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PASS

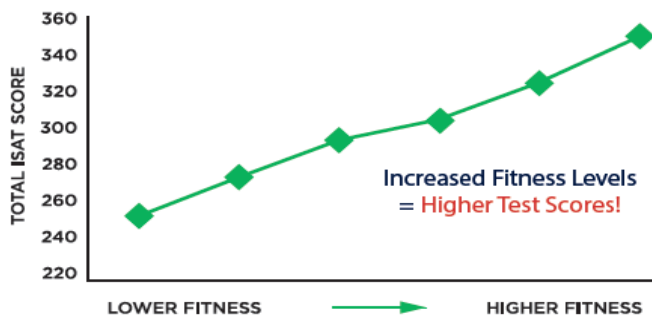
Creating Physically Active School Systems

BENEFITS OF CREATING PHYSICALLY ACTIVE SCHOOL SYSTEMS

- Embedding physical activity throughout the school day/system to enable all students to improve or maintain their physical fitness and their overall health and wellness, while enhancing their learning opportunities.
- Incorporates activities before school, during school, after school, at home and in the community.

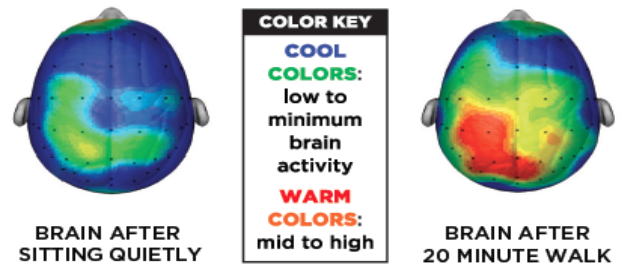
ACADEMIC ACHIEVEMENT

Physical Fitness and Achievement Test Performance



Hillman C.H., Erickson K.L., Kramer A.F. Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition. 2008.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children. 2009.

RED RIBBON PASS PROGRAM

- Red Ribbon PASS program will recognize school districts as a highly performing and also as improving physically active school system (PASS)
- Red Ribbon PASS program will collect data from the preceding school year's Connecticut Physical Fitness Test from the State Board of Education

Proposed Bill No. 779

LCO No. 2287

02287

Sponsored by Sen. Markley, 16th District

Contact Pam Salamone in Sen. Markley's office

pam.salamone@cga.ct.gov



General Assembly

Proposed Bill No. 779

January Session, 2015

LCO No. 2287

02287

Referred to Committee on EDUCATION

Introduced by:

SEN. MARKLEY, 16th Dist.

AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

That the general statutes be amended to establish a Red Ribbon PASS program. Such program shall (1) be administered by the Connecticut Association for Health, Physical Education, Recreation and Dance and the cofounders of the Physical Activity School Score assessment tool, (2) recognize school districts as a highly performing, physically active school system and schools as an improving physically active school, and (3) collect data from the preceding school year's Connecticut Physical Fitness Test from the State Board of Education on or before July first of each school year, beginning with the school year commencing on July 1, 2016.

Statement of Purpose:

To establish a Red Ribbon PASS program.

Connecticut *Red Ribbon PASS* Program



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New Britain, CT. 06050

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Southern Connecticut State University
New Haven, CT. 06515

The **Connecticut *Red Ribbon PASS*** program is a state government program created in 2015 to honor schools that provide opportunities for all students to be physically active throughout the school day beyond recess and a quality health and physical education program. The Red Ribbon PASS program recognizes schools working towards contributing to students overall health and well-being, by showing decreased attendance and behavioral issues, increased time on task, academic achievement, and improvements on the Connecticut Physical Fitness tests as a result of being a physically active school system.

Background

Obesity encompasses more than being overweight. It has a more severe and direct effect on one's health. To be obese is to have a body mass index (BMI) at or above the 95th percentile. Falling into this category often creates a negative self-image. This in turn has a negative effect on academic achievement. This growing condition produces a critical demand for quality and daily physical activity and physical education throughout the school day. It is necessary that the goal of all educators is to achieve an overall improved community that is conducive to a child's freedom and safety in physical activity for their health, well-being, academic achievement and social acceptance.

Physical Inactivity (YRBS, 2011 Data): Today's youth are considered the most inactive generation in history, according to the American Obesity Association.

- Two-thirds of Hispanic (61.1%) and black (65.9%), and half (45.3%) of white students, do not get the recommended level of physical activity during an average week.
- One out of every 9 students (11.5%) did not participate in at least 60 minutes of physical activity in the seven days prior to administration of the YRBS survey.
- More than 1 in 4 CT. high school students watches TV for 3 hours or more on an average school day; this rate is highest among black (46.0%) and Hispanic (32.4%) students.

Connecticut Department of Public Health, 2011 - Connecticut School health Survey Youth Behavior Component. Hartford, CT, June 2012. http://www.ct.gov/dph/lib/dph/hisr/pdf/cshsresults_2011ycreport_web.pdf

According to the American Academy of Pediatrics:

- Adolescents who are overweight have an estimated 80% chance of being obese as adults; and, if overweight begins before age 8, obesity in adulthood is likely to be more severe.
- An estimated \$856 million of adult medical expenditures are attributable to obesity each year in CT.
- Obesity kills more Americans each year than AIDS, cancer and injuries combined. At this rate, the current generation of children will not live as long as their parents.

Finkelstein, EA, et al. 2004. State-level estimates of annual medical expenditures attributable to obesity. Obesity Research 12:18-24.

As a result of the aforementioned findings, Carol M. Ciotto and Marybeth H. Fede began an initiative in 2011 to address the increasing childhood obesity rate in Connecticut by creating physically active school systems (PASS). The first PASS school district was introduced in 2013 in Southington Ct., with the help of Superintendent Joe Errardi and Physical educator Marcia Phelps. As a result of the successful implementation of the Pass program in Southington, there are currently to date 25 school districts that have adopted some form of PASS. Additionally PASS has been introduced across the US and internationally.

In 2014 Senator Joe Markley joined forces with PASS to create the Connecticut Red Ribbon PASS award to bring exemplary Connecticut schools to public attention and to recognize those schools whose students engage in a physically active school system (PASS). The Red Ribbon PASS School program honors secondary, middle and primary schools who meet the criteria.

Performance Award Criteria for Schools: Schools nominated for the Connecticut Red Ribbon PASS program Award must meet one of two eligibility criteria.

Highly Performing *Physically Active School System*

Must meet (A) and two additional criteria:

- A) Incorporate a minimum of 60 minutes of physical activity (as recommended by the CDC) embedded throughout the school day, every day beyond the allotted time for recess and physical education.
- B) Incorporates before and/or after school programs that provide additional opportunities for engagement in physical activity.
- C) Create opportunities for collaboration between school based and community based physical activity programs.
- D) The achievement of the schools' students in the most recent year tested places the school in the top 25 % in the state, in physical fitness, as measured by the Connecticut Physical Fitness Test.

Improving *Physically Active School*

Must meet (A) and one of the two criteria

- A) Incorporate a minimum of 60 minutes of physical activity (as recommended by the CDC) embedded throughout the school day, every day beyond the allotted time for recess and physical education.
- B) Incorporates before and/or after school programs that provide additional opportunities for engagement in physical activity.
- C) The overall achievement of the schools' students in the most recent year tested shows an increase of 5% or more on the Connecticut Physical Fitness Test.

Connecticut *PASS* Program



WHAT IS PASS?

A Physically Active School System

- Embedding physical activity throughout the school day/system to enable all students to improve or maintain their physical fitness and their overall health and wellness, while enhancing their learning opportunities.
- Incorporating activities before school, during school, after school, at home and in the community.

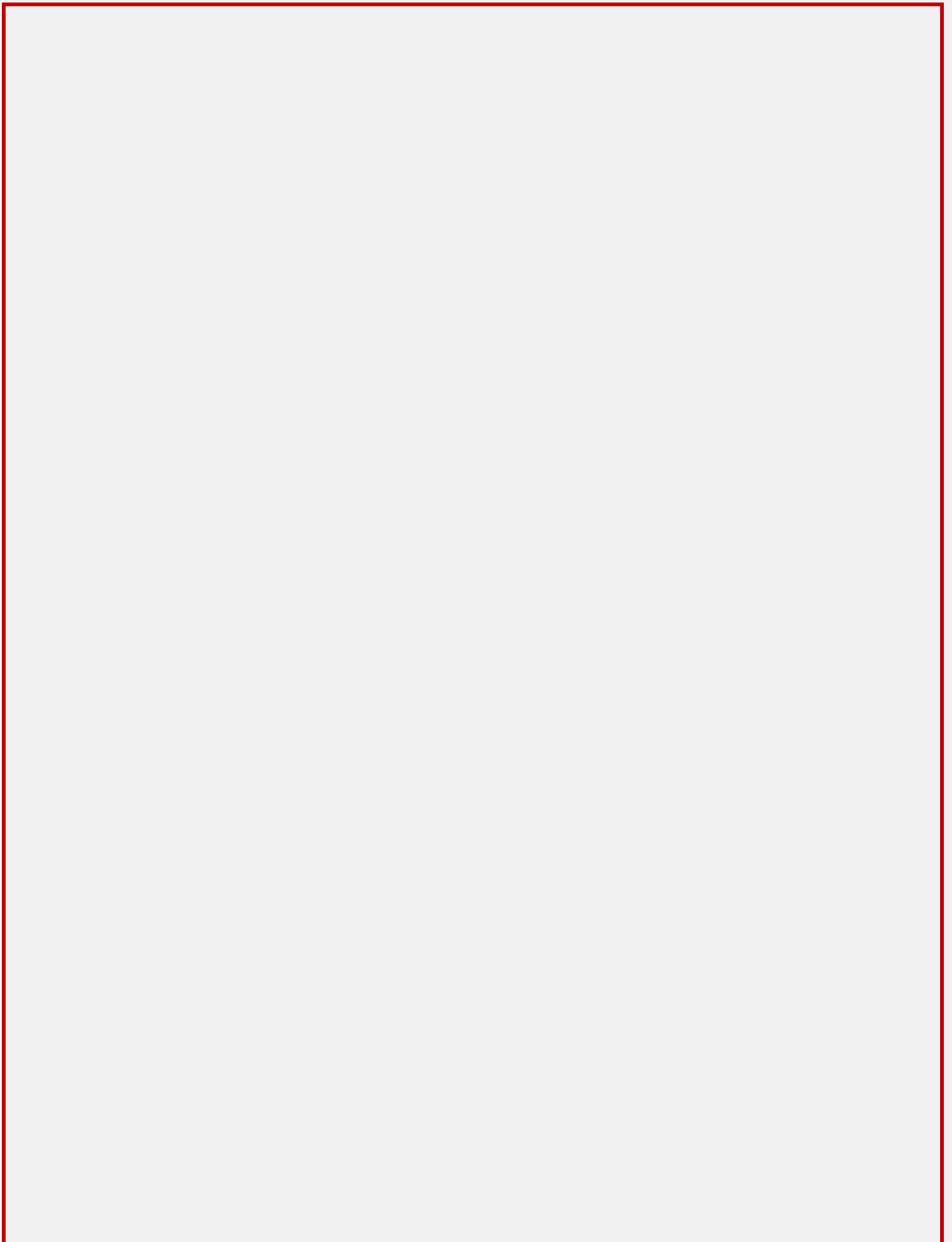
WHAT ARE THE BENEFITS OF PASS?

++	Psychological Well-Being	--	Blood Pressure
--	Anxiety and Depression	++	Skeletal Health
++	Self-Esteem	--	Absenteeism
--	Overweight and Obesity	++	Cognition/Focus
++	HDL Cholesterol	--	Behavior Issues

HOW DO I GET STARTED?

Steps for implementation

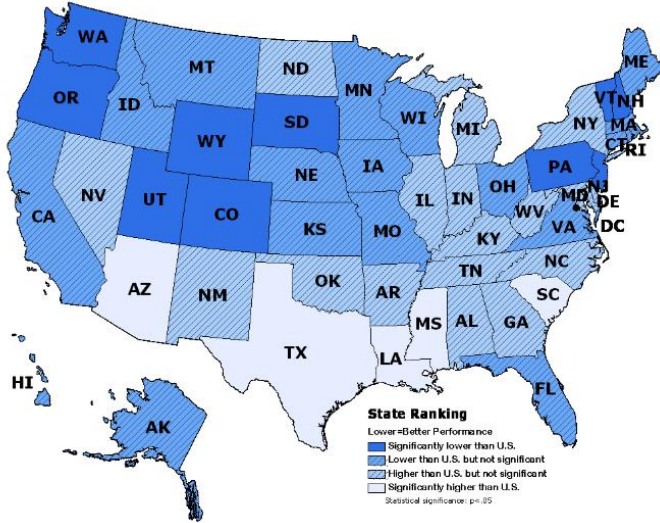
- Make a Commitment to become a Physically Active School Systems
- Collaborate with Stakeholders (administration, faculty/staff, students and community)
- Develop an Action Plan for PASS
- Determine Motivational Techniques among Stakeholders
- Promote Physical Activity Initiative/PASS Kick-off: This will signify start of implementation phase





Connecticut

Overweight & Obesity Rates for Children



Connecticut
29.7%

UNITED STATES
31.3%

Source: 2011/12 National Survey of Children's Health. Data Resource Center for Child & Adolescent Health.

Physical Education in Connecticut

CONNECTICUT PHYSICAL EDUCATION REQUIREMENTS	YES	NO
Does CT mandate elementary school PE	X	
Does CT mandate middle school/junior high school PE	X	
Does CT mandate high school PE	X	
Does CT have its own PE standards	X	
Does CT require PE in all grades K-12		X

Source: Shape of the Nation Report: Status of Physical Education in the USA (2012). National Association for Sport and Physical Education.

HIGH SCHOOL STUDENT PARTICIPATION IN PHYSICAL EDUCATION	U.S. Students %
Did <u>NOT</u> attend physical education classes daily	68.5%
Did <u>NOT</u> attend physical education classes in an average week	48.2%

Source: Youth Risk Behavior Survey (YRBS) 2011. Centers for Disease Control and Prevention.



Connecticut PEP Grant Funding 2001-2014:

\$5,942,106.00

Source: Compiled by SHAPE America: <http://www.shapeamerica.org/advocacy/upload/PEP-recipients-by-state-2001-2014.pdf>.





CONNECTICUT

Amount of Required Physical Education:

Connecticut mandates physical education in grades K-8, and high schools must provide physical education courses.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation.

Substitutions: Substitution of other activities for physical education credit required for high school graduation is not permitted.

Exemptions/Waivers: Students need a physician's written order for a medical exemption from high school physical education credit and this medical exemption requires an appropriate alternative.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state require a minimum weekly amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required, but Connecticut does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity for inappropriate behavior. Connecticut does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and monitors the implementation of local school wellness policies through school food service program compliance reviews.

State Standards: The state has developed its own standards for physical education, although school districts are

not required to comply. The Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education was last revised in 2006 and is based on the national standards.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but allows local school systems and individual schools the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires student assessment for physical fitness in grades 4, 6, 8 and 10. The data are sent to the state as congregate data for the school and for the district.

Grade Point Average (GPA): Physical education grades are not required to be included in a student's GPA.

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels using the "Third Generation Connecticut Physical Fitness Assessment."

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Physical education is taught only by certified physical education

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teachers. For certification, teachers must earn a score of at least 175 on the “Physical Education Content & Design Test #0095.” This certification must be renewed every five years.

Professional Development of Physical Education

Teachers: Professional development, continuing education hours or credits are required in order to maintain/renew one’s physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification may be granted for less than one year to anyone holding a bachelor’s degree in any subject area.

National Board Certification: The state does not actively encourage physical education teachers to become certified through the National Board Certification process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: Connecticut is a “local control” state, so in many of these areas, the state has recommendations for local districts and schools rather than requirements.

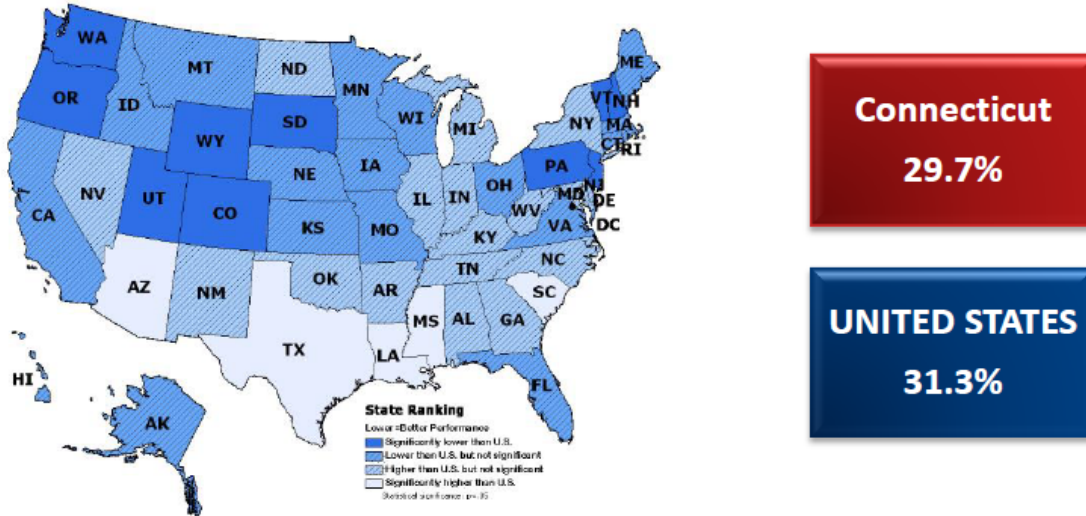
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Connecticut

Overweight & Obesity Rates for Children



Source: 2011/12 National Survey of Children's Health. Data Resource Center for Child & Adolescent Health.

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National Standards for K-12 Physical Education

THE GOAL

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

THE STANDARDS

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Source: *National Standards & Grade-Level Outcomes for K-12 Physical Education* (SHAPE America & Human Kinetics, 2014). Visit www.shapeamerica.org/standards/pe for more information.

THIS WAY!

The Road to a Lifetime of Physical Activity

