

**Learning to Move and Moving To Learn  
Promoting Physical Activity Through Schools  
December 3, 2003**

**Work Groups Summary**

*Vision Statement: Within 5 years, all Maine schools will have a physical activity/physical education plan developed with input from students, teachers, administrators, parents and community members that will help ensure that all students reach the goal of 225 minutes (grades 7-12) or 150 minutes (K-6) per week every year of physical education OR supervised physical activity in school by creatively using all available community and school resources.*

At the end of the December 3<sup>rd</sup> workshop, six tables of participants were asked to discuss and record their responses to three questions:

1. What are the barriers and opportunities to reaching the vision statement and what creative approaches can be utilized to overcome the barriers?
2. Do we have the data to know if we are making progress toward that vision? What would we need to know to measure success? Are there existing surveys/reports that could be modified?
3. What are some specific steps that can be taken in the next three years and who should take the lead?

Responses have been summarized, organized and grouped into the following categories:

**Barriers**

Financial

Cost of teachers/training/facilities

Personnel

Lack of time

Lack of interest

Union issues

Family

Lack of support from some parents

Attitudes

Lack of support/leadership from administrators

Kids don't think it's "cool"

Bully/Harassment of kids

Unwillingness to change

School as a silo

Academic Realities

No Child Left Behind/test scores  
Curriculum  
Other  
Lack of facilities  
Weather

## **Creative Approaches to Overcoming Barriers**

### Community Involvement

Have YMCA come to school  
Create a partnership between the school and community  
Use community volunteers/parents

### Facilities/Equipment

Use the gym whenever it is empty  
Obtain used equipment  
New schools should be built to promote physical activity  
Improve walkways especially during the winter

### School Day

Extend the school day  
Have all specials at the end of the day (teacher shifts)  
Have before school physical activity options for high school  
Have structured recess  
Allow physical activity during study hall time and lunch time  
Use field trip form – say what learning results are being addressed by it  
Make sports part of the school day instead of after it

### Activities/Programs

Combine mentoring programs/service learning with physical activity  
Have “cool” activities available eg. dancing, jump rope, Gym Dandies, yoga  
Individualized plans for kids

### Teachers

Teachers lead exercises in class  
In-service training for recess monitors to increase physical activity  
Teachers teach in an activity-based approach

### Learning

Connect active play with Learning Results  
Integrated curriculum with activity

### Leadership

Develop local champions  
Get the administration on board  
Champion group to move the vision forward

Combine physical activity with something School Boards and parents care about  
Communicate success stories

### **Data Needs/How do we know if we are making progress?**

#### Questions/information we need

- Time allotted for PE and physical activity
- Who is teaching or facilitating the class or activity
- What other activity is happening (outside of school)
- Dollars spent on sports vs intramural
- Are we reaching “hard to reach” kids
- Are teachers able to get kids active during traditional class time
- BMI – by schools or physicians
- Benefits of physical activity/PE
- Potential benefits to teachers e.g. less sick time
- Does more pa/pe lead to improved test scores?
- Collect data on reduced discipline time
- Does the environment support walking
- Pedometer data and heart monitor data

#### Potential data sources or existing surveys that could be modified

- Add questions to SHEP, YRBS, School Health Index
- HMP monitoring tool
- NASPE survey
- SHPPS for policies/programs
- HMP community assessments

### **Potential Next Steps**

- Cultivate champions e.g. state superintendents group, other administrators or community champion
- Get the Dept. and Board of Education on board re expectations
- Document and publicize success of physical activity in supporting other goals
- Provide guidance/guidelines
- Conduct focus groups to get info from girls on how to increase physical activity
- Identify statewide initiatives that local communities can choose from and work on and help with data
- Conduct a media campaign
- Develop a coordinated and comprehensive approach in schools that is multifaceted – community and school
- Hire a DOE PE consultant
- Look at PE programs across the state for quality

