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 3rd 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