

# **The Important Role of Physical Education and Physical Activity in Healthier Children: Achieving the National Standards in Delaware**

Delaware Cancer Consortium Retreat

Dover, DE

April 25, 2017

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25 MILLION SCHOOL AGED  
CHILDREN IN THE US

# THE ROLE OF Schools IN PROMOTING PHYSICAL ACTIVITY

## RECESS

Students who get at least

**20** minutes of  
recess per day

have a lower body mass index  
percentile than their peers.



**SAFE ROUTES TO SCHOOL**  
Students who walked  
to school every day had

**24**  
more minutes of  
physical activity  
per day.



**P.E.**  
In states with P.E.  
requirements, high  
school girls were active

**37**  
more minutes  
per week.



**ACHIEVEMENT**  
Teens who were  
active in school were

**20%**  
more likely to  
earn an "A" in  
math or English.

**Active Living Research**  
[www.activelivingresearch.org](http://www.activelivingresearch.org)

***CREATING A CULTURE OF PREVENTION  
THROUGH PHYSICAL ACTIVITY  
The Role of Physical Activity in Cancer  
Prevention and Health Promotion in Youth***



# Delaware Health Education Standards

1. Students will *understand essential health concepts* in order to transfer knowledge into healthy actions for life.
2. Students will *analyze the influence* of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to *access information*, products and services to enhance health.
4. Students will demonstrate the ability to *use interpersonal communication skills* to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use *decision-making skills* to enhance health.
6. Students will demonstrate the ability to *use goal-setting skills* to enhance health.
7. Students will demonstrate the ability to *practice health-enhancing behaviors* and avoid or reduce health risks. (self-management)
8. Students will demonstrate the ability *to advocate* for personal, family and community health.

# Comparison of DE vs National HE Standards

## DE Health Education Standards, The student will be able to . . .

1. *understand essential health concepts* in order to transfer knowledge into healthy actions for life.
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8. demonstrate the ability *to advocate* for personal, family and community health.

## National Health Education Standards (2012), The student will be able to . . .

1. *comprehend concepts* related to *health promotion* and disease prevention to enhance health.
2. *analyze the influence* of family, peers, culture, media, technology, and other factors on health behaviors.
3. *access valid information*, demonstrate the ability to products, and services to enhance health.
4. demonstrate the ability to use *interpersonal communication skills* to enhance health and avoid or reduce health risks
5. demonstrate the ability to *use decision-making skills* to enhance health.
6. demonstrate the ability to *use goal-setting skills* to enhance health.
7. demonstrate the ability to *practice health-enhancing behaviors* and avoid or reduce health risks.
8. demonstrate the ability to *advocate* for personal, family, and community health.

# Delaware Physical Education Standards

Standard 1: Demonstrates **competency in motor skills** and movement patterns needed to perform a variety of physical activities

Standard 2: Demonstrates **understanding of movement concepts**, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Standard 3: **Participates regularly** in physical activity

Standard 4: **Achieves and maintains a health-enhancing** level of physical fitness

Standard 5: **Exhibits responsible** personal and social **behavior** that respects self and others in physical activity settings

Standard 6: Creates **opportunities** for health, enjoyment, challenge, self-expression, and/or social interaction **through physical activity**

# Comparison of DE vs National PE Standards

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ST 6: Create **opportunities** for health, enjoyment, challenge, self-expression, and/or social interaction **through physical activity**

**National PE Standards (2013): The physically literate individual . . .**

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.



NEARLY  
**1 in 3 children**  
**in Delaware is**  
**overweight or obese.**



Source: Data Resource Center for Child & Adolescent Health

SHAPE OF THE NATION – HOW IS DE DOING?

# How are Schools Doing?

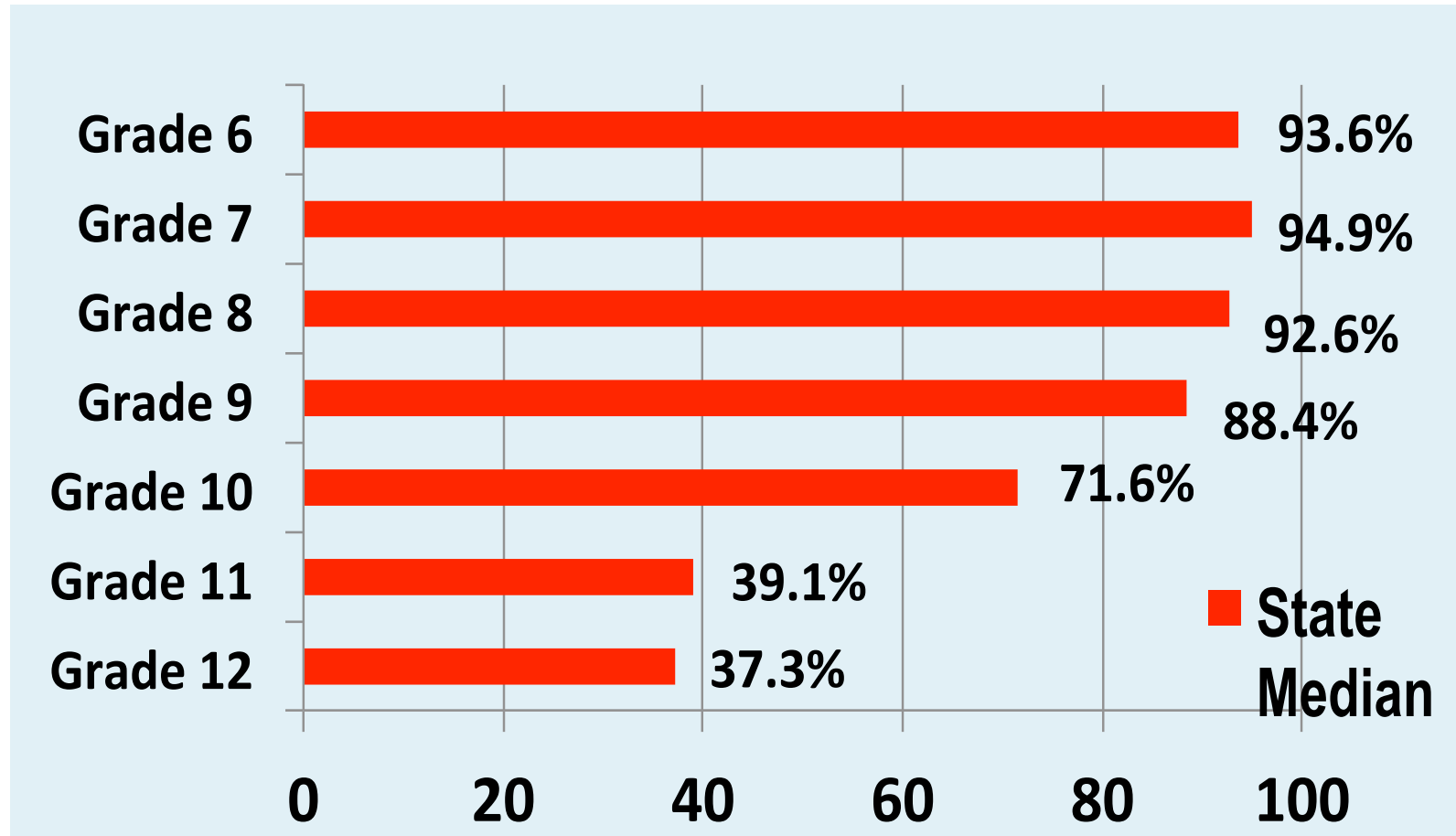
The median percentage **requiring** physical education in grades 6–12:

**97%**

**However...**

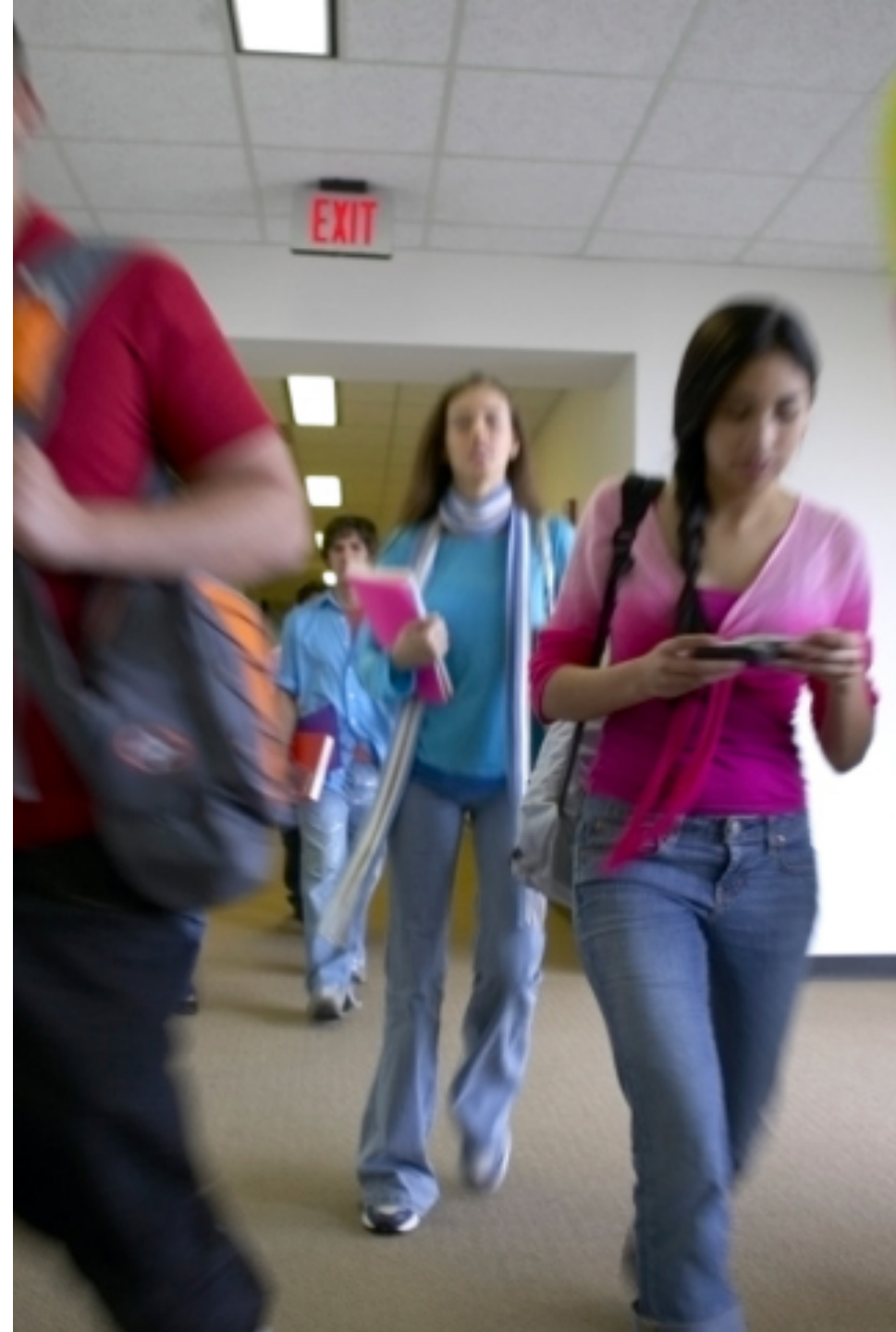
Source: CDC School Health Profiles 2010.

# Schools That Taught PE



# How Active are Kids?

- ◆ Only **29%** of high school students achieve the recommended 60 minutes per day every day of the week.
- ◆ Only **31%** of high school students attend physical education daily.



# And, there's more...

- ★ **26%** of elementary schools did not provide regularly scheduled recess for students in all grades.
- ★ **44%** of elementary schools had students participate in regular physical activity breaks during school.
- ★ **44%** of all schools supported or promoted walking/biking to school.

Source: Lee SM, Burgeson C, Fulton JE, Spain CG. Physical education and physical activity: Results from the School Health Policies and Programs Study 2006.

Why teach  
health education and  
physical education?



benefiting student  
lives

# Summit Middle School, Frisco Colorado



We dance.



# Sierra Vista Junior High School



Regular physical activity  
and healthy choices  
are the foundation for  
happy, productive, and  
successful lives



being physically  
active

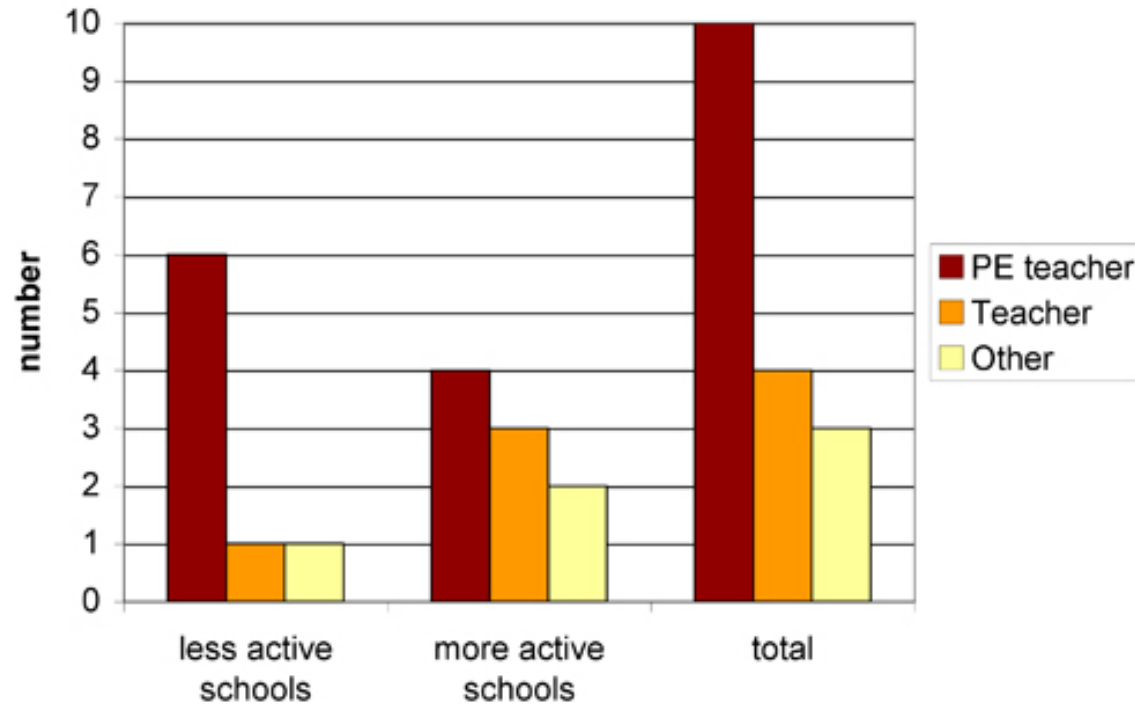


making healthy  
choices

Let's Move. Active Schools ~ Action  
for Healthy Kids ~ Partnership for a  
Healthier America ~ Academy of  
Nutrition and Dietetics ~ Robert  
Wood Johnson Foundation ~  
Designed to Move ~ GENYOUth ~  
Alliance for a Healthier Generation ~  
President's Council on FSN ~  
Mission Readiness ~ National  
Coalition for Promoting Physical  
Activity ~ ACSM ~ CDC ~ ACE



Create a **whole-of-school approach** to physical activity at least **60 minutes** per day of vigorous or moderate-intensity physical activity more than half (> 50 percent) of which should be accomplished during regular school hours.



A close-up photograph of a white puzzle with one blue piece. The blue piece is in the center and contains the text "Health Education & Physical Education" in white, sans-serif font. The text is arranged in three lines: "Health Education" on the top line, "&" on the middle line, and "Physical Education" on the bottom line. The puzzle pieces are interlocking, and the background is a light blue color.

Health Education  
&  
Physical Education



# Step by Step

- ➔ **Establish a team**
- ➔ **Assess existing PA opportunities, PE and HE Curriculum.**
- ➔ **Create a vision, goals, & objectives**
- ➔ **Define the intended outcomes**
- ➔ **Develop a plan**
- ➔ **Implement**
- ➔ **Measure and communicate success**

<b>Activity</b>	<b>Min/day offered</b>	<b>Min/day activity</b>
Classroom breaks during school (3/day x 7 min ea.)	<b>21</b>	<b>16</b>
Physical Education Class (60 min/ week)	<b>12</b>	<b>6</b>
Recess (one 15 min/day)	<b>15</b>	<b>12</b>
Recess (15 min before lunch)	<b>15</b>	<b>12</b>
Before school program/morning activity	<b>10</b>	<b>8</b>
<b>Total Physical Activity</b>	<b>73</b>	<b>54</b>

# Opportunities for Activity

Integrated into Classroom

Physical Education Class

Recess/ drop in activity

Transitions

Before and after school activity programs

**Total Physical Activity Minutes Offered per day?**

# Ideas to Implement In Your Schools

- Needs Assessment – develop a team; use data; interview nurse, counselor, school nutrition services, students, parents, etc.
- [Train Your Teacher](#)
- Integrate Brain Energizers
- Assess Fitness using Fitnessgram and work with health educators to develop SMART Goals for each student
- Worksite wellness programs (walking clubs, yoga, pilates, etc)

# More Ideas

1. Morning Movement before school
2. Exercise competitions with teachers/staff
3. Cardiovascular exercise bursts in the classroom
4. Increasing movement in classroom academic lessons
5. Community involvement: Opportunities for families to move together.
6. Wellness fairs; advocacy within school and the community
7. Interdisciplinary ideas across content areas

# Professional Development

*Keys to success is for teachers to become lifelong learners*

- Principals need to support professional development for all teachers that enhance functional health knowledge and skills.
- Join state HPERD association
- Join SHAPE America
- Get involved in twitter chats, graduate courses, additional training.

# Professional Development



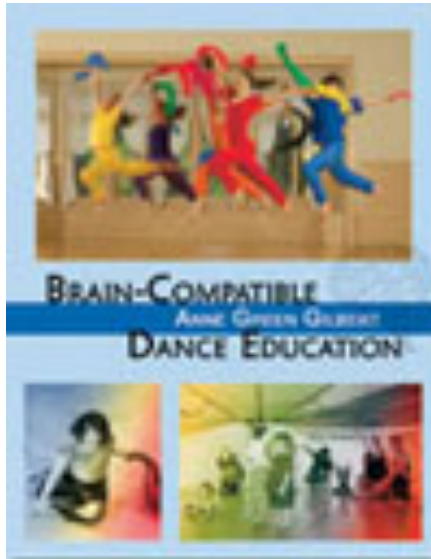
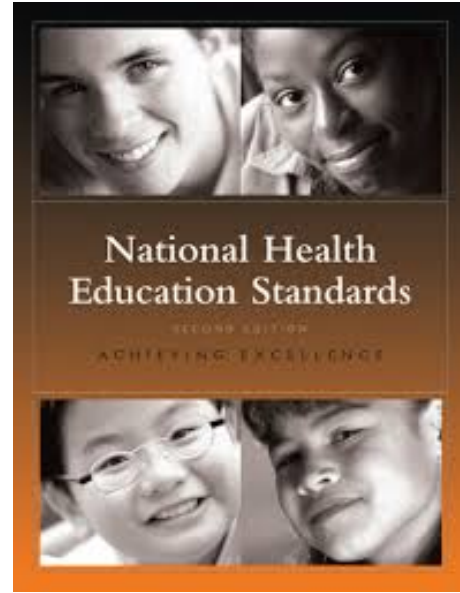
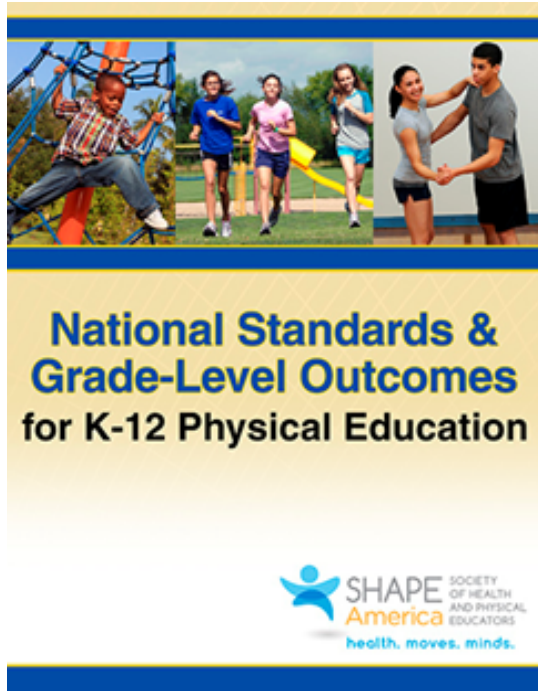
## PODCASTS



# Webinars

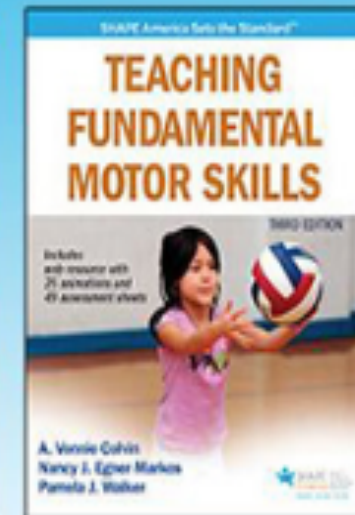
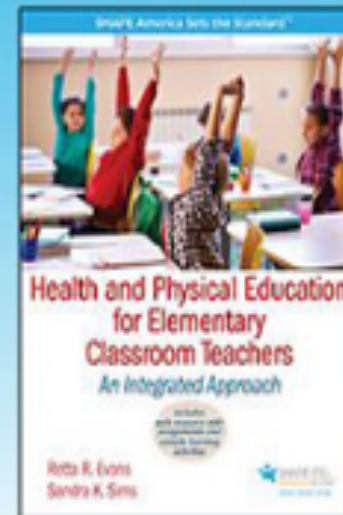
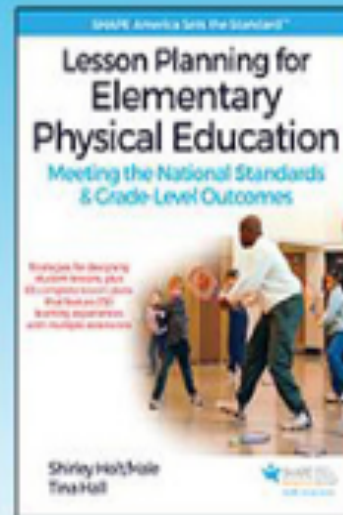
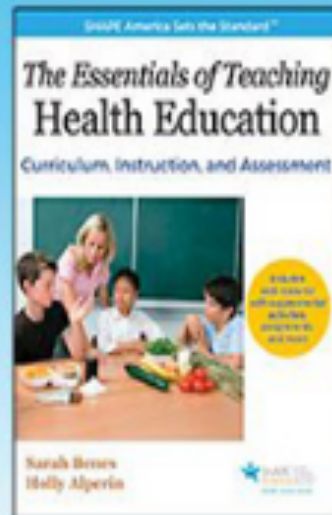
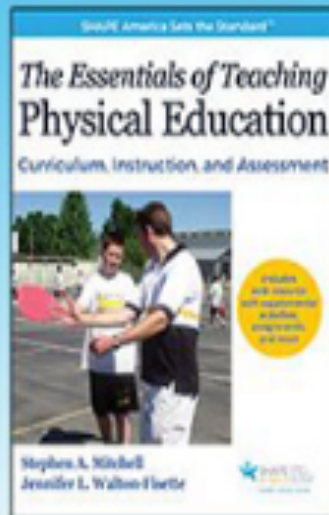






# New Releases!

## SHAPE America Sets the Standard™



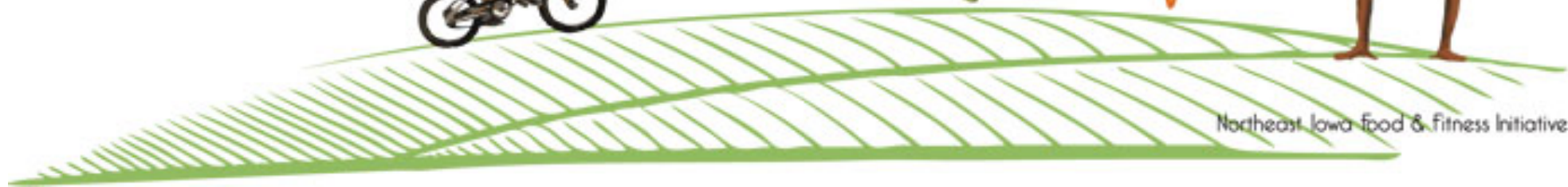
# DAILY DOZEN

Ideas to enhance your own health

1. Min 9000 step/day
2. 60 min of physical activity
3. Sleep
4. Posture
5. Music
6. Laugh
7. Breathe
8. Destress
9. Water
10. Fruits
11. Veggies
12. Speak kindly



Together, We Grow Healthy Kids.



Northeast Iowa Food & Fitness Initiative