

KANSAS: TAKING THE LEAD ON LET'S MOVE!

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BACKGROUND

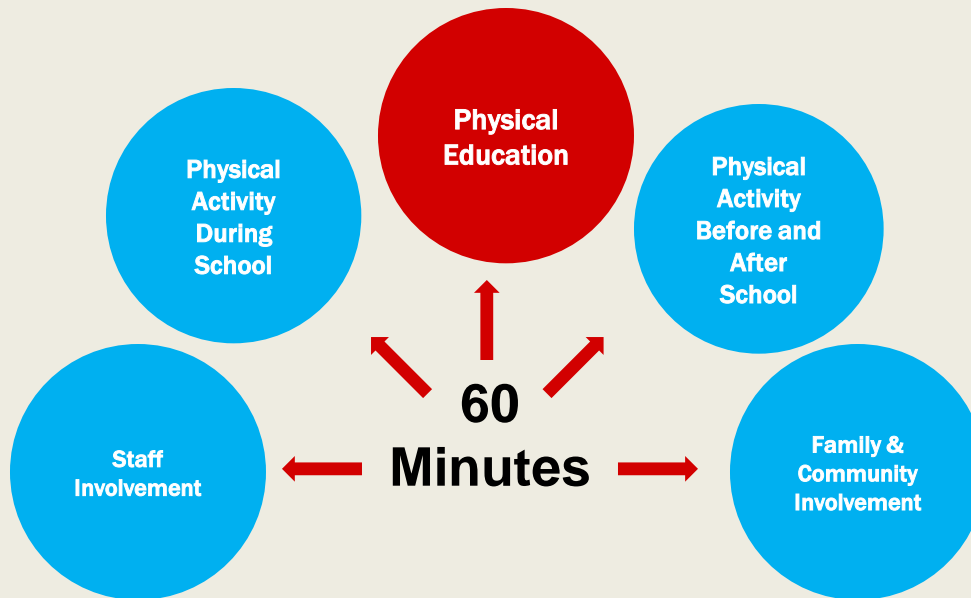
- **Fall 2010** – discussions between Kansas Health Foundation, NASPE, and Kansans actively involved in addressing school health.
- **Critical factors:**
 - An established infrastructure that was actively working to address school health (Kansas Coordinated School Health)
 - An engaged and committed professional organization (KAHPERD)
 - The commitment and vision of funding agency (KHF)
- **Summer 2011** – began training PE teachers on the Comprehensive School Physical Activity Program (CSPAP) model, to start their process of being Certified in LMIS

PROGRESS

- **Regional CSPAP trainings the last three summers**
 - 221 Physical Educators trained
 - 135 Certified with over 50 in the process
 - 73 School Districts represented
- **Training Cadre developed**
 - 16 Certified PE teachers participated in a “Train-the-Trainer” session in June 2012
 - Kansas LMIS Training Cadre has provided summer CSPAP trainings each of last 2 summers
 - Kansas LMIS Training Cadre participated in a Let’s Move! Active Schools “Train-the-Trainer” session in Fall 2013

CSPAP MODEL

Let's Active
Move Schools



Comprehensive School Physical Activity Program

TRAINING AT A GLANCE

Time	Topic
8:00-8:30 am	Registration
8:30-10:00 am	Introduction, Physical Education, & Road Map
10:00-10:40 am	PA During Schools & Road Map
10:40-10:50 am	Break
10:50-11:30 am	Staff Involvement & Road Map
11:30-12:45 pm	Gym Activities & Lunch w/ "Drop In" PA
12:45-1:30 pm	PA Before & After School & Road Map
1:30-2:15 pm	Family & Community Involvement & Road Map
2:15-3:30	Expectations, Action Plan Work, & Closure

ACTIVITY BREAK

- To demonstrate we “practice what we preach”, activity breaks are built into the training.
- The activity breaks that are used can be applied to a number of settings, including classrooms and staff meetings.
- Example: **Higher or Lower**

KEYS TO KANSAS' SUCCESS

- **Training Cadre:** professionals with “real-world” experience, with most actively working as an in-school physical educator.
- **Training:** customized to have participants progressively work on a potential action plan throughout the day, so they have something tangible at the end of the day.
- **Trainers:** serve as on-going mentors to help guide trainees through the process and keep them on-task.
- **Annual KAHPERD meetings:** used as opportunities for connecting, sharing, and problem-solving.
- **Coordination:** Project Director and Healthy Kansas Schools staff oversee schedule, trainings development,...

LMIKS IN ACTION

Before and After School Activities:

- Morning Physical Activity Program to decrease tardy and absent students
- “Walk and Talk” middle school program
- “Fitness Bags” for families to use at home
- “FAT” program to reward reading milestones

LMIKS IN ACTION

During School Activities:

- **“Winning with Wellness” initiative with daily “themes”**
- **Middle School Brain Breaks incorporated by science teacher**
- **Fitness room for PA breaks and before state testing**
- **Morning Announcements incorporating PA**

LMIKS IN ACTION

Family and Staff Involvement:

- Saturday running programs
- After school and week-end intramurals
- Monthly Staff wellness activities
- Staff meeting and in-service physical activities

ACTIVITY BREAK

The Right Thing

NEXT STEPS

- Submitted a proposal to KHF for “Let’s Move: Phase II”, otherwise known as Let’s Move! Active Kansas Schools (LMAKS)
- If funded, LMAKS will offer:
 - Regional summer LMAS trainings: Develop more Certified Physical Activity Leaders
 - LMAKS Team Training Workshops: Teams of school personnel learn about and develop plans to increase student physical activity.
 - LMAKS In-Services: All school or district staff learn about LMAS and begin to understand how they, regardless of their role, can play a part in increasing student physical activity.

THANK YOU!

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Involved Partners:

- Kansas Health Foundation – funding agency
- Kansas State Department of Education – grantee
- Kansas Department of Health & Environment – collaborator
- Healthy Kansas Schools – program staff
- KAHPERD – advocate and professional outreach

