

# Physical Education and Health in SCSD#1



# What's New?



PLC time! Thank you Mrs. Bolton!

1. Introduction, thank you, and a note from WAHPERD – **Eric Urlacher**
2. IHT Heart Rate Monitor Grant / Data – **Annette Ice**
3. How does the Physical Education Dept. Support District Priorities? - **Dylan Bear and Ruth Casey**



# Thank you SCSD#1

- **Wyoming Association of Health, Physical Education, Recreation and Dance (WAHPERD)**
  - It's why we are presenting today!
- **Grant Money from Wyoming Department of Health / CSPAP (Comprehensive School Physical Activity Program)**
  - What does CSPAP look like in our district?
- **Professional days granted from SCSD#1, reimbursed by grant**
  - Thank you curriculum team
- **SCSD#1 Hosted WAHPERD in 2015-2016**
  - Thank you SCSD #1
  - We had the chance to present and grow
- ***We would love to go next year***

# Prestigious Representation from SCSD#1

## Teacher of the Year Awards

High School Physical Education  
Charlie Fluty, Powell H.S.

High School Health  
Darcy Bath, **SCSD#1**

Elementary Physical Education  
Ruth Casey, **SCSD#1**

Adaptive Physical Education  
Heather Anderson, **SCSD#1**

**Past Awards ....**



## Other SCSD#1 Awards at WAHPERD

### **WAHPERD State President**

Annette Ice 2006

Cedric Philo, 2016

Deb Stephenson, 2018

### **Young Professional Award**

Mathew Gardner, 2017

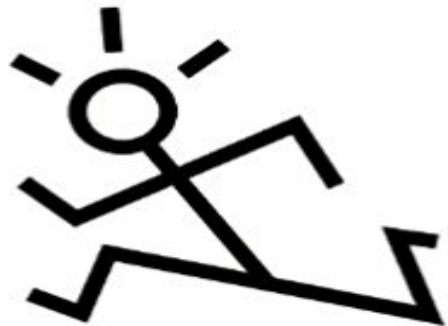
### **Marburger-Gates Young Professional Award**

Dylan Bear, 2016



# SPARK

THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



Supercharge Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

**JOHN J. RATEY, MD**

COAUTHOR OF *DRIVEN TO DISTRACTION*

with **ERIC HAGERMAN**

*“The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.” - SPARK*



# Sweetwater #1 Physical Education

It's not your parent's physical education class

# Message from Deb

I apologize for not being here this evening. I am currently in Iowa teaching other educators about some of our physical education techniques and successes. I would like to join my colleagues in thanking you all for giving us this opportunity to share the important and exciting things happening in our physical education classes and beyond.

# This is truly not your parent's PE Class

Research shows that participating in physical education classes and increasing physical activity time is much more than rolling out a ball and just letting kids play.

- SHAPE America (Society for Health and Physical Educators) recommends that kids get a minimum of 60 minutes a day of physical activity but the structures of schools do not allow for that much time.
- According to 2016 CDC statistics for the State of Wyoming, 12.8% of adolescents are overweight and 10.7% are obese.



# Benefits of Physical Activity

- Active kids learn better. When students get more time for health and physical education, they do better physically, academically, mentally and emotionally.
- Positive association with attention, concentration and on-task behavior
- Encourages lifetime healthy habits

# How are SW #1 Physical Education Teachers Addressing These Issues?

- Teachers are attending on-going Professional Development opportunities through state, district and national conferences
- Teachers have received training in CSPAP programming through these same conferences
- Teachers are finding grant opportunities and projects through connections with state, district and national conferences

# Continued

- PE teachers are expanding physical education and physical activity opportunities using the CSPAP model
  - Before and after school programs
  - Increased activity during school
  - Family & Community Engagement
  - Increased Staff Involvement
  - Maximizing quality movement time in Physical Education Classes
- Teachers are using HRM's to increase time in their moderate to vigorous heart rate zone.

# CSPAP

- Comprehensive School Physical Activity Programs
  - Physical Education Classes (At the core are the physical education classes with the PE teacher as the champion)
  - Increasing before and after school physical activity programs
  - Increasing activity time during the school day - working with classroom teachers to create kinesthetic classrooms
- State CSPAP Trainer in our school district
- Additional teachers have been trained and are increasing activity time using the CSPAP model

# CSPAP Continued

## Before & After School Programs

- Climbing Clubs K-4
- Running Clubs
- Active Feet Active Minds/Pilot Butte
- Dance Classes/Eastside

## During the School Day

- Climbing Clubs K-4
- Increased brain breaks throughout the day in academic classrooms
- Kinesthetic classroom concepts
- We are currently waiting to hear about a grant to create a kinesthetic classroom lab at Pilot Butte

# Using HRM's in the Gym

- Another unique project in our school system, is the use of Heart Rate Monitors
- Secondary students have used the HRM's for several years and recently we have had the opportunity to add their use in four of our elementary buildings
- Deb Stephenson, Annette Ice and Dylan Bear have had the opportunity through the Wyoming Association for Health Physical Education, Recreation and Dance to participate in the “Wyoming State Solutions” project. (Deb is also the state trainer for this project giving us immediate access to cutting edge information.)
- Partnership between Natrona County schools and WAHPERD
- Interactive Health Technologies Heart Rate Monitors and Software System



# Wyoming State Solution

## Goals Of The Project

1. Teachers enhance their instruction using existing curriculum
  - Teachers will continually assess time in zone and revise lessons to provide longer periods of moderate to vigorous activity

# Appropriate Instruction in Physical Education

- Physical education teacher uses instructional practices and deliberate practice tasks that support the standards in the school district/school physical education curriculum
- Physical education teacher continually evaluates student learning to document teacher effectiveness

## Appropriate Instruction in Physical Education Continued....

- Physical education teacher employs instructional practices that engage students in moderate-to-vigorous physical activity (MVPA) for at least 50% of class time.
- Physical education teacher ensures the inclusion of all students and makes the necessary adaptations for students with special needs or disabilities

# Wyoming State Solution

## Goals Of The Project

2. Empower students to take an active role in their health and fitness
  - Students will assess and begin to take charge of their activity and fitness levels

# Wyoming State Solution

## Goals Of The Project

3. Show the correlation between quality physical education and academic success

# Sweetwater #1 Data Collection

Progress towards meetings these goals:

- We can see an increase in the amount of time students are active in their 25 minute classes
- We can see an increase in the amount of activity that has student heart rates in the moderate to vigorous zone.
- Students and parents can daily monitor how their students are doing in class
- We can see higher motivation to participate at a more engaged level
- We see improved behaviors in class



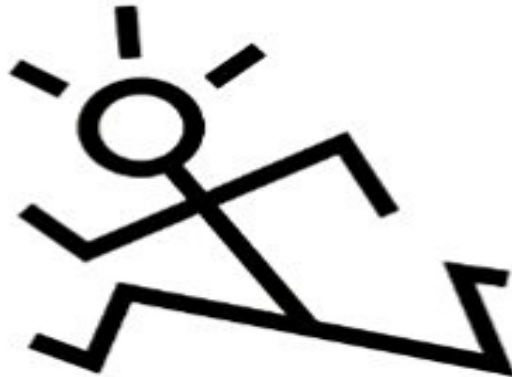


# How We Support the Classroom

- **Cooperative Learning and Multiple Intelligences:** Kagan
- **Project Based Learning:** Students solve driving question with research skills
- **Writetools:** Expository, argumentative, and opinion writing skills
- **Cross Curricular:** Word walls, math games, science projects,
- **Research-Based Quality PE:** Physical Best, SPARK, Project Adventure
- **Close Reads & Thinking Strategies:** Annotate/notes, partner, group reads

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