

# SHAPE CONFERENCE 2015

Title: Maximizing Community Partnerships for More Physical Activity in Elementary Schools

Saturday, March 21, 2015: 9:15am – 10:30am  
Convention Center 608

## Description:

Students receive physical education (PE) in schools, yet many still lack the recommended amount of physical activity needed each day. This session will present a case study on how one Seattle elementary school leveraged community partners and a local university to supplement PE time with before and after school programming. Participants will learn strategies to increase the physical activity of their own students and better connect them to the sports community around them.

## Six Helpful Hints

1. Be an advocate for your PE program: Put yourself out there, be on constant look out for opportunities, even in non-traditional places.
2. Work with what you have: don't let what you don't have limit you!
3. Be clear about what your end goals are.
4. Reach out to the athletic departments or PE programs at local educational institutions such as universities, community colleges, etc.
5. Research what youth sports programs (traditional or non-traditional sports) are in your neighborhoods, including Boys & Girls Clubs, YMCA's, Parks and Rec's, etc. Find out if there is a youth sports collaborative or network in your city!
6. Fits and starts are okay! This is an imperfect process!



*The Center for Leadership in Athletics strives to support our community partners and the work these coaches do on the ground, the impact they inspire, and the lives they touch.*

Contact Bea Chang at [bchang10@uw.edu](mailto:bchang10@uw.edu)