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Comprehensive School Physical Activity Programs:
Enhancing Student Success and Academic Performance
March 20, 2014

Featured Speakers

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  University of Kentucky
  Dept. of Kinesiology and Health Promotion
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  Mott Road Elementary School
  Physical Education Instructor

Disclosure Statements

The planners and presenters do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed in this activity.

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• NYS Department of Health
Comprehensive School Physical Activity Programs:
It Does Take a Village

Let’s Move Active Schools (2013)

Why CSPAP?
• All schools unique
• All schools have unique needs
• School-based physical activity promotion needs to be a menu
• Multifaceted
• Comprehensive

National Support
• National Physical Activity Plan
• American Alliance for Health, Physical Education, Recreation and Dance
• American Heart Association
• Centers for Disease Control and Prevention
• National Football League
• Alliance for a Healthier Generation
• Let’s Move Active Schools

Why Support Comprehensive School Physical Activity Programs?
• Promotes physical and mental health
• Improves aspects of academic performance
• Youth recommendations: 60+ minutes of moderate/vigorous physical activity (PA) daily
• 2012: 24.8% of youth ages 12-15 met the recommendations
• NYS: 45.5% of students in grades 9-12 do some kind of PA that increases their heart rate

Importance of Supportive Physical Activity Environment in Schools
• Provide the best opportunity for a population-based approach to increasing (PA) in youth
• Establishing health habits that can last a lifetime
• PA behaviors track from childhood into young adulthood
• School environments provide the best opportunity for students of all abilities to participate in physical education
What is the Connection between PA and Learning?

• Greater PA leads to:
  • Greater attention
  • Faster cognitive processing
  • Better performance on standardized tests

What is the Connection between PA and Learning?

• Children who participate in daily physical education exhibit:
  • Better school attendance
  • Stronger academic achievement
  • Reduced disruptive behavior
  • Aerobic exercise has the greatest effect on student achievement and cognitive outcomes

What is the Connection for Public Health?

• Healthier students are better learners
• Higher educational achievement and years of schooling result in better health status

What is the Connection for Public Health?

• PA reduces the risk for:
  - Heart disease - Diabetes mellitus
  - Osteoporosis - High blood pressure
  - Obesity - Metabolic syndrome
  - Stress - Anxiety
  - Depression

How Does this Align with the Prevention Agenda?

• December 31, 2017: Increase school districts meeting/exceeding state regulations for PA
• Opportunities to increase PA before, during and after school
• State Education Department learning standards for physical education and nutrition
• Many benefits to making CSPAP a high priority

Health and Learning

• Healthier students = better learners
  — Public health and schools have a long history
• Educationally relevant health issues
  — Vision and Hearing - Pregnancy
  — Violence - Nutrition
  — Inattention - Hyperactivity
  — Physical Inactivity - Others

Basch, 2010
**Physical Activity: A Leading Health Indicator**

- Physical activity impacts:
  - Obesity
  - Heart Disease
  - Mental Health
  - Hyperactivity
  - Inattentiveness
  - Behavior
  - Musculoskeletal Disorders

**Physical Activity: A Leading Learning Indicator**

- Improves cognition via blood flow to the brain
- Decreases misbehavior
- Increases attentiveness
- Improves concentration
- Enhances memory
- Improved math and reading skills
- Improved comprehension

### Active Children

<table>
<thead>
<tr>
<th>Active Children</th>
<th>Sedentary Children</th>
</tr>
</thead>
</table>


### Physical Activity in Schools: It makes sense!

- Evidence on learning
- Best practices include movement
  - Centers, RTI, repetition, SMART boards, etc.
  - And Physical Activity
- Design a school
  - What would it look like if we started from scratch?
  - Physical activity would be essential

### Terminology

**Physical Activity (PA):**

Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure (USDHHS, 1996)

**Exercise:**

Leisure time physical activity conducted with the intention of developing physical fitness.
Terminology

**Fitness:**
A set of attributes that people have or achieve relating to their ability to perform physical activity (USDHHS, 1996)

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**Physical Activity**

Dance  
Exercise  
Sports  
Recreation  
Leisure Activities  
Others

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**Schools and Physical Activity Promotion**

- Schools as leaders in PA promotion  
- Efforts must assist schools with meeting their objectives  
  -- Cost effective  
  -- Unobtrusive  
  -- User friendly  
  -- Sustainable  
- Programs must be multifaceted

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**Who Leads the Leader?**

- Physical Activity Champion  
  -- Physical educator  
  -- Health Educators  
  -- Extension Agents/Family Resource Personnel  
  -- Nurses  
- Who has the training to promote physical activity?  
- Physical educators must be the leaders of comprehensive school-based physical activity programs...the culture  
- The Champion needs support

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**Let's Move Active Schools (2013)**

- 60 minutes a day
  - Physical education
  - Classroom teaching
  - Physical activity
  - Family involvement

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**Quality Physical Education**

- Standards-based curriculum  
- Best practices for instruction  
- Student centered  
- Focuses on PA, makes it the core of the program  
- Prepares students for a lifetime of activity  
  -- Success  
  -- Attitudes, skills, and knowledge  
- 30 minutes of quality PE can contribute 20% of a child's physical activity per day
### Physical Activity During School: Classrooms

- Time for physical activity does not decrease academic achievement
- Physical activity breaks in the classroom remove barriers to learning
  - Low energy, behavior issues, inattentiveness
- Types of breaks
  - To increase activity
  - To reinforce academic content
  - To provide a brain “reset”

### Physical Activity During School: Recess/Activity Breaks

- Small breaks throughout the day or one recess?
- Eliminate taking recess away as punishment
  - Use “extra breaks” as a reward
- Organize activities during breaks
- Unintended consequences of some policies

### Physical Activity During School: Recess/Activity Breaks

- Strategies for increasing activity during recess
  - PE taught activities
  - Recess Aides
  - Activity Zones
  - Semi-structured recess

### Physical Activity Before & After School

- Before and after activity school clubs
- Collaborate with existing programs
  - PDs for after school staff
  - Activity ideas for staff (PE content)
- Recruit teachers to assist
- Joint Use Agreements
  - Maximize use of gyms

### Physical Activity Before and After School: School Wide Programs

- Active transport to school
  - Walking school bus, Safe routes to school, etc.
- Point of decision prompts
- Intramurals
- Fundraisers

### Family & Community Involvement

- Parents impact student physical activity levels
- PE nights/Demo nights
- Physical activity homework/Activity Calendar
- Parent volunteers in PE
- Active Open House
Family & Community Involvement

- YMCAs
- Parks and Rec
- Rails to Trails
- Wellness Centers
- Boys and Girls Clubs
- Business sponsored PE

Staff Involvement

- Staff Wellness
  - Brown Bag Presentations
  - Walking Programs
- G.O.O.S.E.
- Teacher drop-out

Getting Started

- Designate a champion
- Form a committee
  - Teachers, administrators, SBDM, parents, local organizations, etc.
- Start small
- Develop a long-term plan
- Meet with other PA coordinators/Network
- Be persistent

What it Could Mean

<table>
<thead>
<tr>
<th>Activity</th>
<th>Min/day offered</th>
<th>Min/day activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom breaks (3/day x 7 min ea.)</td>
<td>21</td>
<td>16</td>
</tr>
<tr>
<td>Quality Physical Education (60 min/week)</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>Recess (one 15 min/day)</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Recess (15 min before lunch)</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Before School Program/Morning Activity</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>Total Physical Activity</td>
<td>73</td>
<td>54</td>
</tr>
</tbody>
</table>

What principals have said

- “It’s a culture”
- “We want to be a part of that”
- “Our teachers love it”
- “It has changed our school”
- “Parents say, ‘We didn’t do that when I was a kid’”

Take Home Message

- Healthier students learn better
- Physically active students are healthier
- Physical activity impacts student behavior, attention, and cognition
- CSPAP can impact student health and learning simultaneously
- CSPAP is the “wave of the future”
Additional Resources

CDC CSPAP Guide
http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm

CDC School Health Guidelines: Healthy Eating and Physical Activity

Action for Healthy Kids
http://www.actionforhealthykids.org/

NACDD Guide for Public Health Professionals Working in the Education Sector

DASH NY: Active Recess Policy Implementation Guide

New York Where's My PE?
http://www.wheresmype.org/

NASPE CSPAP Policy Continuum

Let’s Move Active Schools
http://letsmoveschools.org/

Enjoying Physical Activity

• Learn to enjoy the effects of being physically active
• Enjoy the process
• Mistakes are clues to improve, not reasons to stop
• “Want to” exercise, not “Have to” exercise!

Physical Education

• Curriculum scaffolded to prepare for future learning
• Fitness based skill instruction
  – Heart rate checks
  – “Sweat Trophies”
  – “Tired feeling will go away, the stronger muscles will stay!”
Talking to Children

- Childhood obesity
- Rising healthcare costs

Trends in Education

- Cuts in:
  - Art
  - Music
  - Physical education
  - Recess
- Emphasis:
  - Test scores
  - Teacher evaluation

Where does PE Fit?

Technology in Activity

- Pedometers
  - In Physical Education class
  - All Day
  - Compare activities
    - Outside Recess
    - DDR/Just Dance
- Heart Rate Monitors
  - Graph their own heart rates
### Activity Throughout the Day

- Fitness walk
- Pedometers
- Dance-Dance Revolution
- Physical Education
- PE Central Challenge
- Tae Kwon Do/Other outside activities

### Dancing Games

- Sign up to use at recess
- Try to beat their own best scores
- Tie in with 4th grade Social Studies curriculum
- Google Lit Trip

### Tae Kwon Do

- Local instructor volunteers time to teach our students
- Offers free class 2x's/week for kids interested
- PSR

### Moving Forward

- Tom Winiecki
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- (315) 692-1761

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*Thank you!*
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