Game On for Health and Physical Education Teachers

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Today’s Presenters

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Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call
Agenda

- Learn
  - AFHK
  - Game On
  - Policy and Models

- Act
  - Evidence-based strategies and best practices

- Transform
  - Mobilize health and physical education teachers to step into leadership and advocacy roles to create healthy and physically active schools.
Tell Us About Yourself!

What is your role at your school?

a. Physical education teacher
b. Health education teacher
c. Both health and physical education teacher
d. Other
AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
The Challenge

Look around a kindergarten classroom.

Unless we take action today, about half of these kids will be obese adults – and counted among the millions of new cases of diabetes, heart disease, stroke and cancer.
Good Food + Active Bodies = Kids Equipped for Success

Why Schools?

Healthy Kids Learn Better

55 MILLION

Schoolkids

Good Food

+ Active Bodies =

Kids Equipped

for Success!

Physically Active

Supports Achievement

Every moderate exercise, like walking, increases brain activity.

Kids Who Eat Well

Learn Better

Students who eat school breakfast three times a week, on average, are
attending 18 more days of school per year and score 8% higher on
standardized math tests.

Healthier Practices

Can Increase Schools’ Bottom Lines

Schools can get financial boost by offering more nutritious meals & snacks. Students who buy and eat healthier foods and beverages.

Visit ActionForHealthyKids.org, where you can read:
The Learning Group report: What You Need to Know to
Ensure Your Kids Are Healthy and Ready to Learn And in under 1 minute, you
can take the Healthy Mood Quiz. You’ll have access to six free programs, volunteer opportunities, and school guides.
Game On supports America’s schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

http://www.actionforhealthykids.org/game-on
Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Step 5: Engage Families & Community

Step 6: Receive Recognition
Accessing Game On

- Navigate to www.actionforhealthykids.org
- Click on the Tools for Schools tab
- Click on Game On Program
Select a room on the school blueprint to find nutrition and physical activity activities for every aspect of the school building.
• Expertise in health and wellness
• Supportive of healthy and active schools
• Opportunities for leadership and advocacy both inside and outside of classroom or gymnasium
• Strengthens the profession
• Guides an LEA or school district’s efforts to create a supportive school nutrition and physical activity environment.

• Each LEA participating in federal Child Nutrition Programs is required to develop and implement a wellness policy.

• School districts can develop wellness policies to meet the unique needs of each school under its jurisdiction, but at a minimum are required to...
School Wellness Policy

• Include:
  • Goals for nutrition promotion and education, physical activity, and other school-based activities
  • Goals for nutrition guidelines for all foods sold on each school campus during the school day
  • Policies for foods and beverages made available to students
• Policies for food and beverage marketing
• Permit school community members to participate
• Identify at least one person to oversee compliance
• Inform and update the public
• Measure and share compliance and progress reports
• When was the policy created or updated?
• Who is responsible for its implementation?
• What language is included around physical activity, physical education and nutrition education?
Wellness Policy Tool: Seven Steps to Success

School districts across the country recognize that healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential, and that they have a responsibility to provide a healthy learning environment by supporting wellness, good nutrition, and regular physical activity. Wellness policies promote life-long wellness behaviors, and link healthy nutrition and exercise to students' overall physical well-being.

Action for Healthy Kids developed the **Wellness Policy Tool: Seven Steps to Success**, with input from our partner organizations and volunteer Team members, to assist wellness policy work. This tool has been designed to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices.

**Using the Action for Healthy Kids Wellness Policy Tool**

School Board policies are statements that set forth the expectations of the school district and prescribe in general terms the organization and operation of a school system. Policies grant...
- Health Education
- Physical Education and Physical Activity
- Nutrition Environment and Services
- Health Services
- Social and Emotional Climate
- Counseling, Psychological, and Social Services
- Physical Environment
- Employee Wellness
- Family Engagement
- Community Involvement
Let’s Check In!

How familiar are you with the Comprehensive School Physical Activity Program?

A. Not at all familiar
B. Just learning about it today for the first time
C. Somewhat familiar
D. Very familiar – my school has a program in place!
Comprehensive School Physical Activity Programs

Physical Activity = Anything that gets your body moving

- P.E.
- Recess
- Fitness breaks
- Field trips
- Classroom learning that incorporates movement
- Before and after school activities
- Walk and bike to school programs
COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

- Physical Education
- Physical Activity Before & After School
- Physical Activity During School
- Family & Community Engagement
- Staff Involvement
Comprehensive School Physical Activity Programs

Overview
How many minutes of physical activity does your school provide to students each day? Movement not only helps us maintain a healthy lifestyle, but it also increases brain function. Experts recommend that kids get 60 minutes of physical activity each day. With children spending much of their day at school, schools are an ideal place to help kids meet the recommended minutes.

What is a Comprehensive School Physical Activity Plan (CSPAP)?
A Comprehensive School Physical Activity Plan (CSPAP) is a multi-component approach for schools to provide opportunities for students to be physically active for 60 minutes each day. Minutes can be added up by incorporating physical activity throughout the school day so students can achieve their 60 minutes of daily physical activity. A CSPAP has five main components: high quality physical education, physical activity during the day, physical activity before and after school, staff involvement, and family and community engagement.
Daily Physical Education

Overview

Are your students receiving quality physical education each day? A quality PE program that meets national guidelines is the cornerstone for a physically active school. Meeting national guidelines in physical education supports improved classroom behavior, physical fitness, and standardized test scores. Physical education programs provide standards-based daily learning opportunities, age and developmentally appropriate instruction, meaningful content and ongoing assessment. The skills, knowledge, and behaviors learned in PE help kids to establish and maintain active lifestyles well into adulthood! Physical education is best and most impactful when instructed by a certified or licensed physical education teacher. SHAPE (Society for Health and Physical Educators) America recommends that schools provide 150 minutes of instructional PE for elementary students and 225 minutes for middle and high school students per week for the entire school year. Because physical education is based on a comprehensive, content-specific instructional curriculum, it should not be compared to or confused with other school-based physical activities such as recess, intramural sports, brain breaks or classroom energizers.

Take Action
• Define what a student should know and be able to do as result of a highly effective physical education program.

• Used to develop or revise existing standards, frameworks and curricula.

• The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

PE Standards

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
To pursue a lifetime of healthful physical activity, a physically literate individual:

• Has learned the skills necessary to participate in a variety of physical activities.
• Knows the implications and the benefits of involvement in various types of physical activities.
• Participates regularly in physical activity.
• Is physically fit.
• Values physical activity and its contributions to a healthful lifestyle.
Let’s Check In!

How familiar are you with the Game On program?

A. Not at all familiar
B. Learning about it for the first time today
C. Somewhat familiar
D. Very familiar – I use it frequently at my school!
Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Step 5: Engage Families & Community

Step 6: Receive Recognition
Step 1: Gather Your Team

How can Game On: Step 1 help? You can’t do it alone!

- Steps to begin collaborating with staff
- Strategies to build support and recruit champions
- Tips for hosting effective meetings and developing a clear vision
Staff Professional Development

Overview
Is your staff knowledgeable about nutrition, physical activity and district wellness policies? Do they feel well-equipped to teach nutrition education and lead physical activity breaks in their classroom? Consider providing annual professional development to all staff to ensure they have the right tools in their health and wellness toolbox to be effective school wellness leaders.

Take Action
Try some of these strategies to ensure your school offers staff professional development on nutrition education and physical activity:

- Provide annual training on your district health and wellness policies, as well as any school-based policies.
Staff as Healthy Role Models

Overview
Healthy schools need healthy role models. When students see staff practicing what they preach, they are more likely to want to practice those healthy behaviors themselves. It's important for all school staff, whether or not they are members of the school health team, to practice healthy role modeling to support and encourage healthy habits among students.

Take Action
Even the slightest change in words and actions by teachers and staff can make a positive impact on student wellness. Get started by incorporating one or more of these strategies:

- Eat better in front of students. Pack a healthy lunch and invite students to eat with you as a reward for good behavior. Limit consuming treats in front of students as much as possible.
- Drink water in front of students. Not only is it good for you, but it may encourage them to drink more water as well. If you drink soda or other sugary beverages during the school day,
Student Wellness Team

Overview
Do you have students who are passionate and interested in eating right and being active? If you are trying to improve your school’s wellness, engaging students is key! Students are your voice to knowing what is most important to them and it can drive more meaningful impact for your school. While student wellness teams function best with older students, incorporate younger students in planning and executing events as much as possible.

Take Action
Help students create meaningful change in your school by encouraging them to mobilize, organize, and speak out for a healthy and active school culture. Here are some steps to starting a student wellness team:

- First, discuss with your school administration your plans for the student wellness team. Advocate for a team by sharing how involving students in school wellness policies develops young leaders, increases support for changes, and encourage students to be true partners in the vision of a healthy school.
How can Game On: Step 2 help?

- Outlines why it’s helpful to complete an assessment
- Links to AFHK’s School Portal - AFHK’s modified School Health Index
- Provides a step-by-step guide to complete AFHK’s online School Health Index

**Sample SHI Questions**

- Availability of physical activity breaks in the classroom
- Sequential PE curriculum consistent with standards
- Essential topics on physical activity and healthy eating
Welcome to the Action for Healthy Kids School Portal.
The School Portal is your one-stop shop for school grants, the School Health Index, events and volunteer management, and more. Create an account, connect to your school, then implement programs!

Username

Password

Remember Me?  
Forgot Password?

Register  Login
Fitness Testing

Overview

How does your school monitor the fitness levels of your students? Fitness testing is a great way to monitor and assess students’ ability as it relates to aerobic fitness, strength, and flexibility. It can also help students understand how healthy they are and learn to set goals to improve their health-related fitness.

There are two types of fitness: Health-related fitness and skill-related fitness. Skill-related fitness refers to abilities such as speed, reaction time, agility, balance, coordination and power. Fitness testing in schools, however, usually refers to health-related fitness and includes aerobic capacity, muscular endurance, muscular strength, flexibility and body composition.

What is the Presidential Youth Fitness Program (PYFP)?

One of the most popular fitness testing programs for schools is the Presidential Youth Fitness Program (PYFP). PYFP is a free fitness assessment program that is made up of 3 components: Training, assessment and recognition. Much of the program is free, though there are certain elements that must be purchased. PYFP assesses student health-related fitness, which may be an indicator of health or health risks in young people. PYFP (formerly known as the President's
Step 3: Create & Implement an Action Plan

How can Game On: Step 3 help?

- Personalize your plan.
- Select and search for activity ideas.
- Put the plan into action.
  - Use the action plan to track your progress with your priorities. Revisit the action plan throughout the year to update objectives and check off completed actions.
Step 4: Find Activities

How can Game On: Step 4 help?

▪ Provides more than 80 Eat Better and Move More activity ideas!

▪ All activities include:
  ▪ Overview
  ▪ Take Action
  ▪ Tips
  ▪ Engaging Volunteers
  ▪ Additional Resources
PE for Parents

Overview

To impact the lives of students, parents are key to classroom success! Many parents are interested in what their children are learning at school, and would love the opportunity to come and observe what’s happening in the classroom. In physical education class, invite parents to observe and/or participate in a class with their child. Parents might be curious to see how physical education has changed since they attended school, and can share their experiences with students.

Take Action

Physical education for parents is a prime opportunity to involve parents at your school. Parents can join a regular PE class, during specialized PE class initiatives (like skating, golf, etc.) or as part of a physical activity national observance week/month.

- Discuss with school administrators about inviting parents to physical education class. Talk about the benefits of having parents observe the classroom, and decide what key points you want to share with parents. For example, could you share tips for how use PE skills to be physically active at home?
Brain Breaks, Instant Recess and Energizers

Overview

Study after study shows kids who get regular physical activity experience improvements not just in their fitness levels, but in brain function, too. Just walking or biking to school can prime the brain for learning. It makes sense - kids need to move more. When they do, they are better positioned to succeed in the classroom. Physical activity doesn’t have to be in a recess or PE setting to be effective. Classroom teachers can integrate movement-based activities to energize a group after lunch or to relax and calm a class before a test, after lunch or at the end of the day. There are many names for physical activity breaks such as brain breaks, energizers, and brain boosters. Regardless of what you call it, the goal is simple! Get kids out of their seat and physically active throughout the school day. And don’t forget to have fun, too!

Take Action

Schools looking to integrate physical activity both in and out of the classroom should consider a few preliminary steps and considerations before implementing a new or enhancing an existing program.
Playground Circuit Challenges

Overview
Recess plays a key role in a child's physical, social, and academic development. Recess provides students with time to be active that helps them develop healthy bodies, enjoy moving more, and is an important opportunity for children to accumulate part of the 60 minutes of physical activity per day. Implementing playground circuit challenges takes a spin on usual playground activities to encourage physical activity.

Take Action
Recess is a time for children to release energy and reduce stress which also may improve attention and reduce disruptive behavior in the classroom. Playground circuit challenges are a fun way for students to experience a cardio blast that will keep them moving; it's also a great opportunity to add activities that build physical literacy in the playground.
Activity Clubs

Overview

Outside of physical education, do your students have opportunities to practice physical activity skills? Activity Clubs can provide students with an extension of P.E. by providing access to equipment and time to participate in enjoyable activities without the competitiveness that comes with sports or intramural programs. Activities can be based on student choice, designed for students to work on specific skills or to prepare for fitness testing. Activity Clubs are a great way to provide resources and to create a community connection. By creating a sense of belonging to the school environment and a connection with teachers and peers outside the classroom, students and families may be more likely to participate in other school activities as well!

Take Action

Take action with these steps to start an Activity Club program at your school:

- Review current before and after school programs and identify gaps that an Activity Club could fill. Questions to consider:
How can Game On: Step 5 help?

- Strategies and tips for engaging parents and community members in efforts and initiatives
- Resources to host an Every Kid Healthy Week event
Family Activity Points

Overview
Get physical active together, as a family! The U.S. Department of Health and Human Services recommends that children be active for at least 60 minutes per day. Some of that time may come from physical activity offered in schools through physical education classes or classroom brain breaks. For adults, it is recommended to participate in a minimum of 150 minutes of moderate aerobic exercise each week. Be a healthy role model and make physical activity fun at home by playing family activity points.

Take Action
Encourage everyone to think of fun activities that get you up and moving, off the couch, and away from the TV. Incorporating new games and learning new activities is one way to keep physical activity fun! Make getting more physical activity and exercise a family challenge through family activity points.

- How it works:
  - Develop a list of activities to try on a weekly or monthly basis.
Fun and Fitness Family Events

One of the most effective ways to get parents involved in schools is by hosting an event that involves their children. Parents are always curious about what goes on at school and how well their kids are doing. Hosting an event that involves physical activity and healthy eating can help you promote healthy behaviors, share positive messages, educate and engage parents, and motivate kids. These events can be as simple or as involved as you have time and volunteers to make them.

Six Steps to a Fun and Fitness Family Event

ONE  Have the PE teacher set up the gym with stations that demonstrate what the kids are doing in PE. Kids can show parents what they are learning and parents can see how PE has evolved since they were in school.

TWO  Involve your school nutrition staff in the event. Have them prepare samples of the types of foods being served, specifically fresh fruits and vegetables, and any whole grain, low-fat items. This is a great way to show parents that school foods are nutritious and taste good and to get kids to try items they might ignore during normal school meals.

Invite local businesses that have services or products that contribute to a healthy lifestyle. Have them conduct demonstrations and share information.
- A local gym can share fitness training exercises.
Every Kid Healthy™ Week

- Annual celebration of schools’ wellness achievements
- Effort to create nationwide momentum
- Takes place last week of April each year
- Over 1,200 schools hosted Every Kid Healthy events in 2017

Register your event:
ActionforHealthyKids.org/every-kid-healthy-week
Celebrate Every Kid Healthy Week

Every Kid Healthy Week

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements. It is recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts our school partners are doing to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids learn better! Everyone in the country can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools. Here are some of our favorite Game On activities to celebrate Every Kid Healthy Week™ in the classroom, in the cafeteria, on the playground and school-wide.

Classroom Ideas

- Food Art
- Active Learning Opportunities
- Screen-Free Week

Step 1: Gather Your Team
Step 2: Assess & Track Progress
Step 3: Create & Implement an Action Plan
Step 4: Find Activities
  - Classroom Activities
  - Nurses’ Office Activities
  - Office Activities
  - Hallway Activities
  - At Home Activities
  - Gymnasium Activities
  - Cafeteria Activities
  - On the Playground Activities
  - School Garden Activities
How can Game On: Step 6 help?

- Features national recognition programs, including the HealthierUS School Challenge: Smarter Lunchrooms initiative
- Provides resources including:
  - Sample HUSSC:SL application
  - Tip sheets
  - Mini-webinars
  - Checklists
Step 6: Receive Recognition

Congratulations! Now that you’ve completed the steps of Game On, your school is ready to receive recognition for your hard work. Prove to students, parents, teachers, administrators and the community that your school is one of the best in the nation, committed to nutrition and physical activity and creating a school environment where students are healthy and ready to learn. To receive recognition, apply for a national school health recognition program such as the HealthierUS School Challenge: Smarter Lunchrooms (HUSSC:SL) initiative.

There are four award levels: Bronze, Silver, Gold and Gold Award of Distinction. Schools that get recognized earn monetary awards from the U.S. Department of Agriculture. Awarded schools also receive a banner and plaque to proudly display as a symbol of your school’s achievement.

<table>
<thead>
<tr>
<th>Award Level</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Gold Award of Distinction</td>
<td>$2,000</td>
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<tr>
<td>Gold Award</td>
<td>$1,500</td>
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<tr>
<td>Silver Award</td>
<td>$1,000</td>
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<tr>
<td>Bronze Award</td>
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Game On has resources to help your school meet all HUSSC:SL criteria. Learn more about how Game On supports the HealthierUS School Challenge: Smarter Lunchrooms initiative.

- School Meal Patterns
- Smarter Lunchrooms (you’ll complete this scorecard)
- Smart Snacks Standards (covering foods sold outside of the school meal program, such as...
Additional AFHK Resources

- AFHK State Coordinators
- Monthly Webinars
- School Grant for Healthy Kids
  - Applications open February 2018!
- Follow-up survey coming soon!
Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!
Questions? Let us know!

GameOn@ActionforHealthyKids.org
School Programs • Tools and Resources • Expert Partners
Volunteer Opportunities • School Grants

www.ActionforHealthyKids.org