Wellness Wednesday
Pumping Up P.E.: Get Sweaty with Moderate to Vigorous Activities
September 2017

Today's Speakers
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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

Who Are We?
AFHK’s vision is a world in which every kid is healthy, active and ready to learn.

Who Are We?
Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

The Learning Connection
The Learning Connection
What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn

ActionforHealthyKids.org/Learning-Connection
Get Your Game On

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

Get Nationally Recognized

Apply for the HealthierUS School Challenge: Smarter Lunchrooms Initiative

- Voluntary four-year certification initiative recognizing excellence in school nutrition and physical activity
- 4 Award Levels: Bronze, Silver, Gold, Gold Award of Distinction
- Benefits include: Building school spirit, supporting the Learning Connection, and enhancing the sustainability of your initiatives!

Visit Game On – Step 6 to learn more:
http://www.actionforhealthykids.org/game-on/receive-recognition

Wellness Wednesday Webinar

Today’s Webinar:
Research, Recommendations and Strategies to Increase Moderate to Vigorous Physical Activity

Comprehensive School Physical Activity

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

The components of a CSPAP are:

- 1. High-quality physical education.
- 2. Physical activity during school.
- 3. Physical activity before and after school.
- 4. Staff involvement.
- 5. Family and community engagement.
50 Million Students in the U.S.

Physical inactivity

Lifestyle factors such as physical inactivity are heavily correlated with the development of chronic disease.

Estimated U.S. Mortality

<table>
<thead>
<tr>
<th>Disease</th>
<th>Estimated Mortality %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary heart disease</td>
<td>12.4</td>
</tr>
<tr>
<td>Type 2 diabetes</td>
<td>12.1</td>
</tr>
<tr>
<td>All-cause mortality</td>
<td>10.8</td>
</tr>
<tr>
<td>Colon cancer</td>
<td>8.3</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>4.7</td>
</tr>
</tbody>
</table>

1 in 10 Deaths Annually

http://www.americashealthrankings.org/explore/2016-annual-report/measure/Sedentary

What is MVPA?

Moderate activities

- Can hold a conversation
- Feels like you can exercise a long time

Vigorous Activities

- Short of breath, can speak one sentence at a time
- Exercise is on the verge of being uncomfortable

Benefits of MVPA in PE

- Improves academic performance
- Increases health benefits
- Provides more opportunities to reach other PE goals
- Maximizes time in PE
Increasing MVPA in PE

- Procedures and routines: this is the key!
- Make 50% of your class time in MVPA your daily goal
  - How do you measure up currently? Time yourself!
- Reflect on your practices
- Make MVPA a focus each class
  - Hang a Rate of Perceived Exertion Chart in your gym/teaching space
  - Share the benefits of MVPA
- Start class with an instant activity
  - Have 4-5 activities you rotate through
  - Use this time to take roll or do other "housekeeping"

- Small-sided practice tasks
- Equipment ratios are small
  - 6:1 for games/activities
  - 3:1 for skill practice

- Stations
- Team building activities/challenges
- Fitness challenges
- Skill practice tasks
- Assessment opportunity

- Smooth transitions
- Get students into groups quickly
  - Mingle, Mingle
  - Toe to Toe
- Flash cards (opposites, simple math, vocabulary words, critical elements of a skill)
- Talk concisely and give simplified, brief instructions
- ENGAGE YOUR STUDENTS!
Thank you! Questions?

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