INCREASING PHYSICAL ACTIVITY IN THE SCHOOL DAY: 30+20+10
387,000 CHICAGO PUBLIC SCHOOLS STUDENTS
NEARLY HALF ARE OVERWEIGHT OR OBESE
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.
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

- Food and Fitness Partners
- Gardens
- Nutrition Education
- Food Access
- Recess
- Physical Education
PHYSICAL ACTIVITY 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 ACTIVITY IMPROVES BRAIN FUNCTION

Brains after sitting quietly

Brains after 20 minute walk

AVERAGE COMPOSITE OF 20 STUDENT BRAINS TAKING THE SAME TEST

Research/scan compliments of Dr. Chuck Hillman University of Illinois
Students who are more fit have been shown to score better on the SAT.

Source: Grissom, JB. Physical Fitness and Academic Achievement. JEP Online 2005;8(1): 11-25.
PHYSICAL ACTIVITY IMPROVES BEHAVIOR

Decreased Discipline Incidents (Yearly Averages)

- With 1 day/week P.E.: 51% decrease in discipline
- With 5 days/week P.E.: 60% decrease in suspension

Resulting Out-of-School Suspension Days

Source: PE4Life. WOODLAND ELEMENTARY Kansas City Public School District #33
COMPREHENSIVE PHYSICAL ACTIVITY PROGRAM

- Physical Education
  - Recess
  - Classroom-based physical activity
PHYSICAL EDUCATION
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

January 2014

Quality of PE is identified as a priority for CPS-OSHW

- PE Stakeholders Group Convened
- Scope and Sequence & Curriculum Development
- Professional Development
- Prioritization
- Best practice collection
- Daily PE Pilot
- IL Enhanced PE Task Force
- National Urban PE Leadership Coalition
- IL House Res. 128

Need for a strategic plan to help guide work

Stakeholder Collaboration

The Movement Movement

Physical Education Policy Adopted

Research
PHYSICAL EDUCATION PROGRAM SUPPORTS

» Scope and Sequence
» Curriculum Maps
» PExchange
» PE Leadership Team
» Professional Development
  o District-wide
  o Network based
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 25elementary schools
   - 9\textsuperscript{th} – 12\textsuperscript{th} grade daily PE pilot at six high schools

» Developed from The Movement Movement, 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
RECESS IN CHICAGO PUBLIC SCHOOLS

» The 2012-2013 school year marks first time all elementary schools have had daily recess since 1978

» Daily recess had not been a standard part of the school day in over 30 years

» CPS Full School Day provided the opportunity for recess during the day
CODIFYING RECESS REQUIREMENTS

CPS *Local School Wellness Policy* adopted October 2012 stipulates that recess shall:

» Consist of activities that promote physical activity and social skill development
» Be held on a daily basis for at least 20 minutes in length
» Occur during non-instructional time
» Be held before lunch (District recommendation)
» Not be withheld as punishment
» Engage all students
» Be included in students’ IEP or 504 plan, when necessary
RECESS GOALS

VISION

Recess is a valued and seamless part of the school day that engages all students and inspires commitment from all staff.

MISSION

Provide students with the opportunity to engage in physical activity and develop and practice skills learned in physical education with an emphasis on positive social-emotional behaviors.
SCHOOL SUPPORT

» Offer high quality training and support for recess supervisors

» Provide guidance and technical assistance for school leaders in structuring and planning recess

» Provide professional development for classroom teachers to encourage school wide support for recess

» Engage and train school stakeholders, including parents and partner organizations, in supporting recess

FREE TIME WITH A PURPOSE
STRATEGIES FOR INCREASING PHYSICAL ACTIVITY DURING RECESS

» Organization
» Expectations
» Transitions
» Playground boundaries
» Clear activity zones
» Activity choice
» Age-appropriate equipment
» Consistency and change
» Trained supervisors
» Engaged adults

Organized Activity

Ball Games

Free Play & Low-Organized Games (e.g., four square)

Playground

Jump Rope & Hula Hoop
CLASSROOM BASED PHYSICAL ACTIVITY
CLASSESSROOM PHYSICAL ACTIVITY “MOVING MINUTES”

» Physical activities designed to get students moving in the classroom and re-energize them for instruction

» 25 low-organization limited space activities

» Each activity takes approximately 10 minutes.

» Five yoga activities

» Guide available on learnwellcps.org
PHYSICAL ACTIVITY LEADER (PAL) PROGRAM

PURPOSE

» Build capacity at the school level to create and implement a Comprehensive School Physical Activity Program (CSPAP) emphasizing PA during the school day

» Create a peer-to-peer advocate and expert at the school to support other classroom teachers incorporating PA into their practices

WHO ARE THE PALS?

» 20 classroom teachers (2 middle school)
» 2 PE teachers
» 1 Special Education teacher
» 1 paraprofessional
» 1 Technology teacher
## Physical Activity Leader Process

<table>
<thead>
<tr>
<th>RECRUIT PALS</th>
<th>TA AND PD AT THE SCHOOL</th>
<th>PAL TRAINING</th>
<th>CSPAP DEVELOPMENT</th>
<th>EVIDENCE OF SUCCESS</th>
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</table>
| • Meet with Principals and Wellness Champions to identify a classroom teacher to become the PAL | • Half day TA visit modeling PA in the classroom for teachers • 20-30 minute booster session for all staff members | • Seven hour PAL training in collaboration with Let’s Move Active Schools | • PALs and Wellness Champions create and implement a Comprehensive School Physical Activity Plan emphasizing PA in the classroom. | • Conduct school visits  
  • Collect evidence of success |

### Timeline
- **OCT 2013**: Conduct school visits
- **NOV-DEC 2013**: Collect evidence of success
- **JAN 2014**: Conduct school visits
- **FEB-MAR 2014**: Collect evidence of success
- **APR-JUN 2014**: Collect evidence of success
PHYSICAL ACTIVITY LEADER IN ACTION

Insert video here
30+20+10
WHAT IS 30+20+10?

30 minutes of daily physical education
  +
20 minutes of daily recess
  +
10 minutes of daily classroom physical activity
  =
60 minutes/day of in-school physical activity
30+20+10 RECRUITMENT

» Identified principal allies

» Requested recommendations from Network Chiefs

» Provided participation incentives, including:
  » Stipend
  » Equipment
  » Promotional programming (i.e., sports team visits)
  » Media

» 36 elementary schools recruited for participation; 25 participated with fidelity
» All schools were asked to schedule at least 30 minutes of daily PE

» Schools created their own schedules

» Creative thinking and problem solving was encouraged

» Schools encouraged to have teachers incorporate classroom movement interventions at their own discretion
30+20+10 CHALLENGES

» Physical Education
   » 30 minutes of daily PE is a scheduling challenge for many schools

» Recess
   » Active recess
   » Indoor recess

» Weather

» Classroom-based physical activity
   » Teacher buy-in
   » Simple activities
   » Implementation accountability
30+20+10 SOLUTIONS

» School buy-in
  » Identify and train building-level champions
  » Develop “proof of concept” to scale pilot
  » Provide ongoing support for classroom teachers
  » Encourage administrators to include PA in staff meetings to “walk the walk”

» Scheduling/space
  » Prioritize physical education in scheduling
  » Prioritize certain grade levels to offer more frequent physical education
  » Modify activities for smaller spaces and use of non-traditional gym spaces (cafeterias, hallways, outdoors) to effectively add additional physical education time for students
# PILOT RESULTS

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<tr>
<th>School</th>
<th>Minutes of PE per Week SY 12-13</th>
<th>Minutes of PE per Week SY 13-14</th>
<th>Increase in PE Time</th>
<th>Percent Increase</th>
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30+20+10 LESSONS LEARNED

» Involve senior leadership in school recruitment
» Use carrots, not sticks
» Classroom physical activity is biggest challenge
» Codify requirements in policy
» Allow flexibility in implementation
» Kids love it!
TESTIMONIALS

Insert video here
THANK YOU!!!