

Blueprint for Policy Success

Piecing Your Puzzle Together

SHAPE America National Convention 2015
Seattle, WA

Lisa Rakoz
Program Supervisor, Healthiest Next Generation
Office of Superintendent of Public Instruction

Lori S. Dunn
PreK-12 Physical Education and Health Literacy Program Manager
Seattle Public Schools



TEAM ACTIVITY



Goals for this Session

- Understand national physical education and physical activity programs
- Understand current policy, practice and implementation in Washington State
- Identify strategies to develop and implement local physical education policy



Power Point Mapping

National



Washington
State



Seattle



National Framework

Comprehensive School Physical Activity Program (CSPAP)

National Initiative

Let's Move! Active Schools (LMAS)

State Initiative

Healthiest Next Generation (HNG)

Training Mechanism

Physical Activity Leader (PAL)

Key Component

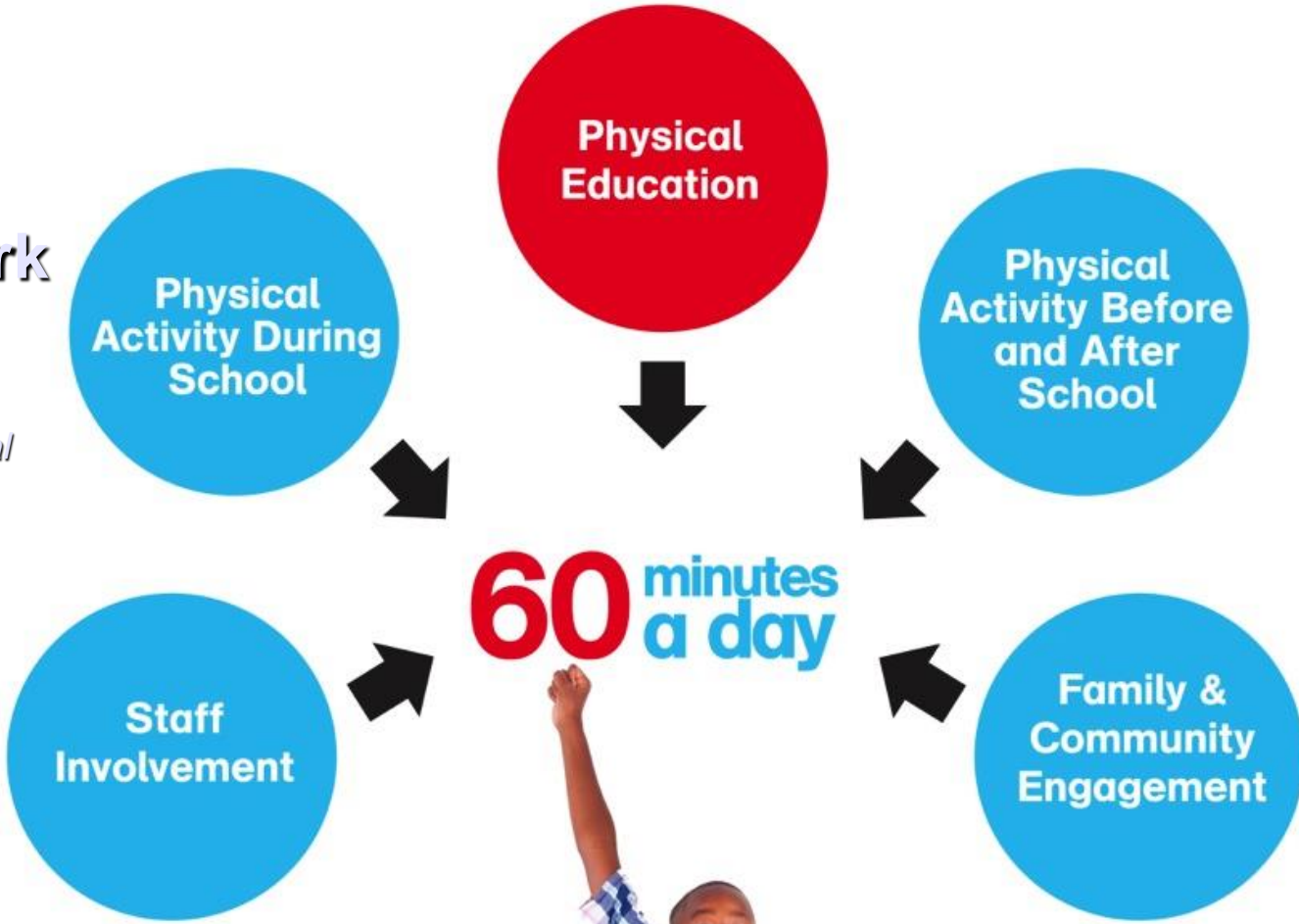
Physical Education (PE)

Training for PE

Presidential Youth Fitness Program

National Framework

Comprehensive School Physical Activity Program



National Framework

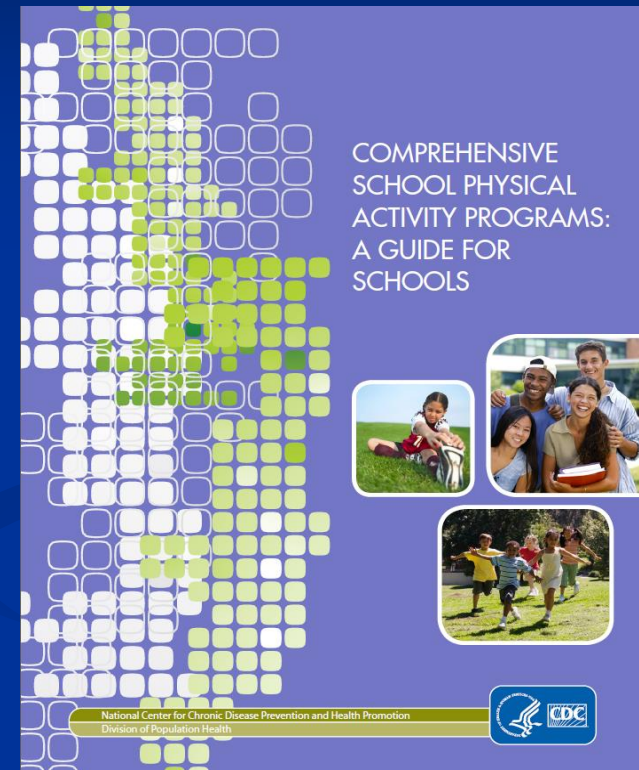
Comprehensive School Physical Activity Programs: A Guide for Schools

Purpose

- to enable physical education teachers and other physical activity leaders to develop, implement, and evaluate a CSPAP

Components

- Brief introduction
- Step-by-step process
- Tools and templates



National Initiative

Let's Move! Active Schools (LMAS)



Let's Move. Active Schools

THE ISSUE WHAT IS AN ACTIVE SCHOOL? RESOURCES & GRANTS
SUCCESS STORIES SIGN UP/LOG IN

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PHYSICAL ACTIVITY ISN'T AN OPTION. IT'S A NECESSITY

Help our kids reach
their greatest potential.

THE CHANGE STARTS WITH YOU

GET UPDATES

www.letsmoveschools.org



State Initiative

Healthiest Next Generation Initiative

The Healthiest Next Generation is a priority of Governor Inslee to improve children's health. It includes creating multidisciplinary strategic work groups focused on K-12 schools, health, and early learning environments.

Focus Areas:

- Increasing opportunities to be physical active every day
- Assuring that children consume healthy food and beverages
- Drinking clean water instead of sugar-sweetened drinks

Focus Environments:

- Early Learning Settings
- Schools
- Communities

Cross Agency Team

- Department of Education (DOE)
- Department of Health (DOH)
- Department of Early Learning (DEL)



Training Mechanism

Physical Activity Leader (PAL)

- Engage and enthuse the school community for 60 minutes a day of physical activity
- Implement a Comprehensive School Physical Activity Program (CSPAP)
- Demonstrate the effectiveness of CSPAP components
- Champion a school plan for 60-A-Day!
- Contact your local SHAPE affiliate for no cost training



Key Component

Physical Education

What is the difference between physical education, physical activity, and athletics?

Physical Education	Physical Activity	Athletics
<p>Physical Education is defined as a planned, sequential program of curricula and instruction that helps students develop the knowledge, attitudes, motor skills, confidence, and self-management skills needed to adopt and maintain physically active and healthy lifestyles.</p>	<p>Physical Activity is defined by the Centers of Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. CDC recommends sixty minutes of physical activity is needed along with daily physical education.</p>	<p>Athletics is described as an active diversion requiring physical exertion and competition; a contest between athletes. While athletics are a valuable part of school life, athletics are extra-curricular activities which do not meet the Washington K-12 Health and Fitness State Learning Standards and do not promote participation by all students. Athletics are not a replacement for physical education.</p>



Training for Physical Education

Presidential Youth Fitness Program

Physical Education



Contact www.pyfp.org for training

**Fitness
Assessment**

**Fitness
Education**

**Motivational
Recognition**



Washington State

Local Control State

- 9 Educational Service Districts
- 295 School Districts
- Total Student Enrollment – 1,051,613
- Total Classroom Teachers – 51,676
 - **Largest district**
Seattle (King County) – 50,738 students
 - **Smallest district**
Benge (Adams County) – 4 students
 - **Largest school**
Chiawana High School (Pasco School District) – 2,193 students

Rules and Regulations in WA State

Partnerships



Rules and Regulations in WA State

Minutes in Physical Education

- Grades 1-8, an average of 100 instructional minutes of physical education per week

High School Graduation Requirements

- Health education (.5 credit) and physical education (1.5 credits)

Waiving Physical Education **(May waive PE, but must demonstrate proficiency in the knowledge portion of PE)**

Allowable reasons for requesting a physical education waiver:

- Physical Disability
- Employment
- Religious Belief
- Directed Athletics
- Military Science & Tactics
- Other Good Cause



Partnerships

SHAPE WA Executive Board and membership

Health and Fitness Cadre (team of 35 health and fitness teachers across WA State)

Comprehensive School Physical Activity Program (CSPAP) Partnerships

- Provide professional development on CSPAP
- Identify school districts to implement CSPAP and provide funding
- Provide technical assistance through site visits to school districts

Physical Activity Leader (PAL) Trainings

- Provided 6 PAL Trainings
- Contact your SHAPE representative for a no cost PAL Training



Put Your Puzzle to Work

A 3D rendering of a puzzle. The background is a grid of light gray puzzle pieces. In the center, a single puzzle piece is missing, revealing a bright blue, glowing light source. The lighting creates strong highlights and shadows, giving the pieces a three-dimensional appearance.

- Please list 3-4 health or physical education laws in your state
- List initiatives that are in your state

Getting a Policy Passed

Rural or Urban

KNOW YOUR
SYSTEM!



Where do “YOU” start?

Video Physical Education at Seattle Public Schools



Seattle Public Schools

98 schools

52,000 plus students

121 languages/dialects

40% of our students qualify for free and reduced-price lunch

14% of our students are enrolled in special education services



2014 Seattle Public Schools Physical Education Policy

RCW 28A.210.360

Healthy, Hunger-Free Kids Act of 2010 and built
on the work done in response to WA state law

Model Policy on access to nutritious foods and
developmentally appropriate exercise.



Statement of Issue

Require districts that receive federal funding from the National School Lunch program and School Breakfast program to establish Wellness Committees.

MAIN CHARGE

Update Wellness Policies

* important tool for parents, local education agencies (LEA's) and school district's in promoting student wellness and preventing and reducing childhood obesity



Seattle Public Schools

School Health Advisory Council (SHAC) or Wellness Committee

- City
- Public Health
- Seattle Public Schools



PE/PA/Nutrition Education Taskforce

Task Force (18 months)

- 22 representatives
- 2 sub committees

1. Nutrition (School Food and Competitive Foods)

11 members

2. Physical Education and Health Literacy (PE/PA and Nutrition Education)

11 members



PE/PA/Nutrition Education Taskforce

Taskforce Work

Review, revise, monitor communicate and evaluate policies governing school food, competitive foods, nutrition education, physical education and physical activity.



PE/PA/Nutrition Education Taskforce

Taskforce Outcomes

- Policy
- Superintendent's Procedures



Timeline started January 2014

Taskforce Meetings

Curriculum and Instruction Committee

Presentation

Vetted

- Curriculum, Assessment and Instruction
- Legal Office
- Policy Office
- Finance/Budget Office
- Cabinet Member
- Superintendent



SPS PHYSICAL EDUCATION POLICY NO. 2185

Physical Education is a **CORE COMPONENT** of a school environment

- Be taught by certified Physical Education teachers
- Meet or exceed state PE Standards
- Use a Board-adopted curricula
- Strong oversight at the school and district level
- Conduct on-going assessment of program

Adapted Physical Education

Recess



ADVOCACY

Parents

Staff

Community Partners



Making It Work



What Next?

Know your system

Compliance/Political Arena

Start Small – Build your structure

Keep the end in mind – Why are you doing this?



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Questions



Contact Information

Lisa Rakoz

Program Supervisor Healthiest Next Generation

Office of Superintendent of Public Instruction (OSPI)

lisa.rakoz@k12.wa.us

Lori S. Dunn

PreK-12 Physical Education and Health Literacy Program Manager

Seattle Public Schools

lsdunn@seattleschools.org

