Practical Strategies and Tools for Creating an Active School Environment to Improve School and Student Outcomes

Shannon Michael, PhD, MPH
Health Scientist, Centers for Disease Control and Prevention

Charlene Burgeson, MA
Executive Director, Active Schools, Action for Healthy Kids
Purpose of this session

- Explain benefit and impact of physical activity on health and learning
- Share evidence-based resources for PE & PA
- Discuss what you can do to support PE & PA in your school
What Is Keeping Students In Your School From Learning?
Problems that Affect Student Learning

- 1 in 5 children are being bullied
- 35% of children live in single family households
- 13.1 million children live in food-insecure households
- Up to 20% of children in the US experience a mental disorder
- Nearly 700,000 children are abused in the U.S annually
- 21% of children live in poverty
- 80% of children not getting enough sleep
- 21% of children live in poverty
Can Physical Activity Be One Way to Help Students Be Ready To Learn?
Benefits of PE and PA
Benefits of Physical Activity

Positively Impacts the Physical, Social, Emotional, and Mental Health of Children and Adolescents

- **STRENGTHENS** muscles
- **BUILD** strong bones
- **IMPROVES** fitness
- **STRENGTHENS** relationships
- **INCREASES** attention and decision making
- **LIMITS** chronic diseases
- **BUILDS** social skills
- **IMPROVES** self-esteem
- **LOWERS** tension and anger
- **REDUCES** anxiety and depression
- **CONTROLS** weight
Physical Activity Benefits Schools

- Better cognitive performance
- Improved academic performance
- Improved educational outcomes
- Increased school engagement and connectedness
- Increased school climate

Adding opportunities for physical activity during the school day **DOES NOT** take away from learning
How Physical Activity Impacts Academic Achievement

**IMMEDIATE BENEFITS**

- Students are better able to concentrate on classroom tasks
- Enhances student learning

**LONG-TERM BENEFITS**

- Students increase their physical fitness ability
- Improves school connectedness and engagement
- Increases academic achievement and school climate

Promoting PE and PA
National PA Recommendation for 6–17 year olds

- This includes
  - Aerobic
  - Muscle-strengthening
  - Bone-strengthening

- Activities should be age appropriate, enjoyable, and offer variety

Overall Physical Activity

- Only 24% of youth participate in 60 minutes of PA daily
- Drop in PA occurs with increasing age
- Boys more active than girls
- Low % of youth with disabling conditions are active
National Recommendation for PE/PA in Schools

Whole School
Whole Community
Whole Child
Model

Comprehensive School Physical Activity Programs (CSPAP)
**RECOMMENDATION:**
Students should do 60 minutes (1 hour) or more of physical activity daily.

**REALITY:**

Many students are not getting opportunities to be active.

Over half of all schools have **10%** or less of their students walking or biking to and from school.

Only **45%** of all schools provide opportunities for students to participate in classroom physical activity breaks.

Less than **4%** of schools require daily physical education.

Only **55%** of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.

Source: School Health Policies and Practices Study 2014
Data from Principals and Parents Surveys
What is CDC and Active Schools Doing?
What we are trying to achieve...

Physical Education & Physical Activity

Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA
17 states funded to provide technical assistance and professional development on Comprehensive School Physical Activity Programs (CSPAP)
Educate and Help Schools to Implement CSPAP

Active Students = Better Learners
What Active School’s is doing
What Active School’s is doing
How’s your school doing?

Rate your school on the following areas...

- Physical education
- Recess
- Classroom physical activity
- Before and after school
  - Walking/biking to school programs
  - Intramurals
  - Physical activity clubs
- Staff involvement in PE/PA
- Family and community engagement in PE/PA

- Great job
- Needs some work
- Needs a lot of work
What Can Principals Do To Create Active Schools?
Have a PE & PA Plan for the School
Key Resources to Help with the PE and PA Plan

See Resource Handout for Ideas of How to Use these Resources
Gymnasium

Physical Education National Standards

SHAPE America

- Standard #1: I can move, connect, and have the skills to play.
- Standard #2: I know & use movement strategies in game play.
- Standard #3: I exercise regularly & know how to stay fit.
- Standard #4: I play fair.
- Standard #5: I value physical activity, fitness, & health.

Today's Jaguar Challenge: Partner Jumping Jacks!

Family Fun Night! Thursday

15 Jumping Jacks
15 Squats
5 Run/Walk Laps
5 Push-Ups
10 Planks
Quad Stretch

Pedometer Station
Water Station
PE Standards Poster
Climbing Wall
SMART Board
Special Events Poster
Technology Cart
Data from Principals and Parents Surveys
Essential Components of Physical Education:
Explains these components
Physical Education Curriculum Analysis Tool: Helps districts and schools to assess PE curriculum

Just Released
Recess
Data from Principals and Parents Surveys
Resources for Recess: Helps schools plan and organize recess in K-12 schools
Data from Principals and Parents Surveys
Describes 10 strategies for promoting and planning classroom physical activity
Integrate Physical Activity in Schools: A Guide for Putting Strategies into Practice

- Assess current classroom physical activity practices.
- Identify opportunities to enhance or sustain classroom physical activity.
- Take practical steps to integrate physical activity into the classroom.
Online Platform: Integrate Classroom Physical Activity in Schools

STRATEGIES FOR Classroom Physical Activity in Schools

Build Buy-in and Provide Training
1. Identify who to engage and how to involve them
2. Identify existing policies and practices
3. Provide professional development or in-service training

Strategy 2
Identify what classroom physical activity policies and practices currently exist.
The other 3 components...
Data from Principals and Parents Surveys
Before and After School Physical Activity

- **Two NGOs funded to support Out of School Time**
  - Promote Healthy Eating and Physical Activity (HEPA) Standards

- **Focus on the following areas:**
  - Walking or biking to and from school programs
  - Physical activity clubs
  - Intramural programs
  - Physical activity in before-school and after-school extended day programs
Data from Principals and Parents Surveys
Staff Involvement

Collaboration between CDC and NACDD
Data from Principals and Parents Surveys
CDC Parents for Healthy Schools:
Involves parents to promote PE in schools

Will be translating these resources into Spanish
What Do You Need?
The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.