

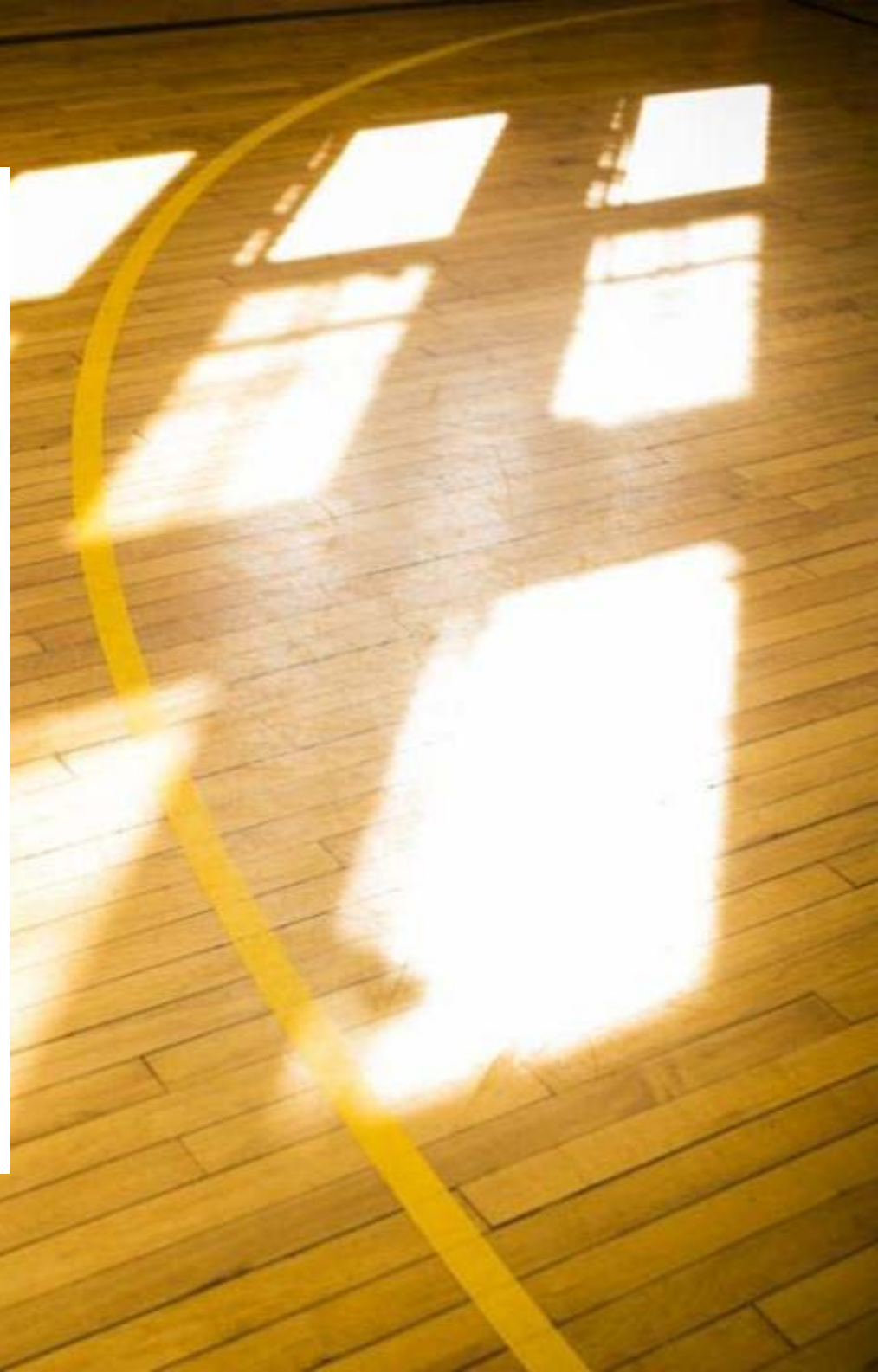


Let's Move! Active Schools

Carly Braxton, Senior Manager of Advocacy
Tiereny Lloyd, Senior Manager, Strategic Relationships

Agenda

- ▶ **Today's Landscape**
 - Benefits of PA
- ▶ **What is an Active School?**
- ▶ ***Brain Break***
- ▶ **LMAS Key Components**
- ▶ **CSPAP Activity**
- ▶ **CSPAP Policy Continuum**
- ▶ ***Brain Break***
- ▶ **Six Step Process**
- ▶ **What Can You Do?**






**25 Million
Kids in the US**

They Love To Move



A photograph of a paved path, likely in a schoolyard, with blue hopscotch markings painted on it. The path leads towards a building in the background. A semi-transparent dark blue rectangle is overlaid on the lower-left portion of the image, containing the text "But their opportunities have become limited." in white.

**But their
opportunities
have become
limited.**

A young girl with braided hair, wearing a green V-neck shirt with white stripes on the sleeves, stands with her hands on her hips in a park. In the background, there is a yellow and blue playground structure and lush green trees.

The result?

**2 out of 3 kids
today are
physically
inactive.**



The insight

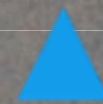
Active Kids Do Better



**Improved
academic
performance**



**Increased
concentration
& attention**



**Improved
attendance
& discipline**

The opportunity: Active Schools

Focus on schools as a hub to get kids moving throughout the day



Active Schools

From.....To

**Physical
activity
not
a priority**

**Students
moving before,
during & after
school**



**What is
Let's Move
Active Schools?**



Let's Move Active Schools Mission:
Empower **champions** to create
active school environments that
enable all students to **get moving**
and reach their **greatest potential**.



childobesity180
reverse the trend.



KAISER
PERMANENTE.



American Alliance for
Health, Physical Education,
Recreation and Dance

PARTNERSHIP FOR A
**HEALTHIER
AMERICA**



Reebok 

ALLIANCE FOR A
HEALTHIER
GENERATION 



SPARK



Let's Move. Active
Move. Schools

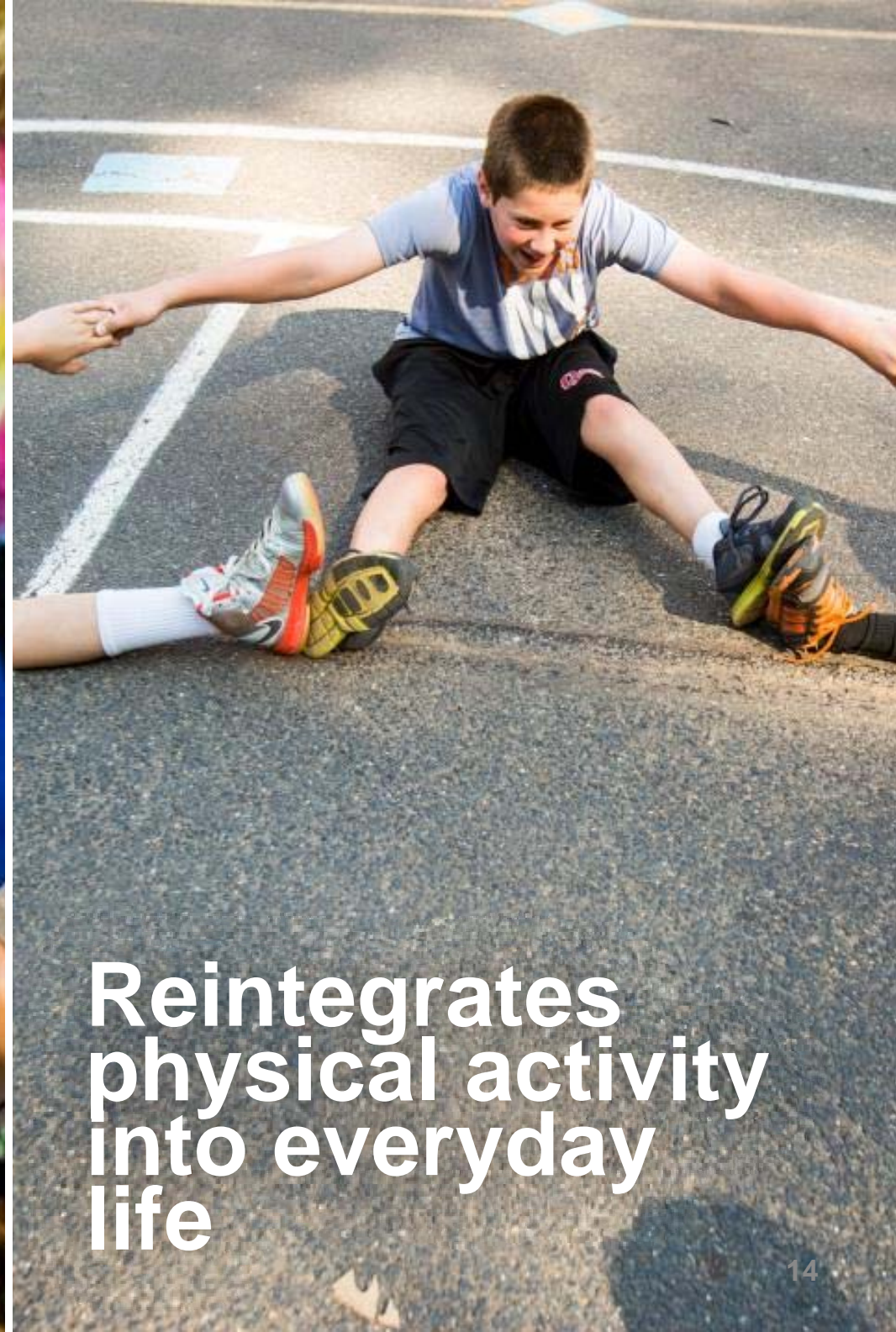
**LET'S
MOVE!** 





**An Active
School...**

**Creates
early positive
experiences for
children**



**Reintegrates
physical activity
into everyday
life**



Physical Activity Break: JamMin Minute

Reps	Exercise Routine: Seated Exercises
2	March feet, fast feet, march feet, fast feet
2	Lift knees, kick both feet forward
2	Stand up, jump and sit down
2	Alternate: Squeeze abs and touch opposite elbow and knee
2	Arms out from sides: Make giant circles, reverse and make small circles

The critical components

A photograph of a person's legs and feet, wearing colorful sneakers, sitting on asphalt. The person is wearing a purple and black wristband. The background is a dark, textured asphalt surface.

1. QUALITY
PE

2. PA
DURING
SCHOOL

3. PA BEFORE
& AFTER
SCHOOL

4. STAFF
INVOLVEMENT

5. FAMILY &
COMMUNITY
ENGAGEMENT

CSPAP Activity

- Brainstorm as many activities as possible that can be implemented in schools to address each component
- Identify logical stakeholders in the school community that might be recruited to support each component



CSPAP Policy Continuum

- National Physical Activity Plan Alliance
- Policy is foundation for successful programs
- Best practice vs. realistic
- Continuum – meaningful steps towards optimal policy
- Implementation & accountability



Physical Education

- Teachers
- Amount, Frequency, Intensity
- Curriculum
- Student Assessment
- Class Size
- Waivers/Exemptions



Physical Education

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

Components of
a CSPAP



(A meaningful step
in the right
direction)



(Optimal Policy)

Options to
monitor for
accountability

PHYSICAL EDUCATION

**Amount, Frequency,
and Intensity:
Elementary**

Examples:

Florida – Statute

[1003.455](#)

Texas - Code [28.002](#)

All students shall be provided physical education two days/week, or the equivalent of at least 60 minutes per week, for the entire school year. At least 50% of physical education class time should be spent in moderate to vigorous physical activity (MVPA).

All students shall be provided physical education three days/week, or the equivalent of at least 90 minutes per week, for the entire school year. At least 50% of physical education class time should be spent in moderate to vigorous physical activity (MVPA).

All students shall be provided physical education four days/week, or the equivalent of at least 120 minutes per week, for the entire school year. At least 50% of physical education class time should be spent in moderate to vigorous physical activity (MVPA).

All students shall be provided daily physical education, or the equivalent of at least 150 minutes per week, for the entire school year. At least 50% of physical education class time should be spent in moderate to vigorous physical activity (MVPA).

Require a report on the quantity of PE in the school profile or report card.

PA During the School Day

- Amount of PA
- Classroom-based PA
- Recess
- PA Breaks (Secondary)
- Safe Facilities and Equipment



PA During the School Day

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

Components of
a CSPAP



(A meaningful step
in the right
direction)



(Optimal Policy)

Options to
monitor for
accountability

PHYSICAL ACTIVITY DURING THE SCHOOL DAY

Recess (Elementary)

Daily scheduled period of time allocated for students as a break from academic rigor. Typically students are allowed to move outside to engage in physical and social activities when weather permits.

Examples:

Hawaii - [Hawaii Wellness Guidelines](#)

Nevada - [Nevada State School Wellness Policy](#)

Schools shall provide at least 20 minutes each day of active recess.

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Recess shall be scheduled before lunch periods.

Schools shall provide at least 20 minutes each day of active recess.

Recess shall be supervised by staff trained in facilitating active play.

Recess shall be scheduled before lunch periods.

Require inclusion of recess in master school schedule.

PA Before & After School

- Extracurricular Sports, Clubs & Activities
- Active Transport to School
- Access to School Grounds/Facilities
- Before and After School Programs
- Interscholastic Sports



PA Before & After School

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

Components of
a CSPAP



(A meaningful step
in the right
direction)



(Optimal Policy)

Options to
monitor for
accountability

PHYSICAL ACTIVITY BEFORE & AFTER SCHOOL

Active Transport to School

Each school shall promote strategies/events designed to generate interest in active transport to school. (ex. walk to school day)

Each school shall promote strategies/events designed to generate interest in active transport to school. (ex. walk to school day)

Each school shall partner with local government and community-based agencies to support active transport to school by reducing/eliminating hazards and increasing accessibility (i.e., bicycle parking).

Each school shall partner with local government and community-based agencies to support active transport to school by reducing/eliminating hazards and increasing accessibility (i.e., bicycle parking).

Each school shall organize or facilitate ongoing active transport activities, such as "walking school buses" or "bicycle trains."

Each school shall partner with local government and community-based agencies to implement a comprehensive active transport program (i.e. Safe Routes to School Program).

Require report on availability of active transport program in school profile or report card.

Staff Involvement

- Staff Wellness
- Withholding PA – PA as Punishment
- PD for Staff



Staff Involvement

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

Components of
a CSPAP

★
(A meaningful step
in the right
direction)



(Optimal Policy)

Options to
monitor for
accountability

STAFF INVOLVEMENT

**Withholding Physical
Activity/Physical
Activity as
Punishment**

Examples:

Hawaii – [Hawaii Wellness
Guidelines](#)

North Carolina - [NC GSC-S-
000](#)

Using physical activity
as punishment, or
withholding physical
activity/physical
education time for
behavior management
shall be prohibited.

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Using physical activity as
punishment, or withholding
physical activity/physical
education time for behavior
management shall be
prohibited.

Withholding physical
activity/physical education
time for the purpose of making
up student work shall be
prohibited.

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punishment, or
withholding physical
activity/physical education
time for behavior
management shall be
prohibited.

Withholding physical
activity/physical education
time for the purpose of
making up student work
shall be prohibited.

Require documented
plan from each
district/school for how
they will enforce and
make teachers aware
of this policy.

Family & Community Involvement

•Joint & Shared-Use Agreements

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

Components of
a CSPAP

★
(A meaningful step
in the right
direction)

★★

★★★

★★★★★
(Optimal Policy)

Options to
monitor for
accountability

FAMILY & COMMUNITY INVOLVEMENT

Joint or Shared- Use Agreements

Examples:

[Corning Union Elementary
School district Joint
Facilities Agreement](#)

NPLAN

[http://www.nplanonline.org/
childhood-
obesity/products/nplan-
joint-use-agreements](http://www.nplanonline.org/childhood-obesity/products/nplan-joint-use-agreements)

Each school shall inform community members of the availability of their outdoor recreation spaces for use outside of school hours.

Each school shall actively promote community use of their outdoor recreation spaces outside of school hours.

Each school shall actively promote community use of their outdoor and indoor recreation spaces outside of school hours.

Each school shall enter into joint use agreements for community use of school facilities and school use of community facilities for physical activity programming.

Require copy of joint use agreement and schedule/calendar of joint use events.

Engaging All Stakeholders

- School wellness team
- Physical education teachers/coordinators
- Admin – scheduling
- Classroom teachers
- Coaches, club leaders
- Community leaders
- Parents
- Facilities management





Physical Activity Break: JamMin' Minute

Reps	Exercise Routine: Standing Exercises
2	Jumping Jacks; 2 forward, 2 facing right, 2 behind, 2 left
2	Windmill toe touches
2	High knees and snap fingers
2	Reach hands above head and climb an imaginary rope
2	Slow march, reach arms over head and lower slowly, repeat five times



Change

the conversation to get
physical activity
prioritized in schools



Activate

champions
to initiate
Active Schools



Deliver

early positive
experiences to kids
via Active Schools



A young boy with a joyful expression is the central figure, wearing a bright orange t-shirt that features the words 'LIGHT UP' in a pixelated font. He is standing on an outdoor basketball court, with other children and trees visible in the background. The scene is brightly lit, suggesting a sunny day.

Change starts with a “Champion”

A school champion can be a...

P.E. teacher

Classroom teacher

Administrator

Nurse

Wellness Coordinator

Parent

A person wearing a black and red shirt is holding a large orange basketball in front of their chest. The person's face is partially visible at the top of the frame, showing a smile. The background is blurred.

Six Step Process

Step 1: Build Support

School champion develops or utilizes an existing **school wellness council** comprised of passionate students, teachers, and school administrators to support the process of becoming an Active School.

School Wellness Team

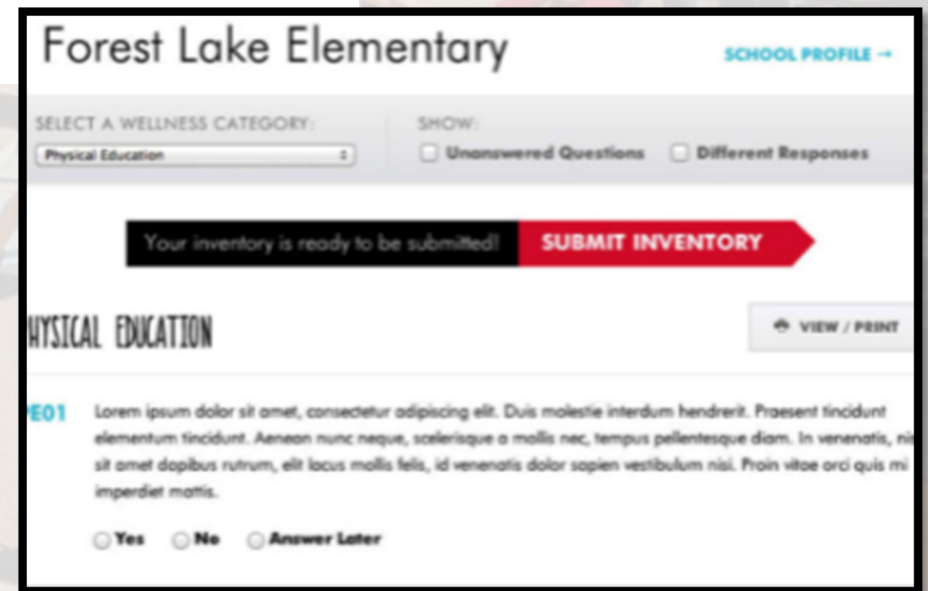
Team Leader
Mr. Smith

Team Members
Johnny Jones
Katherine Walker
Zach Parolin
Rebecca McClain
Ben Carlson

To join the School Wellness Team,
please contact Mr. Smith!

Step 2: Assess Your School

School champion takes a simple,
online assessment to determine their
baseline within the five program areas.



The screenshot shows a web interface for 'Forest Lake Elementary'. At the top right is a link for 'SCHOOL PROFILE →'. Below the header, there is a section for 'SELECT A WELLNESS CATEGORY:' with a dropdown menu currently set to 'Physical Education'. To the right of this is a 'SHOW:' section with two checkboxes: 'Unanswered Questions' and 'Different Responses'. A large red button labeled 'SUBMIT INVENTORY' is prominently displayed, preceded by the text 'Your inventory is ready to be submitted!'. Below this, the 'PHYSICAL EDUCATION' section is visible, featuring a 'VIEW / PRINT' button. The main content area contains a placeholder text block starting with 'E01 Lorem ipsum dolor sit amet, consectetur adipiscing elit...' and three radio buttons for 'Yes', 'No', and 'Answer Later'.

Forest Lake Elementary [SCHOOL PROFILE →](#)

SELECT A WELLNESS CATEGORY:
Physical Education

SHOW:
☐ Unanswered Questions ☐ Different Responses

Your inventory is ready to be submitted! **SUBMIT INVENTORY**

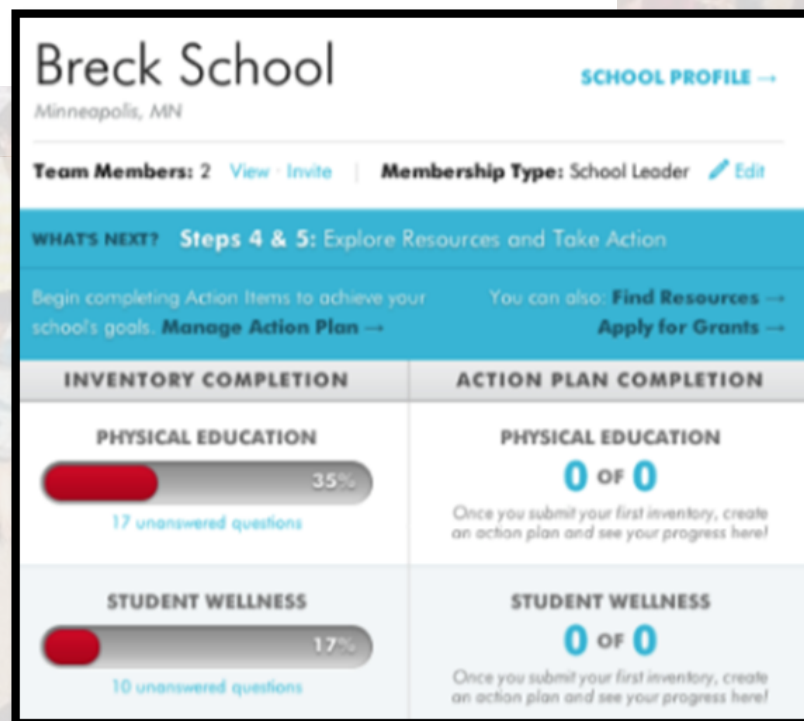
PHYSICAL EDUCATION [VIEW / PRINT](#)

E01 Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis molestie interdum hendrerit. Praesent tincidunt elementum tincidunt. Aenean nunc neque, scelerisque a mollis nec, tempus pellentesque diam. In venenatis, nisi amet dapibus rutrum, elit locus mollis fella, id venenatis dolor sapien vestibulum nisi. Proin vitae orci quis mi imperdiet mattis.

☐ Yes ☐ No ☐ Answer Later

Step 3: Develop Your Action Plan

School champion creates an **action plan** to help them meet criteria within each of the five program areas.



Step 4: Explore Resources

School gains access to:

- 🕒 Activation Grants
- 🕒 Professional Development
- 🕒 Resource Database



Step 5: Take Action

School gains access to information and **support** to help them implement their action plans, including:

- Technical Assistance
- In-Person Trainings

Action Steps

- ☒ Email info@letsmoveschools.org for information about after school ideas
- ☐ Set up time to talk with PA Advisor
- ☐ Apply for grant to implement an after school program
- ☐ Attend the School Physical Activity Specialist Training

Step 6: Celebrate Success

After completing the Action Plan, a school will be eligible to receive:

- ★ Success story featured on letsmoveschools.org
- ★ Recognition packets
- ★ Certificate of achievement





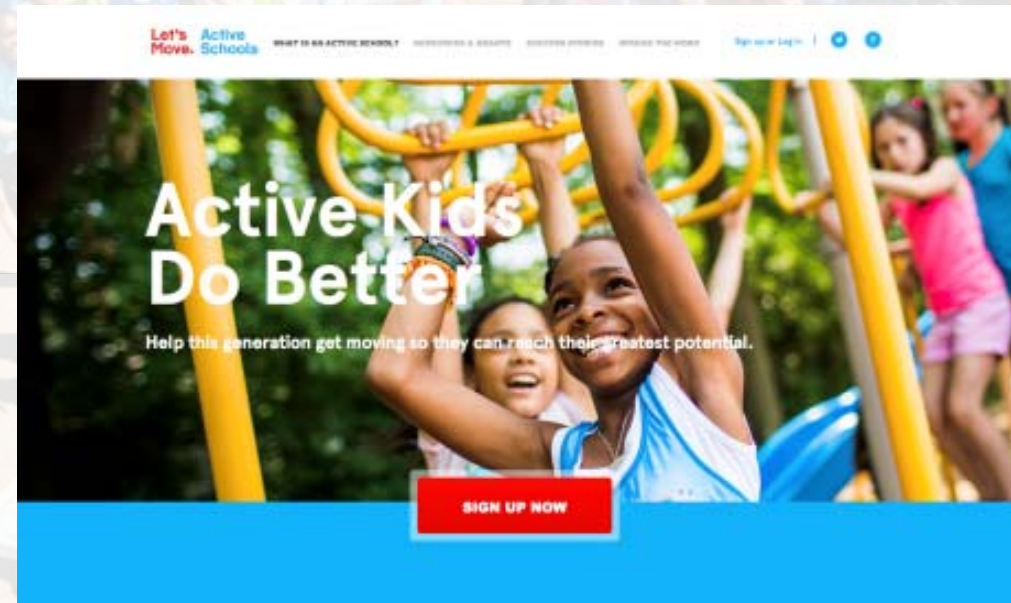
Success

20,000
Active
Schools
by 2018

What you can do now:
go to www.letsmoveschools.org



+



► **SPREAD
THE
MESSAGE**