



Healthy Kids, Healthy Schools

★ *Posted: 05/11/09 8:54 AM*



Developing a Portfolio of Physical Activities for Inside the Class and Beyond.

Here are the main themes identified from Visions of the Future!

- Before & After School programs
- Greater choice of activities in & out of the classroom
- Opening up the school to the community
- Support for PE teacher development



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★ *Posted: 05/11/09 9:00 AM*

A summary from Francesca Zavacky



Four Key Factors in PE/PA Prog

I am posting what our group developed during our work. The best model we could share was to describe what we would see being implemented if HISD were implementing a comprehensive school physical activity program in every school.

Today's new culture of two-income families means that many children are spending in excess of the estimated 1000 hours/year that the average student spends in school. Many schools provide before and after care at school-necessities for many families. In examining what needs to be in place for physical activity to be integrated in an effective way, we identified four key factors:

1. Policy: The school board establishes a fully funded, daily quality physical education program, physical activity programs, and local school wellness policy that is mandated, well-defined, and fully implemented in every school. These policies provide for consistent and defined accountability measures. All students have daily quality physical education and opportunities for daily physical activity, including physical activity throughout the school day. Each HISD school has well-supported physical education programs and staff who receive regular professional development that ensures their status as a highly qualified teacher, and educates educational administrators about the importance of daily physical education and physical activity programs to student

success.

2. Professional and Program Development: The physical education curriculum and exit outcomes and assessments are well articulated, and include innovative instruction and skill development in a wide variety of activities that are available in the Houston community and beyond. Physical education teachers serve as physical activity leaders in each school.

3. Resources: Each HISD shall have consistent facilities for physical activity that equal the instructional environment for all students. Sufficient funding provides equipment and materials that allow all students to actively participate in learning activities and remain engaged in moderate to vigorous physical activity (MVPA) for a majority of class time during their daily physical education class. The school utilizes local, state, and national organizations that provide instructional expertise and technical assistance, providing quality activity for a wide variety of innovative activities.

4. Access: Each HISD school provides before, during, and after school physical activity programs and clubs, daily recess before lunch, physical activity breaks throughout the school day, and a staff wellness program. Each student takes home physical education homework on a regular basis for themselves and for his/her family, and family and community members have the opportunity to participate in a wide variety of physical activity and exercise offerings at each school outside of the school day. Parents are invited to visit and participate in physical education classes and other programs offered as part of a comprehensive school physical activity program.



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Brainstorming Ideas

Developing a Portfolio of Physical Activities Inside the Class and Beyond

Four important themes emerged from this group's discussion:

1. There must be policy in place
2. Professional development is integral
3. Resources are needed
4. Access for all is a critical factor

The group developed descriptors for what any HISD school will look like if we are able to provide quality physical activity.

Policy

- School board members would mandate and establish fully funded physical activity/physical education and a wellness policy that's fully implemented with monitoring and accountability measures.

- Students will have daily physical education.

Professional Development:

- Each HSID school has a well-supported PE program and staff that have professional development, which ensures their status as a highly qualified teacher.
- Curriculum and outcomes are well articulated.
- PE teachers may serve as physical activity leaders in each school

Resources:

- Each school will have consistent facilities that equal the instructional environment.
- Each school will have equipment that allow all students to engage in moderate to vigorous physical activity for 60 minutes daily.
- School uses national, state and local recourses to ensure a wide variety of innovative activities and instruction.

Access:

- Each school has physical activity clubs for out of school time.
- Daily recess before lunch is provided.
- Students have physical activity breaks throughout the day
- Physical activity homework is given.
- Family and community members participate in each schools' comprehensive school physical activity programs.



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