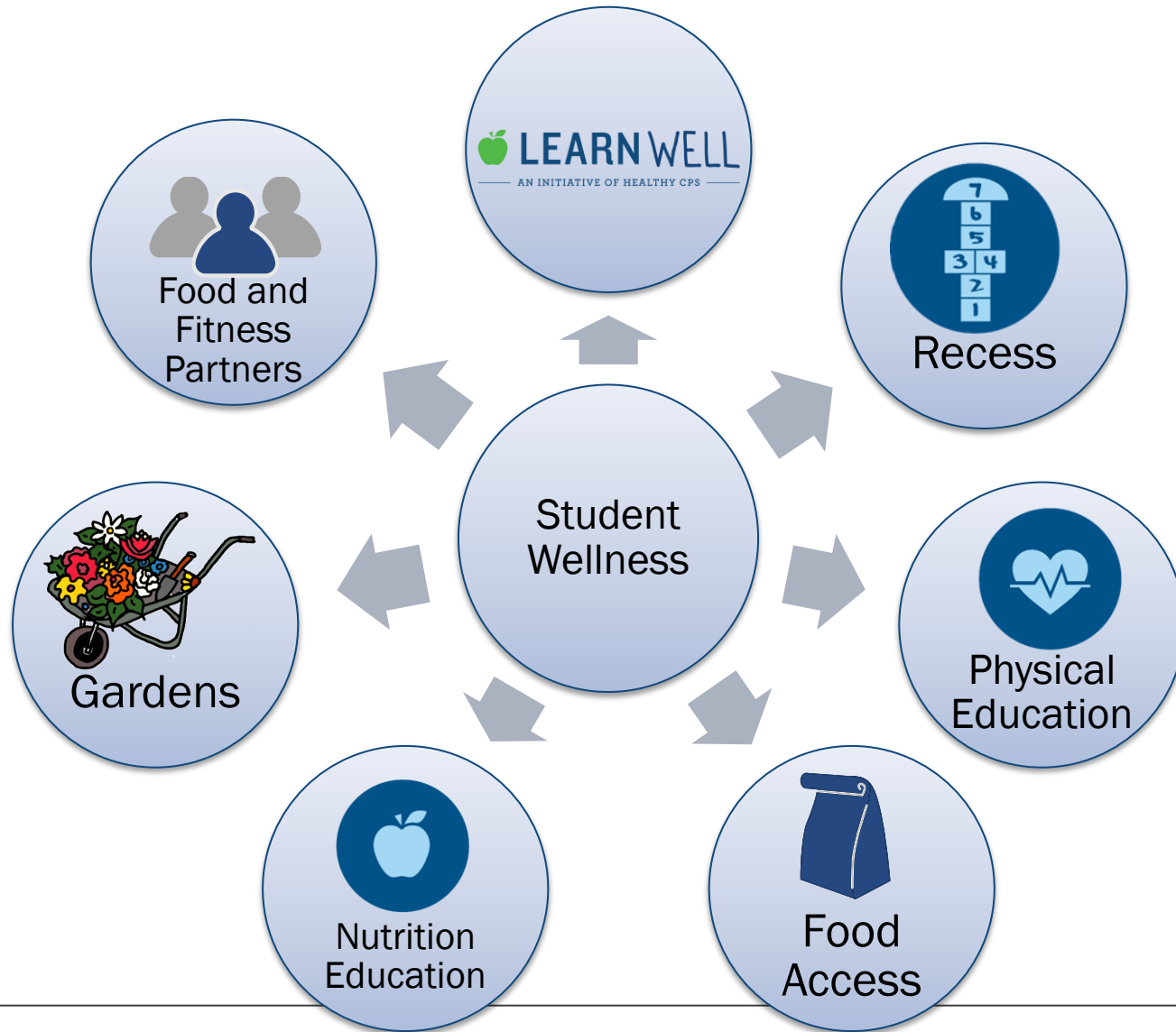
87%

Percent of students eligible for free and reduced-price meals





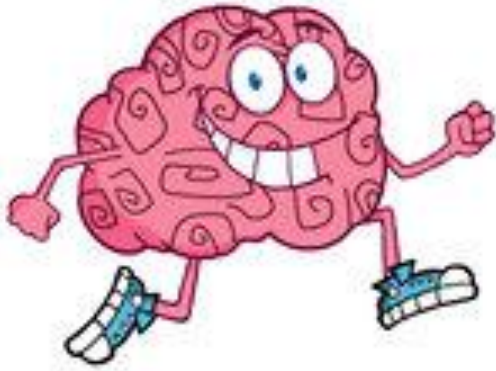
STUDENT WELLNESS





PHYSICAL EDUCATION IMPROVES BRAIN FUNCTION

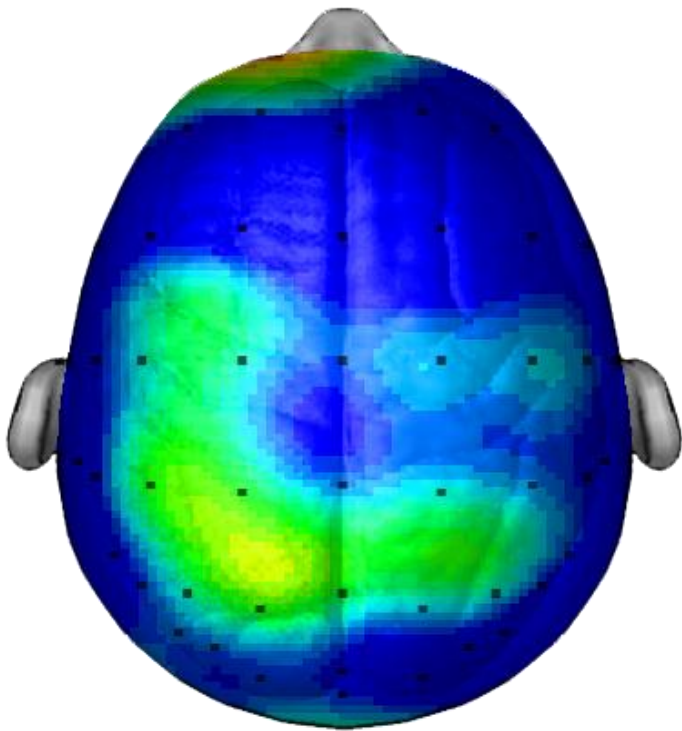
- Helps students meet recommended 60 minutes of physical activity per day
- Regular moderate-to-vigorous physical activity has been shown to:
 - » Improve children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.
 - » Maintain healthy weight
 - » Reduce risk of cardiovascular disease
 - » Reduce risk for type 2 diabetes
 - » Reduce risk of cancer
 - » Improve mental health/reduce stress
 - » Increase chances of living longer



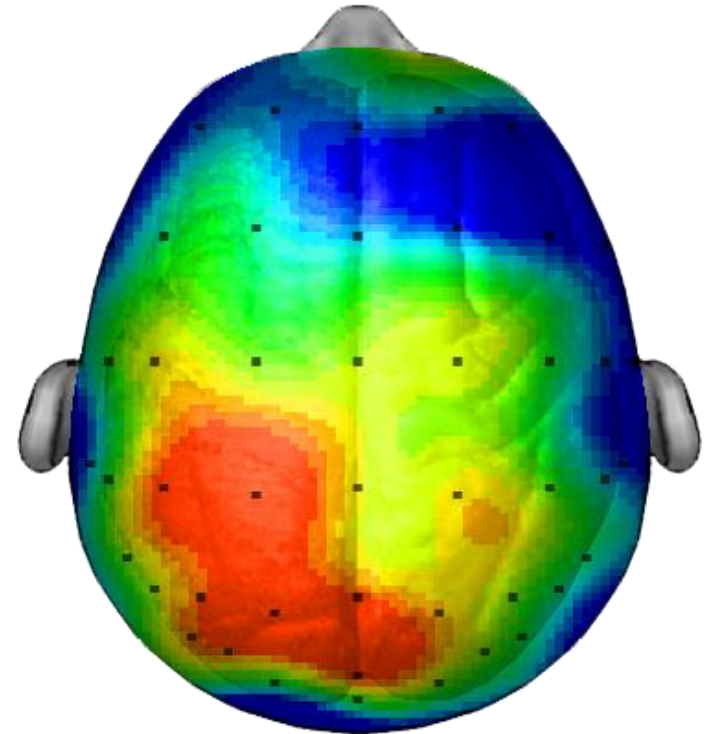


PHYSICAL EDUCATION IMPROVES BRAIN FUNCTION

Brains after sitting quietly



Brains after 20 minute walk



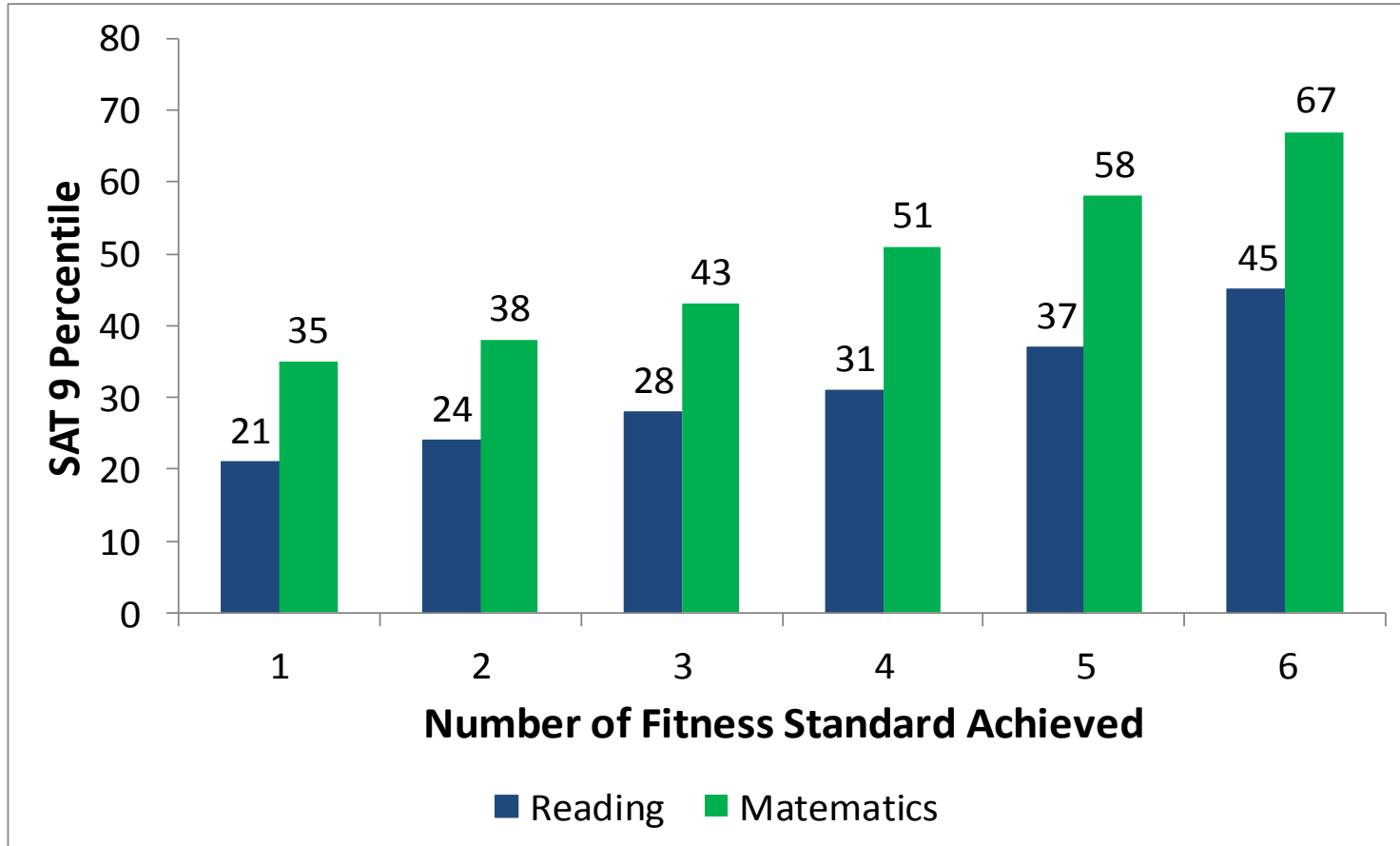
AVERAGE COMPOSITE OF 20 STUDENT BRAINS TAKING THE SAME TEST





PHYSICAL EDUCATION IMPROVES TEST SCORES

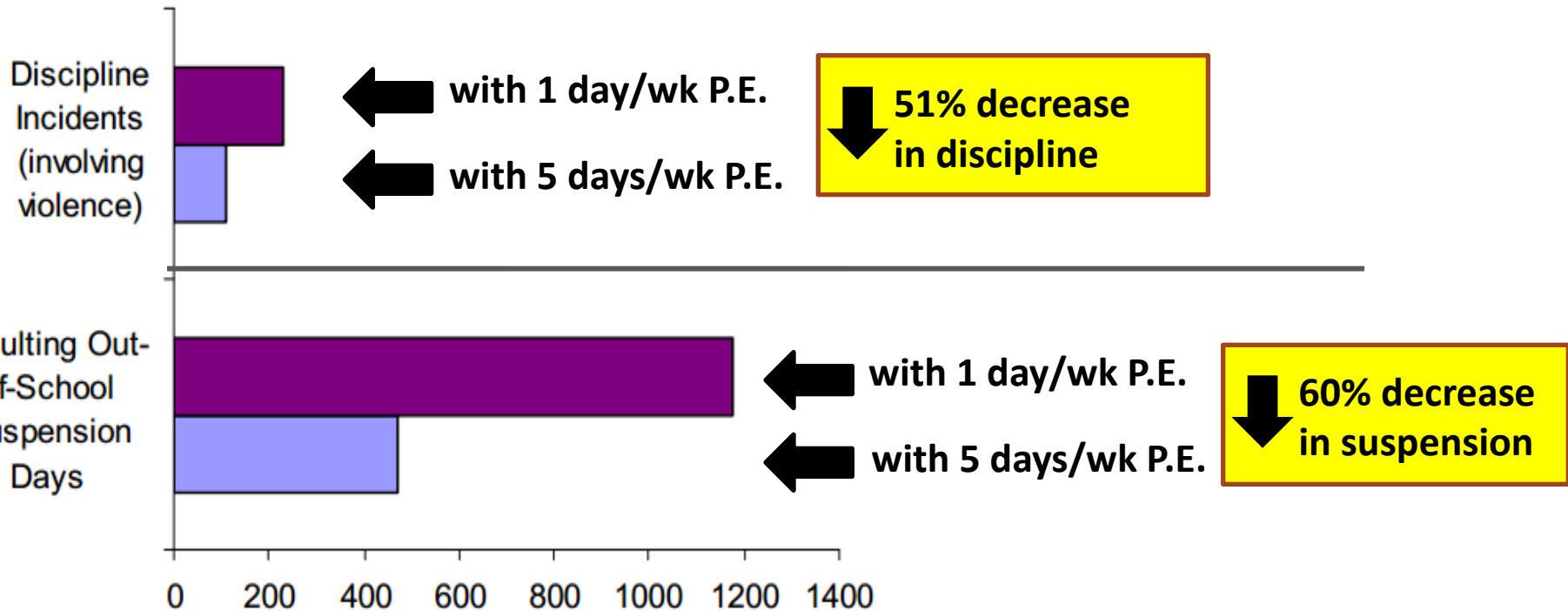
Students who are more fit have been shown to score better on the SAT

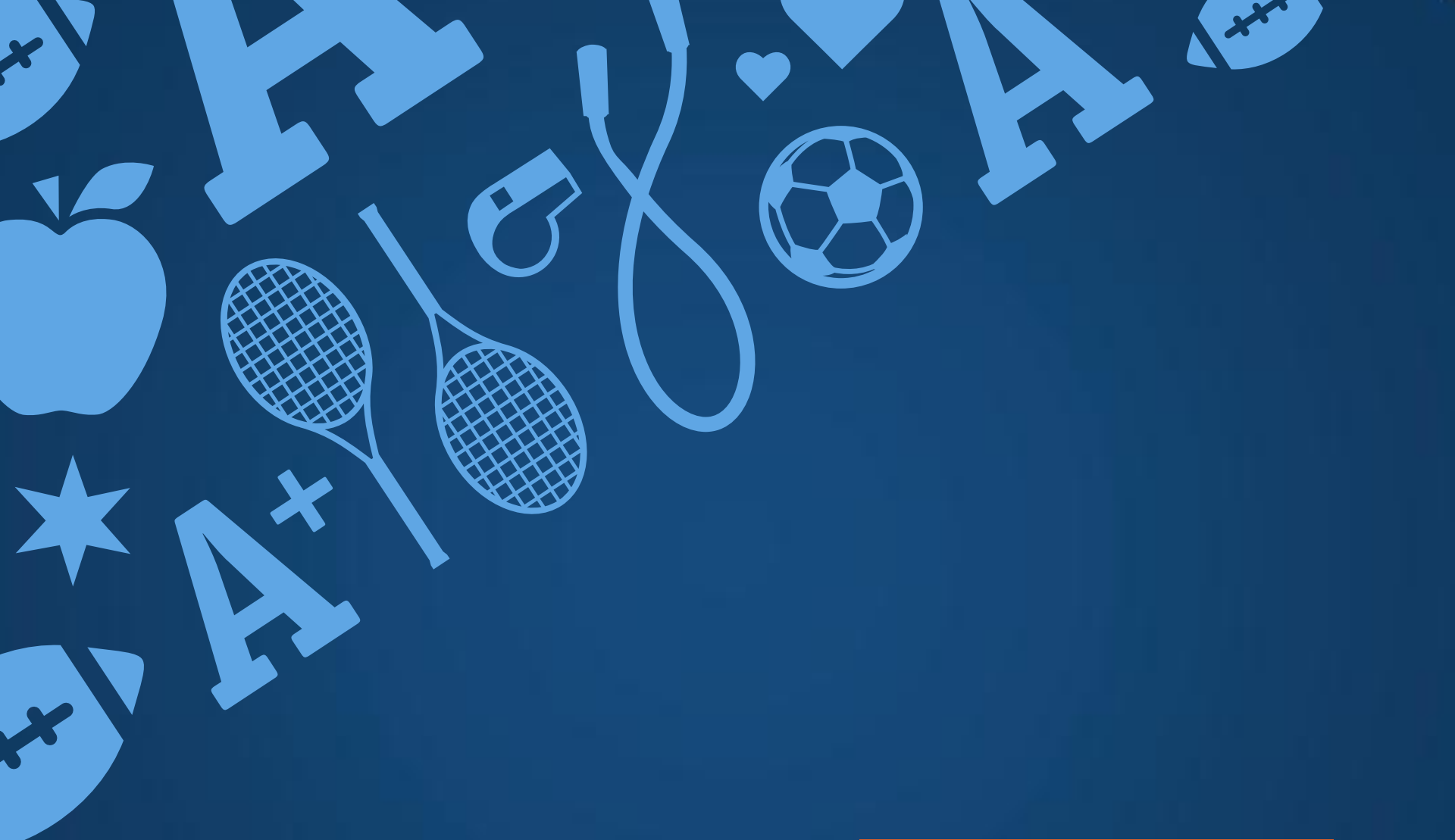




PHYSICAL EDUCATION IMPROVES BEHAVIOR

Decreased Discipline Incidents (Yearly Averages)





**PHYSICAL
EDUCATION**



WHY PE?

>40%

CPS students are overweight or obese

<4%

US elementary schools meet National Association for Sports and Physical Education recommendations

20%

More likely to have better grades in Math and English

10

Benefits American Alliance for Health, Physical Education, Recreation and Dance lists to participating in PE





THE STATE OF PE NATIONALLY

48%

Of students did not attend PE class in an average week when they were at school

69%

Of students did not attend daily PE class when they were in school

71%

Of students did not meet the recommended 60 minutes of physical activity per day

28

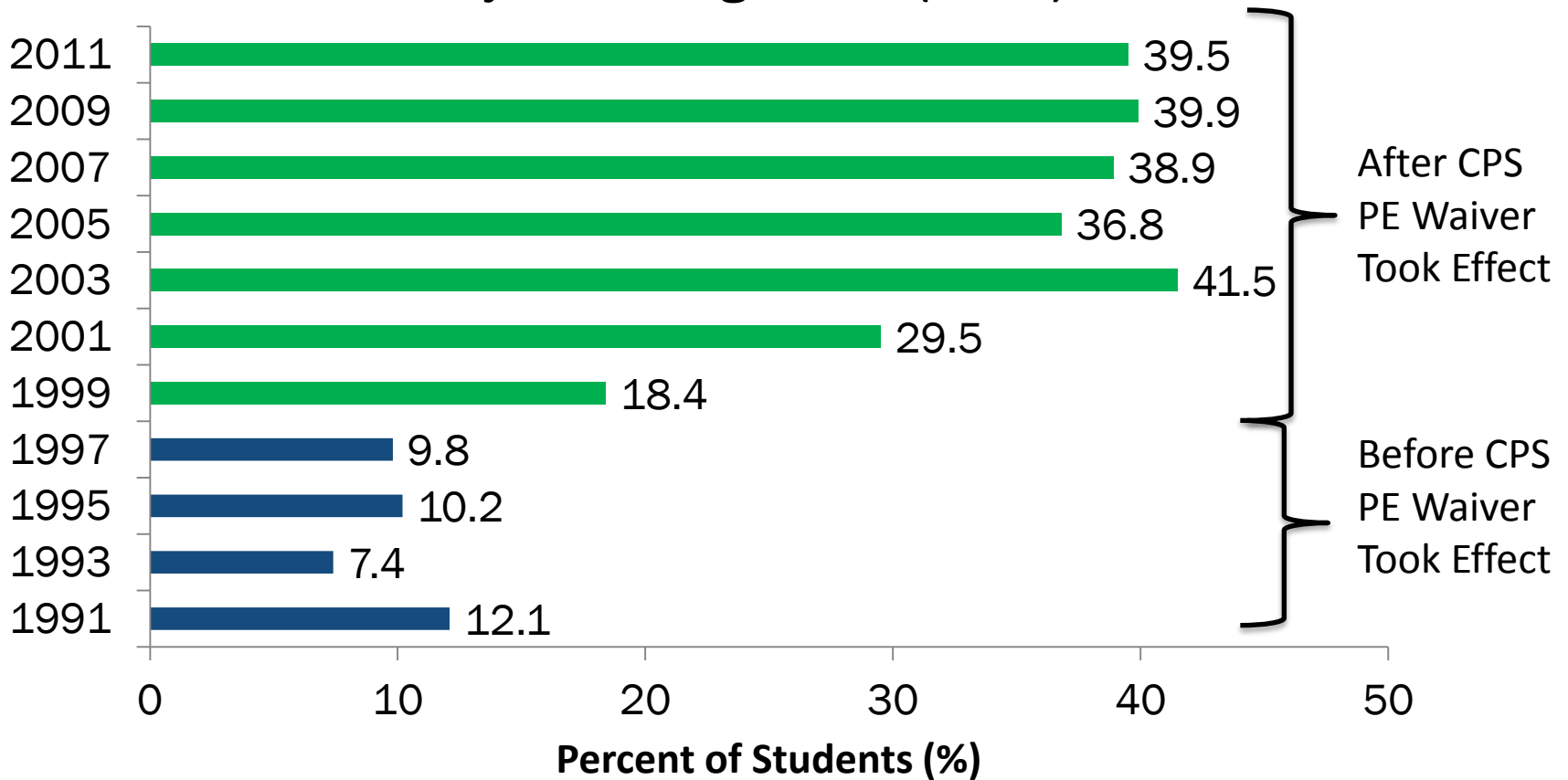
States allow exemptions/waivers from PE for students





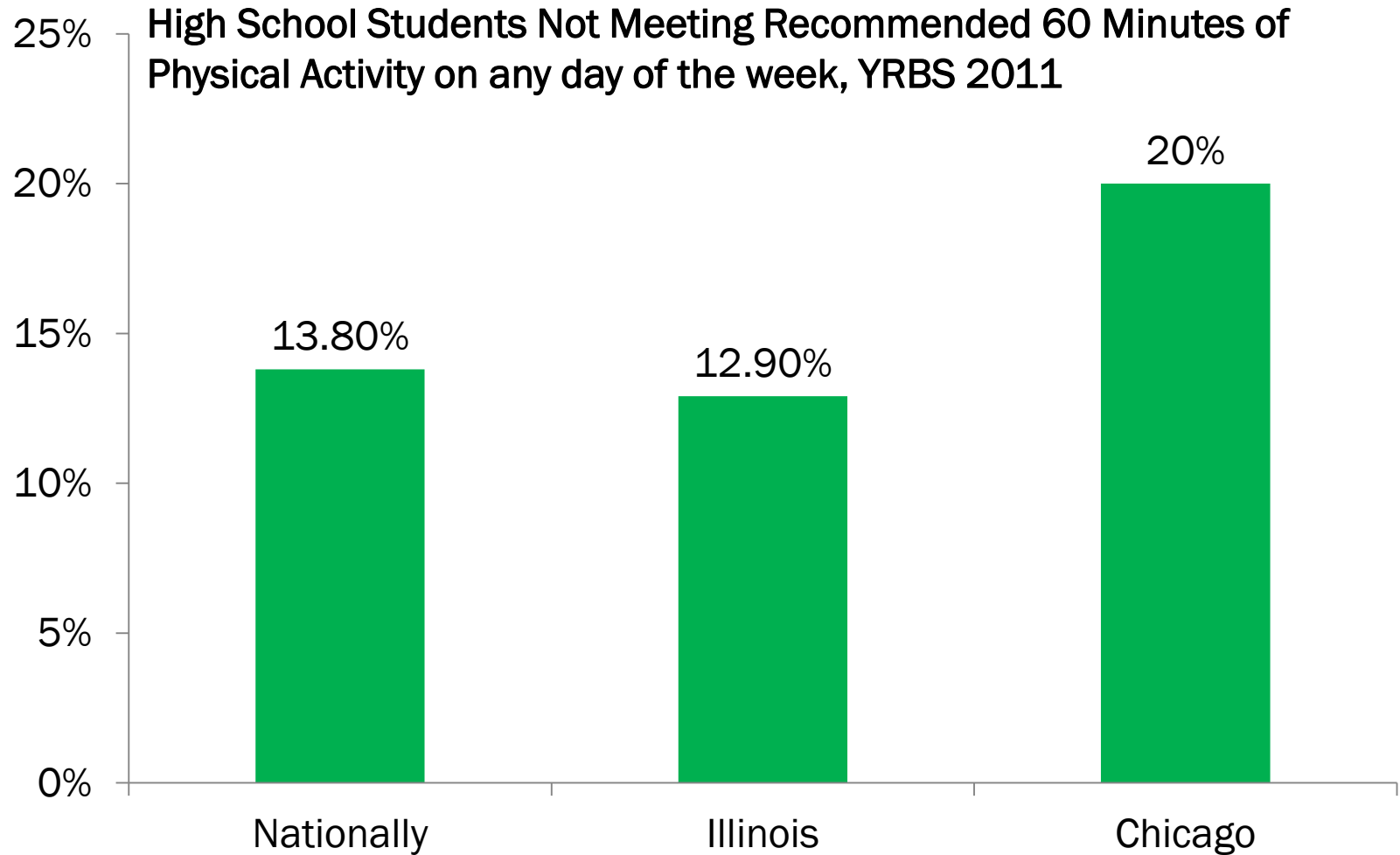
THE STATE OF PE IN CHICAGO

Students who Reported NOT attending PE classes 5 days in average week (YRBS)





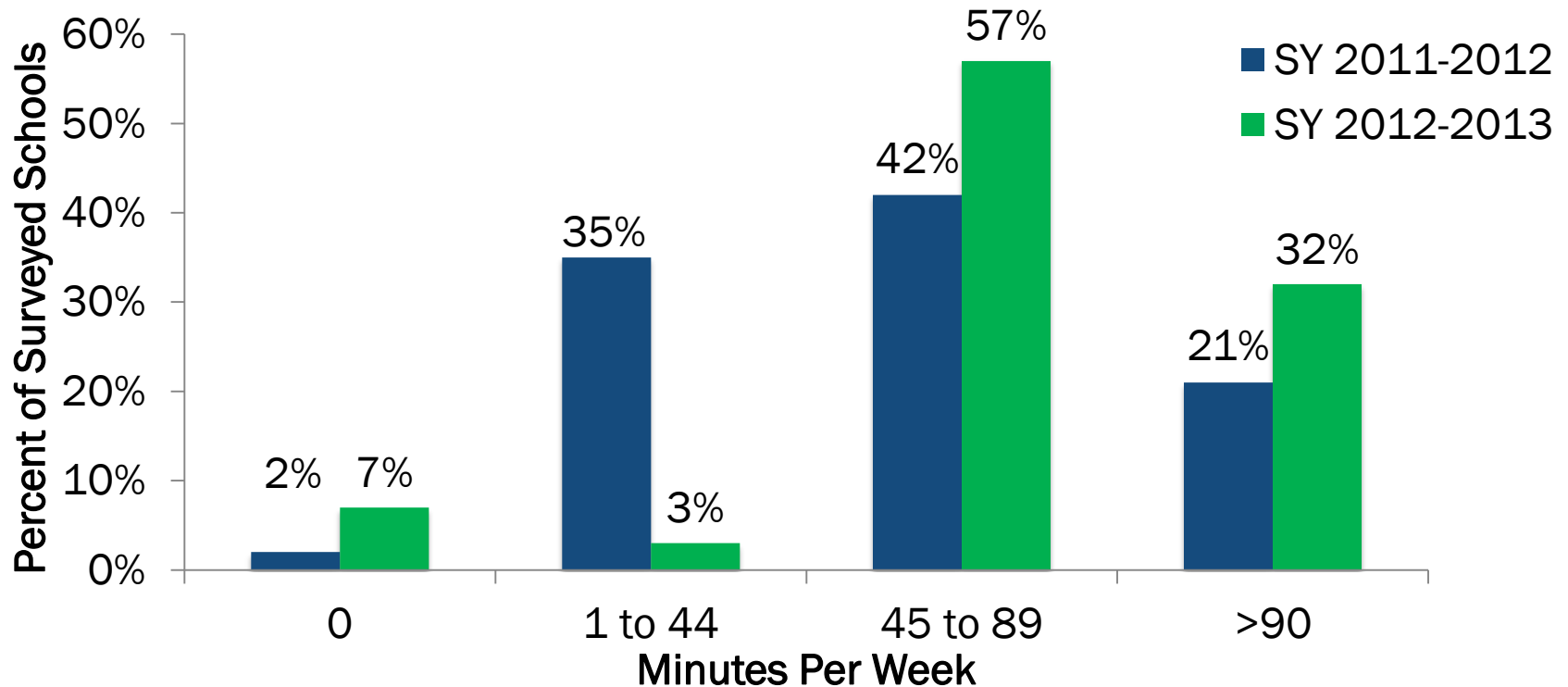
THE STATE OF PE IN CHICAGO





THE STATE OF PE AT CPS

Reported amount of PE offered in CPS Office of Student Health and Wellness Survey



Illinois Statute 105 ILCS 5/27-6 mandates that all K-12 students receive daily PE



PE MILESTONES

October 2011
Convened PE Leadership Team

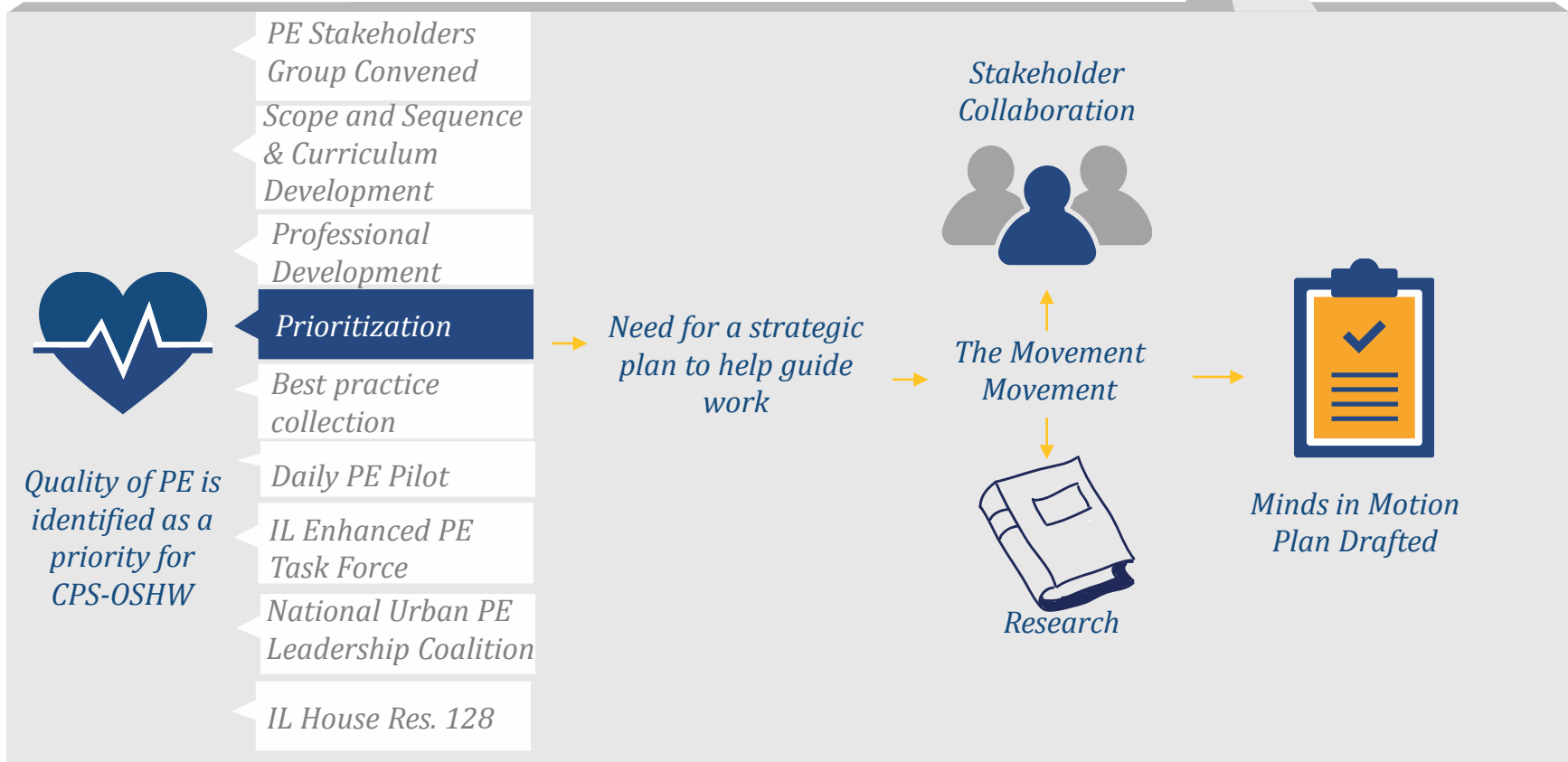
July 2012
OSHW assumes leadership role for PE

September 2012
Conducted 1st annual PE Teacher Survey

January 2013
Hired PE Specialist

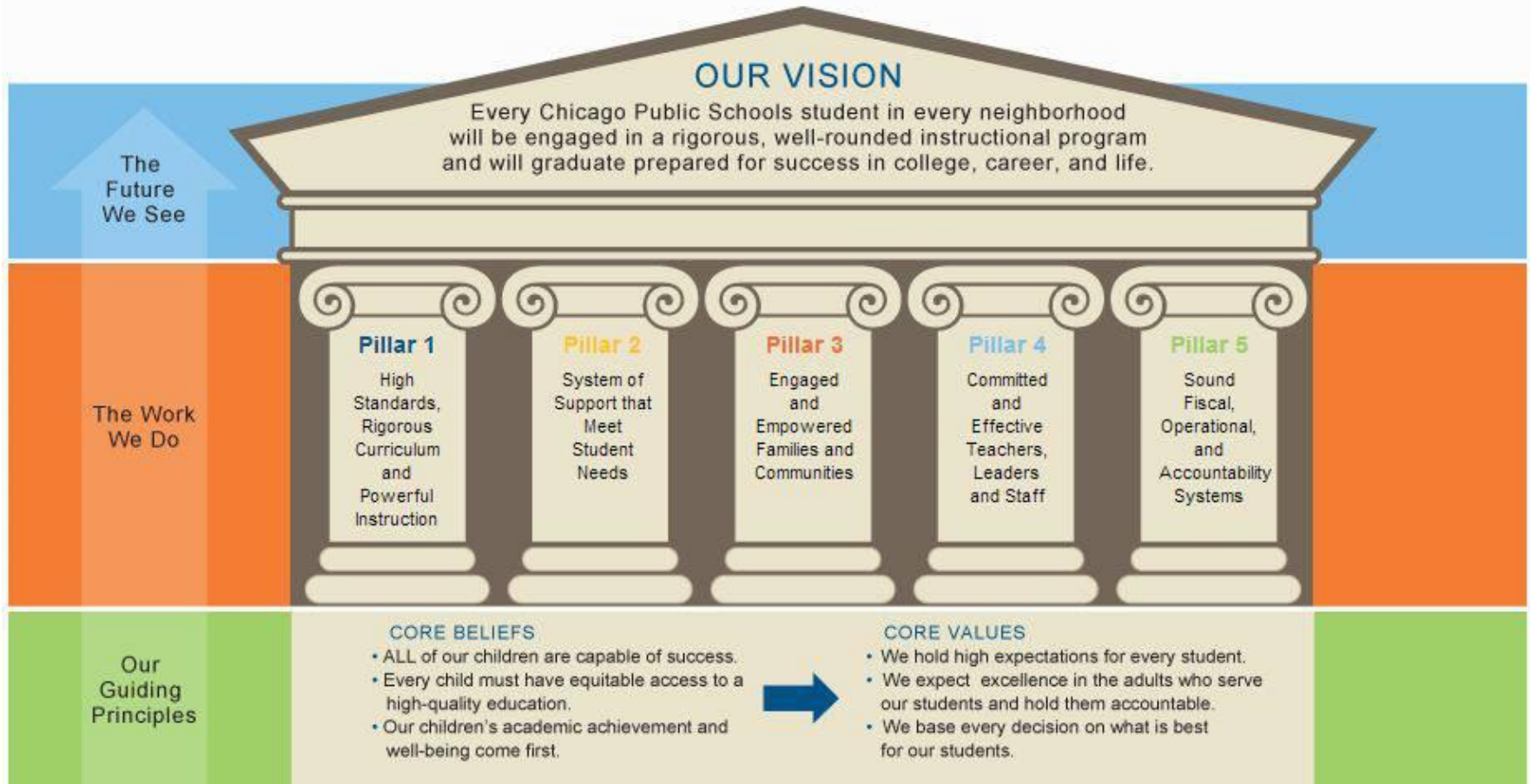
February 2013

June 2013





CPS FIVE YEAR STRATEGIC PLAN





FOCUS ON PE

PILLAR 1 – High Standards, Rigorous Curriculum and Powerful Instruction: We must go beyond the basics to ensure that all children become critical thinkers, effective communicators and responsible global citizens. The definition of core instruction must be expanded to include the arts, health, physical education and extra-curricular activities.





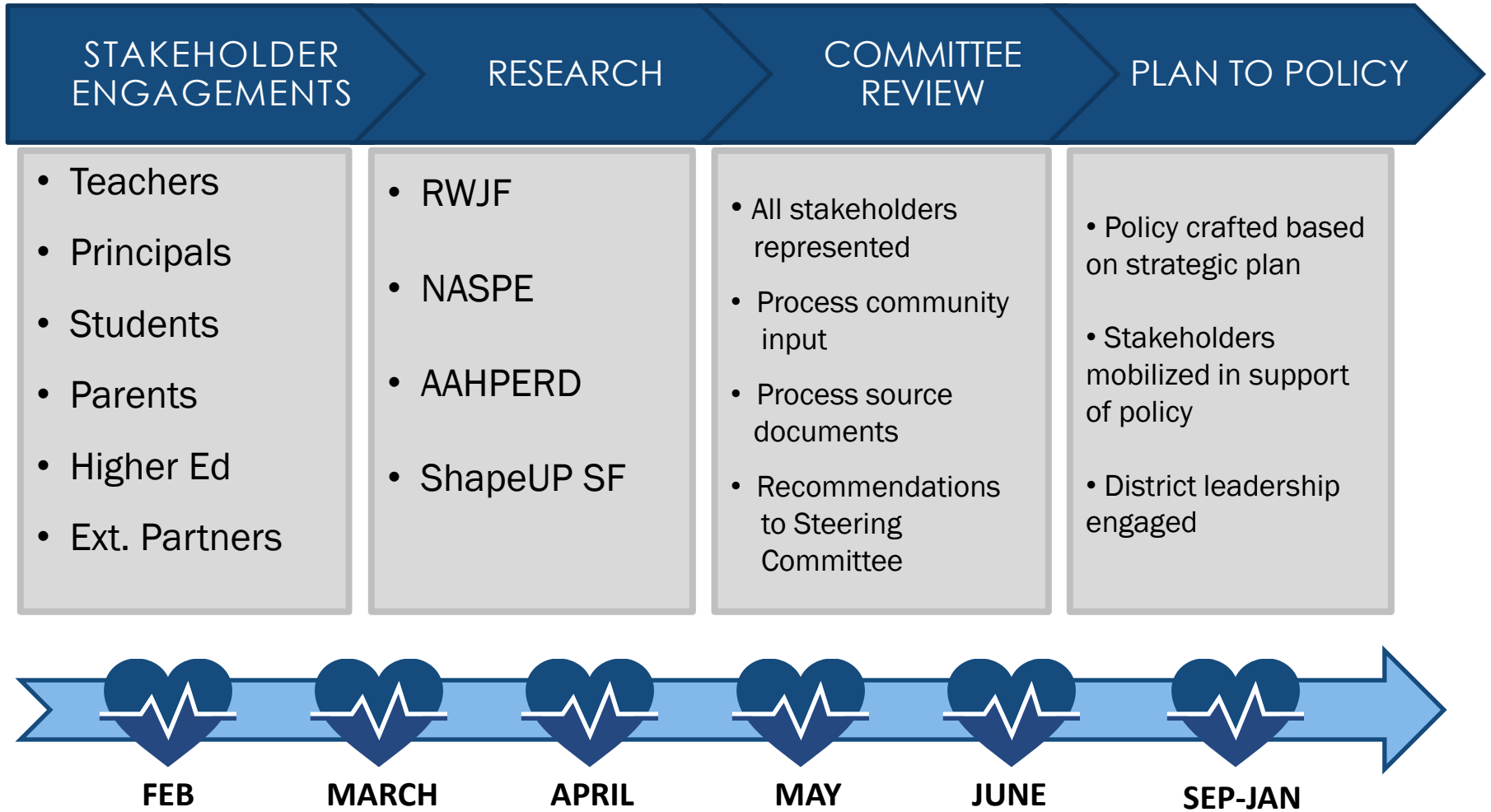
MINDS IN MOTION

Initiative to develop and galvanize support for a strategic plan to strengthen physical education for all Chicago Public Schools students.





MINDS IN MOTION PROCESS





CPS PHYSICAL EDUCATION MISSION

Develop physically literate individuals who have the knowledge, skills and confidence for academic success and lifelong health.





PHYSICAL EDUCATION GUIDING PRINCIPLE

Physical education is recognized as a Chicago Public Schools core curricular class that is a foundation for health and academic achievement.





GOAL 1: PHYSICAL EDUCATION CLASS

GOAL STATEMENT: Every CPS student receives high-quality physical education instruction every day.

PE class:

- Consists of instruction developed from standards-based curriculum and informed by regular and varied assessment.
- Serves as a foundation to teach health-related concepts and skills for lifelong health.
- Is offered daily for all students in increments of at least 30 minutes at the elementary school level (grades K-8).
- Is offered daily for all students in the same time increments as other core content areas at the high school level (grades 9-12).
- Is inclusive of all diverse learners, abilities, fitness levels, ethnicities and genders.
- Maximizes moderate to vigorous physical activity time for all students to achieve and maintain a health-enhancing level of physical fitness.
- Exposes students to a wide variety of multi-cultural activities.
- Reinforces core content to support academic success.
- Has a student/teacher ratio that is equivalent to other core classes.





GOAL 2: PHYSICAL EDUCATION TEACHERS

GOAL STATEMENT: Every CPS student receives physical education instruction from a qualified physical education teacher who demonstrates leadership in school wellness.

PE Teachers:

- Are valued as school leaders and included in school-wide decision making.
- Are engaged in regular, relevant and quality professional development and apprised of current research.
- Are involved in efforts and equipped to modify instruction for diverse learners.
- Apply recognized effective practices for delivering high-quality instruction.
- Are qualified to teach physical education and prepared to deliver instruction in varied content.
- Serve as role models and champions for school wellness.
- Collaborate with staff across the school community to integrate core content into physical education and physical activity and health-related concepts into core content.





GOAL 3: PHYSICAL EDUCATION RESOURCES

GOAL STATEMENT: Every CPS student has access to a high-quality physical education program that is supported by comprehensive resources and stakeholders.

PE programs are supported by:

- Dedicated, sustainable funding allocated to every school.
- Safe, clean, maintained facilities designated for physical education, both indoor and outdoor.
- Specialized and functional equipment that supports all students and all aspects of the curriculum.
- Access to tools and technology for instruction, evaluation and communication.
- Relationships with school stakeholders including parents, non- and for-profit organizations, and academic institutions.
- Committed district-level leadership to provide infrastructure for sustainable, integrated programming.





GOAL 4: PHYSICAL EDUCATION ACCOUNTABILITY

GOAL STATEMENT: Every CPS student has access to a physical education program that emphasizes shared accountability at the student, teacher, school and district level.

A commitment to physical education is reflected by:

- Student performance indicators such as grade point average, student report cards and graduation requirements.
- Student assessment that is objective and varied.
- Student grading criteria that is comprehensive and transparent.
- Teacher evaluation that is consistent with the characteristics of quality physical education instruction.
- School accountability measures that include physical education indicators.
- District-level infrastructure for capturing student level fitness data.
- District-level Physical Education Steering Committee that meets regularly to galvanize support and resources and provides strategic direction for continued development of physical education initiatives.
- Board of Education physical education policy that aligns with the priorities outlined in this plan.





**PHYSICAL
EDUCATION
POLICY**



GUIDING PRINCIPLES OF POLICY

- » Physical education promotes lifelong fitness and health
- » Physical education is a requirement
- » Physical education is an academic subject
- » Physical education is considered part of core content
- » Physical education enhances learning and reinforces other core content



PHYSICAL EDUCATION POLICY AT-A-GLANCE

- » Meets requirement of Illinois School Code 105 ILCS 5/27-6, that students receive daily physical education (PE) class in grades Kindergarten-12
- » Transitions the district after the current 11th and 12th grade PE waiver expires at the end of SY13-14
- » Informed by two pilot programs:
 - 30+20+10 at 25 elementary schools
 - 9th – 12th grade daily PE pilot at six high schools
- » Developed from Minds in Motion, an initiative aligned with *Next Generation Chicago's Children* to strengthen PE for students in collaboration with 500+ stakeholders
- » Provides foundation for the development of physically literate individuals who have the knowledge, skills, and confidence for academic success and lifelong health





POLICY OVERVIEW

CPS physical education shall:

- »Set standards for high-quality instruction
- »Be provided daily to all students
- »Be scheduled daily for at least 30 minutes for ES students (or 150 minutes/week)
- »Be scheduled daily for all HS students (grades 9-12) in the same time increments as other core courses
- »Count health education toward the PE requirement in grades 5 and beyond; limited to 60 minutes/week in grades 5th-8th
- »Be inclusive of all diverse learners, abilities, fitness levels, ethnicities, and genders
- »Provide supports for PE teachers and designated space, equipment, and instructional tools for PE classes



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ACTIVITY



THANK YOU!!!