

Navigating the Wellness Waves

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Overview

- Welcome, ice breakers
- PE2020: This I believe is the future of physical education
- Family wellness
- Resolving wellness conflict
- Physical activity across the school day
- Staff involvement in wellness
- Becoming a C-DPA

Before School Activity – Walk & Talk

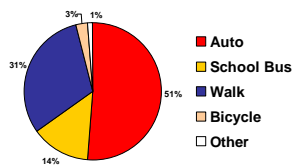
ACTIVITY

- Meeting 3 - 4 people
- Circle of honor

Walking and Bicycling to School

- **What is the problem?**
- Why is Walking and Bicycling to School Important?
- What Can We Do?
- Discussion

Far More Children Ride in a Car or School Bus to School than Walk or Bicycle (trips 1 mile or less)



Calculations from the 1995 Nationwide Personal Transportation Survey. US Department of Transportation, Federal Highway Administration, unpublished data, 2000.

Kidswalk-to-School

- Increase daily **physical activity** of children
- Improve **pedestrian safety**
- Educate and empower communities to create **safe routes to school**

Walking and Bicycling to School

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PE2020 Vision



- “This I Believe”
- www.pe2020.org

ACTIVITY

- Concentric circles

Commercial-cise – Family Involvement

- [McDonald's rap](#)

Conflict Resolution

1. Talk it out
2. Say okay, take turns
3. Rock, paper, scissors

ACTIVITY

- Ultra-being or Evolution

Playground Games

ACTIVITY

- Participants identify their favorite playground games
- Participants create games

Physical Activity Across the School Day

- Activity period intramurals
- Lunch drop-in activities
- Weight/cardio room for students only
- Pedometer/activity monitor challenge – in-school daily step count or PA tracking
- Before school open gym
- Activity clubs
- Power clubs

Active Recess

- “No Parking on the Playground”
- Walking Around the World
- PE Mileage Club
- Provide equipment bags & activity lists
- Peaceful playgrounds
- Use positive signage
- Students are more attentive after recess
 - Pelligrini et al., 1995
 - Jarrett et al., 1998

Commercial-cise

- [Taco Bell Commercial \(15 seconds\)](#)
- [Oreo cookies commercial \(15 seconds\)](#)

Staff Involvement

- Classroom activity
- Wellness Wednesday
- Staff after school (expert down the hall)

ACTIVITY:

Mingle/Cluster #

PA During Academic Time: Embodied Cognition

- Use pedometers/PASCO probeware in science class
- Collect data during physical education and use it in math class
- Science, Technology, Engineering, & Math (STEM)
 - Weighted objects have greater importance

Examples

- Fraction Action – Math
- Spelling for Good Health
 - Health-related fitness concepts, lunges
- Grammar Speedway
 - Nouns, verbs, action
- Language Ladder
 - Grade level site words

Creating a Demand for Quality Physical Education

- What are the 4 – Ps?
 1. Product
 2. Place
 3. Price
 4. Promotion

Creating a Demand for Quality Physical Education

ACTIVITY:

- Intro Public Service Announcements (PSAs)
- Come up with a role play PSA
- Worksheet (groups of 4)
- Be sure to share your vision (what do you want to tell people?)
- Large group report out

Quality Physical Education

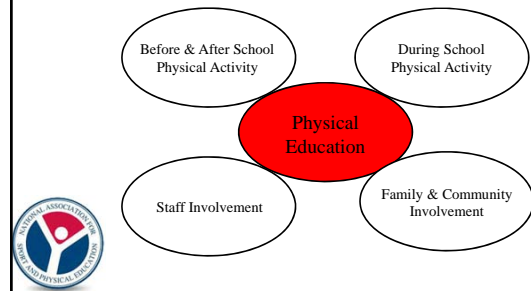
Provide a quality physical education program

- Deliver health-oriented content
- Standards-based assessment
- More than 50% of the time in MVPA
- Differentiate instruction through heart rate or step counts

Director of Physical Activity

1. Physical education
2. Before and after school physical activity
3. During school physical activity
4. Staff involvement
5. Family and community involvement

Comprehensive School Physical Activity Programs (CSPAP)



Certified Director of Physical Activity (C-DPA)

- Value-added certification
- Training begins this summer
- Offered to everyone AAHPERD 2012
- Certification includes 8-hr workshop, online modules & resources, and certification exam
- Training focuses on the development & implementation of the components of CSPAP

Questions?

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