



# Presenting to Your School Board: *Preventive* Medicine

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# What We Will Accomplish Today

- Understand how a yearly School Board presentation can protect your program
- Create a School Board presentation outline specific to your program

# What to Include in Your Presentation

- Statistics on your students
- Tie Physical Education to academics
- Put a human face on your program
- How your program is a leader
- Educate on the value of Physical Education
- Challenges you face
- How the School Board can help
- Supporting documentation

# **LAKESWOOD MIDDLE SCHOOL**

## **HEALTH AND FITNESS REPORT**

### **Winter 2013**

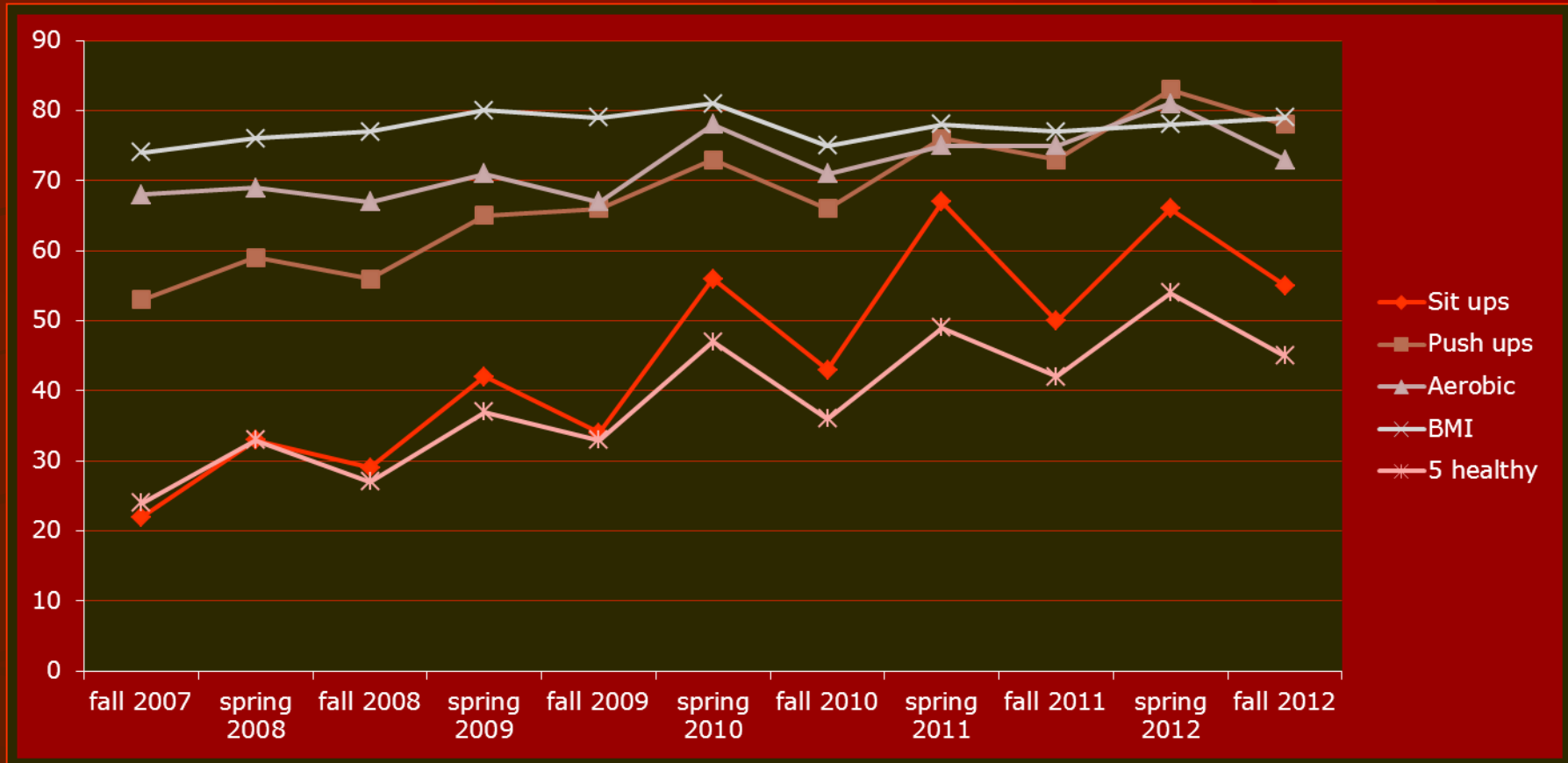
- LMS Fitness Stats
- Fitness & Academics
- The 6<sup>th</sup> Grade Problem
- TPEP & Welnet
- Holding Physical Educators Accountable
- Parent Support - Anecdotal Information
- Supporting Documents

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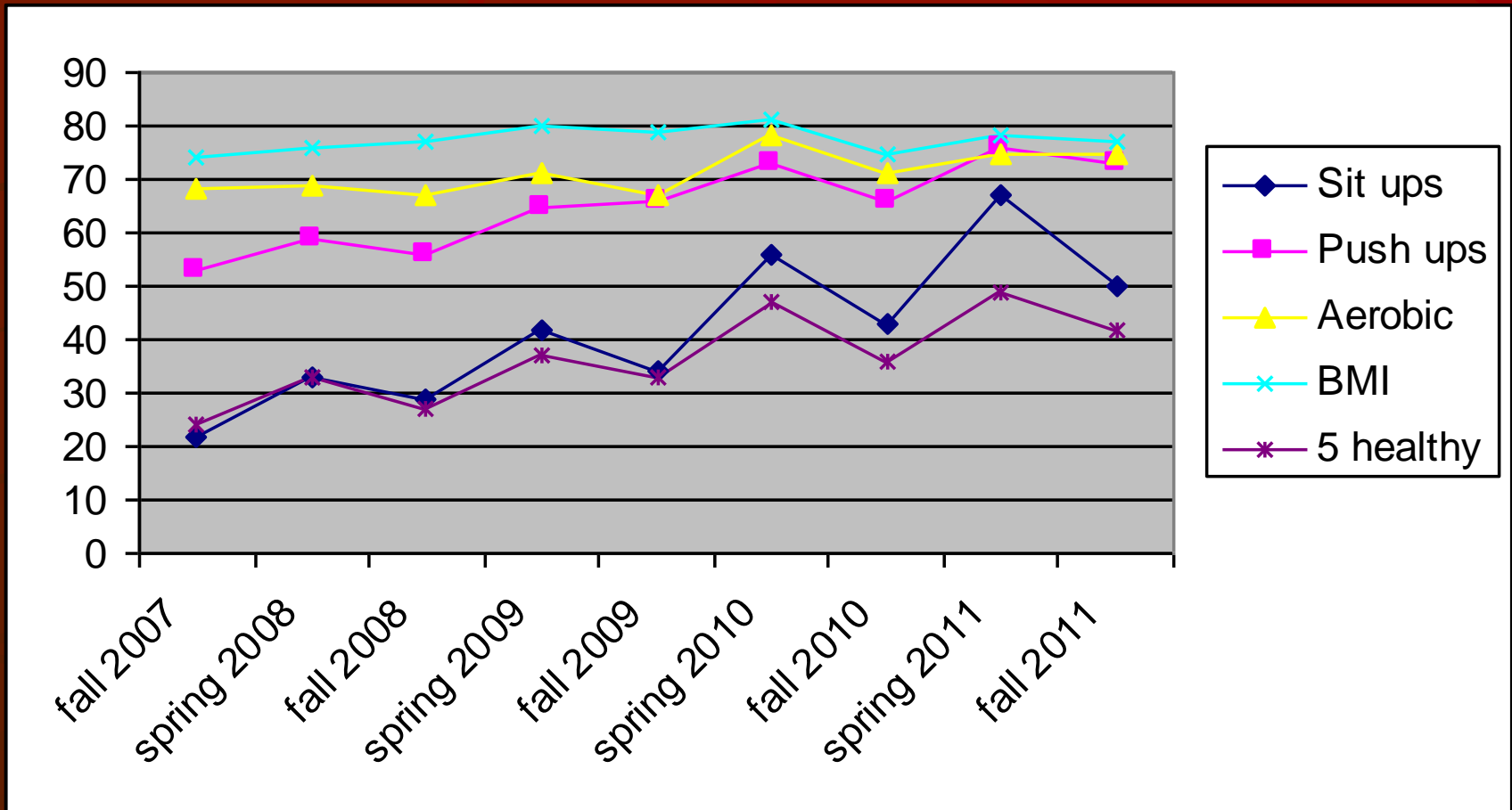
# LMS FITNESS: Percentage of students reaching the healthy level



- Spring 2012 all time highs, pushups, pacer aerobic, 5 healthy
- Fall 2012 records, pushups, sit-ups, BMI, 5 healthy
- BMI & 5 healthy, what do they mean?

# LMS FITNESS RESULTS

Percentage of students reaching the healthy level



Can public education increase the health and fitness of students?

Yes, we are already proving that at LMS.

# What statistics Support your Program?

(Information on the students in your program)



# Tie Physical Education to Academics

**FIT:** All fitness tests passed

- 17% had at least one "F" first quarter.

■ **AT RISK:** 0 or 1 fitness test passed

- 51% had at least one "F" first quarter.



# Fitness & GPA

## Fitness Tests Passed

0 – 1

## GPA

2.37

2 – 3

2.68

4 – 5

2.89

- Fitness is part of the solution to increasing academic achievement.
- What happens to GPA when an at-risk student improves their fitness?

What statistics support your programs impact on academic success?



# Put a Human Face on Your Program

What do our kids Value in Physical Education?

## THE 8th GRADE TOP 5

- Self Defense
- Weight Training
- HIV/STD Unit
- Social Dance
- Fitness Profile (testing)

If we educate them our students will understand and value fitness and physical activity.

## 8<sup>th</sup> GRADE PHYSICAL EDUCATION FINAL WRITTEN ASSIGNMENT

Choose one of the following topics and write a well thought out paragraph or two using complete sentences.

1. Reflect on how you have changed during the past three years. Be sure to discuss not only **physical** changes (yes you are bigger than when we knew you as a 6<sup>th</sup> graders) but also **intellectual**, **emotional** and **social** changes.

Since sixth grade I have changed a bit both physically and mentally. Even though I've only gained three pounds a year, my scores on the pacer, sit ups, and push ups have changed drastically. In sixth grade I could barely do one or two push ups but now I'm proud to say I can do twelve. With swing dancing I learned how to stay fit while having fun which makes exercising easier. This class also prepared me mentally, with fitness profile I'm able to stay fit, healthy, and have less chance of diseases. And the HIV/STD unit helped me learn ways to protect my health, while self defense helps me stay safer.

How will you put a human face on your program?



Educate your  
School Board on  
the value of  
physical education

# U.S. Obesity Trends

## Trends by State 1985–2010

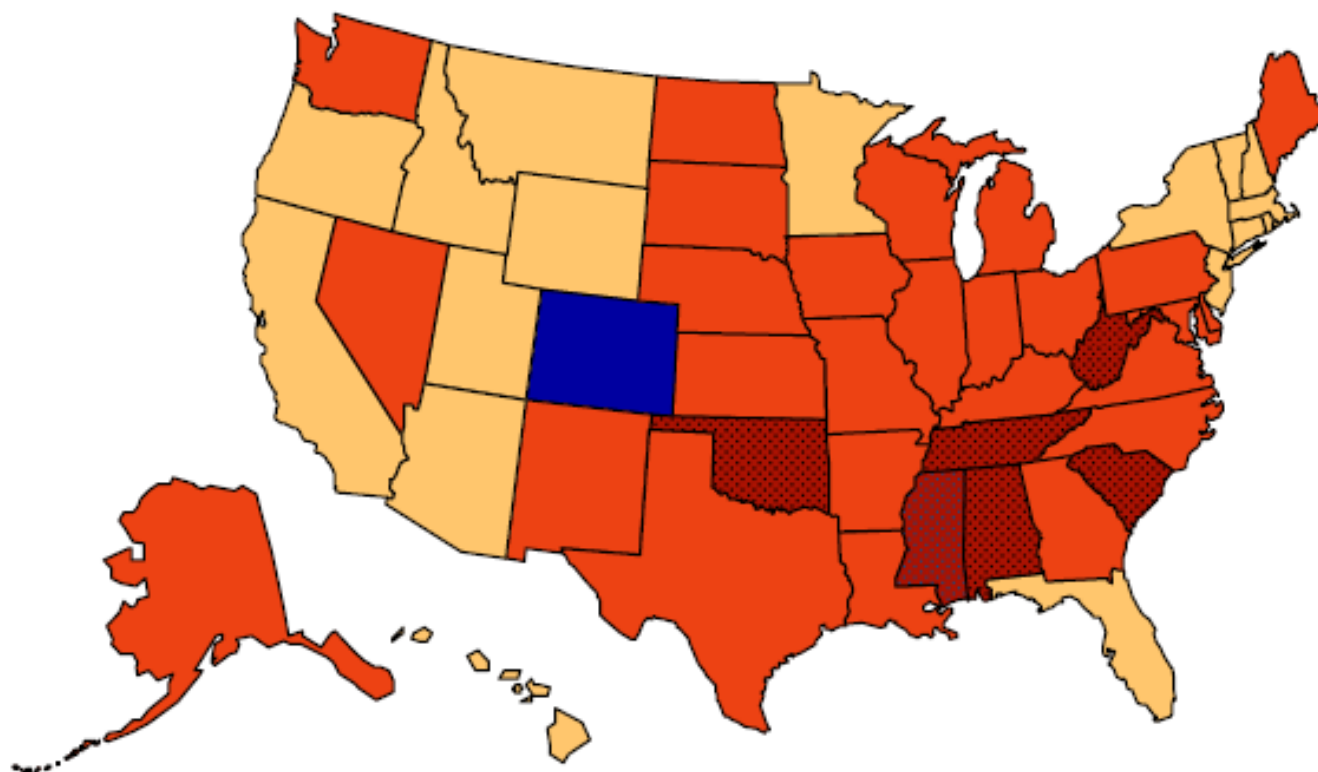
### *Definitions:*

- Obesity: Body Mass Index (BMI) of 30 or higher.
- Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%, 25%–29%,  $\geq 30\%$

Source: Behavioral Risk Factor Surveillance System, CDC.





How will you educate your school board on the benefits of physical education?



Position your program as a leader in  
the school/district

## CEL 5D TPEP

What does it mean for Physical Education?

- CEL 5D rubric has been defined for physical education.
- Welnet software can be part but not all of the evidence of student growth.
- What should physical educators be held accountable for?

# Hold us accountable for Fitness Development

- Welnet is the key
- Fitness can be improved at all levels and it will impact academic success.



# Hold us accountable for Skill Development

The more physical skills you have the more active you will be as an adult.



# Hold us accountable for Fitness & Health Knowledge

- Developing fitness is only part of the job.
- The world is full of out of shape ex-athletes who never learned the fitness principles and habits needed to stay in shape as adults.



# Hold us accountable for Social Skill Development

- Physical Education is uniquely positioned to develop social skills and break down social barriers.
- Social skill development is hard to measure but it is evident in a good physical education program.

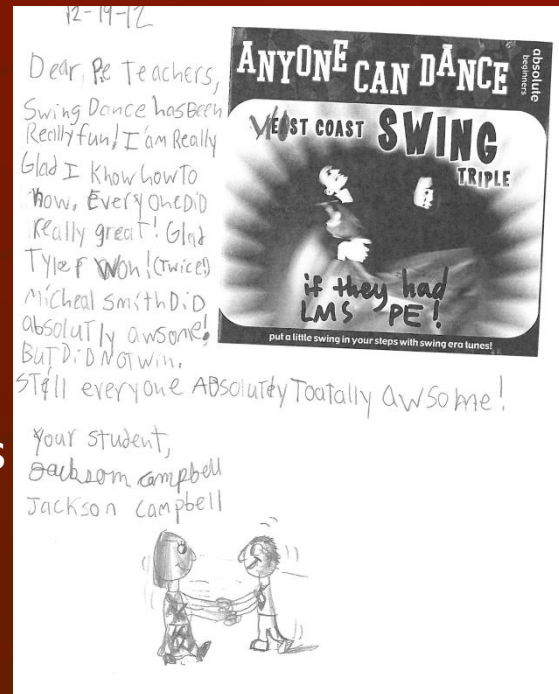


# Hold us accountable for being an active part of the academic life of the school

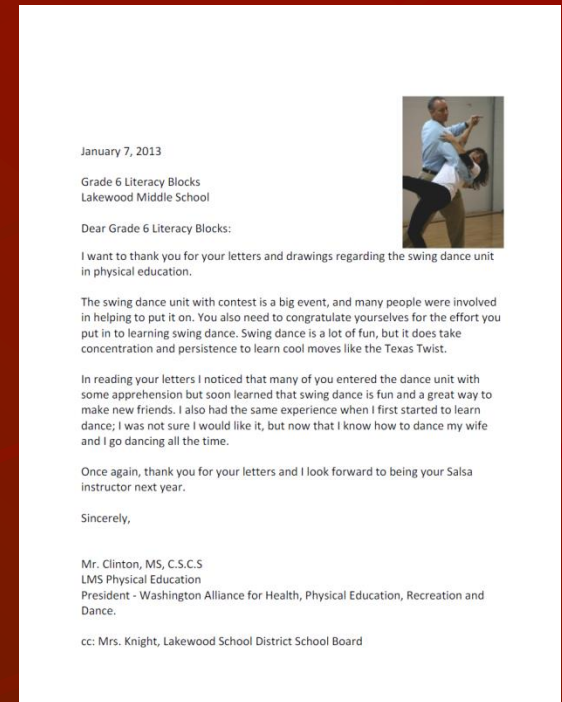
## MSP Pep Rally & exercise plan



## Classroom collaborations



## School wide competitions



How is your program a leader in the academic life  
of your school?

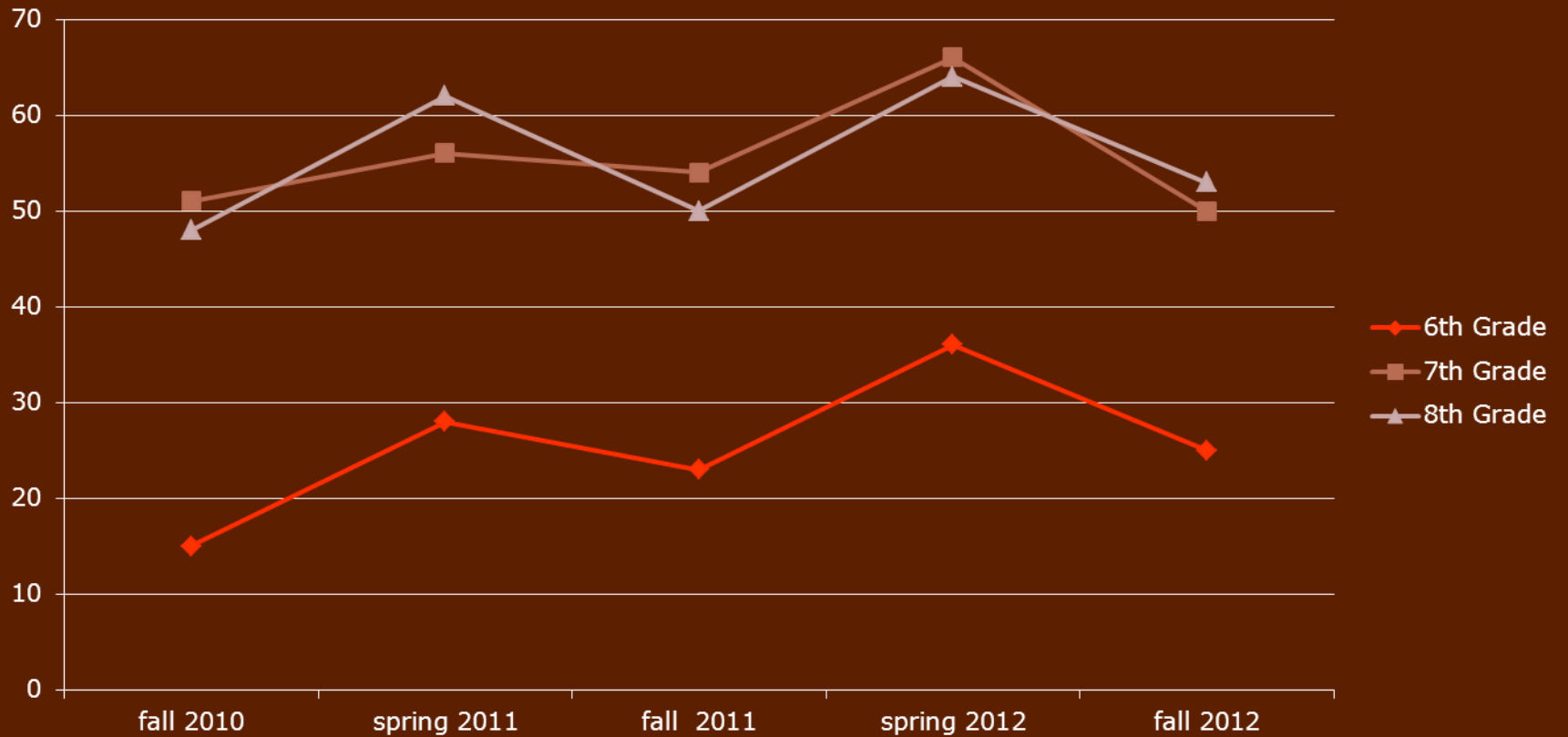




Let the School Board  
know the challenges  
you face and what  
you are doing to  
overcome them.

# The 6<sup>th</sup> Grade Problem

% of students reaching the healthy level in 5 tests



- These are not athletic tests
- Second elementary position helps

## District Challenges for the coming year

# Decrease in opportunities for physical activity at all levels.

- Loss of elementary PE (will 6<sup>th</sup> grade fitness and academic achievement be even lower next year?).
- Elimination of middle school C team athletics.
- Elimination of high school freshman teams.

The positive link between fitness, brain function and academic achievement is now firmly established. We need to increase physical activity not decrease it.

# Decreased use of district resources & professional development

- ◆ District Welnet Fitness software (\$30,000) is now used only by the middle school.
- ◆ Elimination of district wide health & fitness professional development.
- ◆ Elimination of the Health & Fitness Committee.

Over the past five years substantial time, effort and money has been dedicated to upgrading the districts health and fitness curriculum and opportunities. These gains are eroding fast and will disappear if action is not taken.

# Parent Support for Physical Education

## Anecdotal Information

At LMS fall conferences parents expressed their wish for students to have more physical education at the elementary level.

If we can find a way to increase physical education at the elementary level we will:

- Have the support of our parents and the community!
- Increase the fitness of our students!
- Increase their academic achievement!

To increase academic achievement we need  
to reduce the number of students physically  
**AT RISK**

- During the 2010/2011 school year we decreased the number of AT RISK students from 79 to 49.
- During 2011/2012 we plan to decrease our AT RISK students from 70 – 35.

# OUR PLAN

Increase aerobic exercise & improve the diet of our students and staff\*

- Adopt A Pedometer.
- Top Cat contest with Langley MS.
- Caught in the Act healthy lunch.
- Nutrition information sent home.
- Reduce fatty\sugary snacks available at LMS.

\*Funding for all of the above is provided by the  
LAKEWOOD EDUCATION FOUNDATION

What challenges do you want your school board to know about? What response have you made to these challenges?





# SPECIFIC ACTIONS TO REVERSE THE DECLINE OF HEALTH AND FITNESS AT LWSD

- Restore and expand the elementary physical education position.
- Establish an accountability structure to ensure that district resources and curriculum are being used.
- Restore district-wide professional development for health and fitness.
- Restore the Health & Fitness Committee (this will help accountability).
- Restore C team and freshman team athletics (increase opportunities to stay fit).

# WHAT SHOULD WE DO RIGHT NOW?

Re-institute a health and fitness committee tasked with creating a healthier environment at LWSD.

This will lead to;

- Improved health of our students & staff.
- Increased academic achievement.

How will you ask your school board/district to help?



# Supporting Documentation

## Physical Education Advocacy Flyer



### Washington Alliance for Health, Physical Education, Recreation & Dance

"WAHPERD is the professional organization that supports physical educators in their efforts to enhance the health, fitness & physical skills of their students."

Wahperd.com

#### Physical Education—Its The Law

**Physical education requirements. WAC 392-410-135.**

- (1) Grades 1-8. Pursuant to RCW 28A.230.040, an average of at least one hundred instructional minutes per week per year in physical education shall be required of all pupils in the common schools in the grade school program (grades 1-8) unless waived pursuant to RCW 28A.230.040.
- (2) Grades 9-12. Pursuant to RCW 28A.230.050, a one credit course or its equivalent shall be offered in physical education for each grade in the high school program (grades 9-12).

**Basic education. RCW 28A.150.210**

Know and apply the core concepts and principles of health and fitness.

**Requirements for high school graduation. WAC 180-51-067**

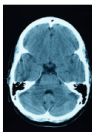
- (5) Two **health and fitness** credits (5 credit health; 1.5 credits fitness). Students may be excused from the fitness requirement under RCW 28A.230.050. Such excused students shall be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

#### Physical Education Enhances Academics —The Evidence

**Exercise improves cognitive function.** The research is unequivocal on this issue and has been reviewed in a number of recent best selling books such as *Spark*<sup>4</sup> and *Brain Rules*<sup>5</sup>.

Exercise improves cognition in **two ways**:

- Exercise increases oxygen flow into the brain, which reduces brain-bound free radicals. One of the most interesting findings of the past few decades is that an increase in oxygen is always accompanied by an uptick in mental sharpness.
- Exercise acts directly on the molecular machinery of the brain itself. It increases neurons' creation, survival, and resistance to damage and stress.



**Sacrificing physical education for classroom time does not improve academic performance.** In fact, research supports just the opposite. In *Active Living Research*<sup>6</sup> a review of 14 studies that involved increasing physical education time, 11 found one or more positive associations between school-based physical education and indicators of academic performance.

Other research supporting academics and physical education:

- A 2007-08 study of more than 2.4 million Texas students found that students who were physically fit were more likely to do well on the state's standardized tests and have better school attendance records and fewer disciplinary referrals than students who were not physically fit.<sup>7</sup>
- A 2004 California Department of Education study, using data from a standardized health-related fitness testing protocol and the California Standards Tests, showed a strong positive relationship between physical fitness and academic achievement.<sup>8</sup>

<sup>4</sup>Spark: The Revolutionary New Science of Exercise and the Brain (2008).

<sup>5</sup>Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School (2008).

<sup>6</sup>Active Education: Physical Education, Physical Activity and Academic Performance (Research Brief, Active Living Research, 2009).

<sup>7</sup>Texas Education Agency, *Physically Fit Students More Likely to Do Well in School, Less Likely to be Disciplinary Problems*. Austin, TX: Texas Education Agency, March 9, 2009.

<sup>8</sup>California Department of Education. *A Study of the Relationship between Physical Fitness and Academic Achievement in California Using 2004 Test Results*. Sacramento, CA: California Department of Education, April 2005.

Wahperd.com

#### Comprehensive Physical Education—What Does it Include?

A quality comprehensive physical education program provides learning opportunities, developmentally appropriate instruction, meaningful and challenging content for all children, and should include:

##### Fitness Development

Having adequate levels of physical fitness is one of the keys to a healthy life and the time to start is during school years. Physical education provides a structured setting where children's fitness is assessed and they learn how to set fitness goals. With targeted, developmentally appropriate activities children are then provided opportunities to reach their fitness goals.



##### Skill Development

Studies have shown that adults who have a wide range of physical skills will be more fit and active. A comprehensive physical education program includes instruction in a wide range of activities including many life-long activities such as dance, racquet sports, yoga, strength training, team & individual sports. Physical education is also where children learn the basic movement patterns that are the core to all sports and physical activities.

##### Fitness & Health Education

A comprehensive physical education program will also ensure that students have the knowledge needed to stay fit for a lifetime. Exercise anatomy, heart rate response to exercise, components of fitness and nutrition are just a few of the topics that are taught and assessed in physical education.



##### Social Skill Development

Cooperation, teamwork and sportsmanship are a part of all sports and games and they are taught and positively reinforced daily in a quality physical education program. Through partner activities, such as social dance, adolescents are provided a safe setting to gain confidence interacting with the opposite gender at a very sensitive time in their lives.

#### Physical Education or Physical Activity?

**Physical activity is an outgrowth of a good comprehensive physical education program.**

**Physical activity cannot replace comprehensive physical education. It is just one component of a good physical education program.**

- School physical education offers the best opportunity to provide physical activity to all children while teaching them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment.
- Based on the instructional components and sequence of learning, physical education can not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

**If comprehensive physical education is replaced with physical activity or if physical education waivers are granted the following educational opportunities will be lost to our children:**

- The opportunity for fitness assessment, fitness goal setting and programs of instruction to realize those goals.
- The opportunity to learn lifelong physical skills taught by a highly qualified physical educator.
- The opportunity to develop cognitive concepts about fitness and motor skill.
- The opportunity to improve emerging social and cooperative skills through structured physical activity.

To learn more about the role of physical education in preparing our youth for the future contact the Washington Alliance for Health, Physical Education, Recreation & Dance at [Wahperd.com](http://Wahperd.com).

What supporting documentation will you leave them with?

