

Committee on Enhanced PE Promotion  
Meeting Summary  
February 8, 2013  
9:30 am – 11:30 am

*Illinois Public Act 97-1102 created the Enhanced Physical Education Task Force. This Committee of the Task Force is charged with promoting and recommending enhanced physical education programs that can be integrated with a broader wellness strategy and health curriculum in elementary and secondary schools in this State, including educating and promoting leadership on enhanced physical education among school district and school officials; developing and utilizing metrics to assess the impact of enhanced physical education; promoting training and professional development in enhanced physical education for teachers and other school and community stakeholders; identifying and seeking local, State, and national resources to support enhanced physical education; and such other strategies as may be identified by the task force.*

**Task Force Members Attending:**

Chicago location: Chair Jean Sophie, representing the Illinois Association of School Administrators; Chair Jessica Madrigal, the Great Lakes ADA Center, Dept of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago; Kelly Nowak, representing the Illinois Association of School Boards; Elissa Bassler, representing the Illinois Public Health Institute; Sandy Noel, representing the Illinois Association for Health, Physical Education, Recreation & Dance; Lynne Braun, representing the American Heart Association; Dennis Harrigan, designee of Dr. William Truesdale, representing the Illinois Principals Association

Springfield location: Joey Ohnesorge, Principal Consultant for Health, PE, HIV, Illinois State Board of Education, representing State Superintendent Christopher Koch; Amanda Minor, representing the Illinois Association of Public Health Administrators

By telephone: Representative Linda Chapa LaVia, Illinois State Representative; Representative John Cavaletto, Illinois State Representative, 107<sup>th</sup> District; Mark Bishop, representing the Healthy Schools Campaign; Rick Reigner representing the IL YMCA Statewide Alliance; Bruce Bohren representing the Illinois PTA; Angela Crotty representing the Illinois Association of School Business Officials

**Illinois Department of Public Health Staff:** Cheri Hoots (Springfield), Conny Moody (phone)

**Illinois State Board of Education Staff:** Shawn Backs (Springfield)

**Illinois Public Health Institute Support Staff:** Jess Lynch (Chicago); Sarah Chusid (Chicago); Coby Jansen (Chicago)

**Task Force Standards Revision Committee Members not in attendance:** Anna Barnes, representing the Consortium to Lower Obesity in Chicago Children; Neil Duncan, representing by the Illinois Assoc. for Health, Physical Education, Recreation & Dance; Lynne Haeffele, representing the Office of the Lt Governor; Annie Lionberger, representing the CEO of Chicago Public Schools; Daryl Morrison, representing the Illinois Education Association; Stephanie Whyte, representing the Chicago Board of Education

**Welcome & Opening Remarks:**

Chairs Jean Sophie and Jessica Madrigal called the meeting to order at 9:34am and welcomed everyone to the first meeting of the Committee on Enhanced PE Promotion.

Committee members and support staff in Springfield, Chicago, and participating by teleconference introduced themselves.

**Open Meeting Act Compliance**

Chair Sophie reviewed the Open Meetings Act requirements pertinent to this meeting. She emphasized that committee members must be careful about email communications between members as those that exceed a majority of a quorum would constitute a meeting and would therefore be subject to OMA regulations.

**Overview of School System Context**

The Chairs provided an overview of the current state of Illinois' school system with input from committee members to provide context for the committee's work. A picture emerged of a system and educators short on resources and strained by existing mandates. Constrained resources that limit the ability to provide sufficient facilities and staffing was a key concern.

Takeaway points on overcoming barriers:

- Per the Guide to Community Preventive Services, enhancing PE entails increasing the number minutes devoted to Moderate to Vigorous Physical Activity (MVPA) in PE class by increasing the length of, or activity levels in, PE classes. Based on existing resource constraints and demands on schools, this committee suggested focusing more on improving the quality of and activity levels in existing PE classes, as opposed to prioritizing a push for additional PE time.
- To address perception that PE is disposable, committee's presentations must make connection between PE and academic achievement for target audiences
- Identify model PE programs to provide example
- Present options for modifying the delivery of PE that takes into account limited resources in low-income districts
- Focus on reaching leadership best and broadest way to disseminate message
- Use consistent messaging
- The committee needs to define what enhanced PE is so that we are using a consistent definition when doing outreach and mobilization. Elissa Bassler

suggested defining it as “changing PE practice to ensure more minutes spent in activity”. She also felt it important to frame the definition around specific metrics, as in: “changing PE to ensure students are engaging in MVPA for x% of day”.

- Another way to incorporate MVPA into the school day is by training and encouraging classroom teachers how to incorporate activity breaks into their instructional periods.
- Regional offices do compliance visits every couple years to ensure that schools are following school code. It seems that monitoring compliance with the PE instructional requirement is not included in these compliance visits.

### **Discussion of Goals**

The Chairs facilitated a discussion on opportunities and barriers to addressing three of the four key issue areas (the fourth, metrics, was tabled for the next meeting):

- a) Leadership: There is an opportunity to help school and district leadership understand what enhanced PE looks like and what enhancements they can make. We can help them by identifying places where PE is being done well.
- b) Professional Development: The committee should engage teacher training colleges to see how their training aligns with the idea of enhanced PE. There is an additional opportunity to empower PE teachers by training them how to do advocacy.
- c) Funding: Acknowledging resource levels in education, being sensitive to constraints of low-income districts

Takeaway points:

- There is a meeting of the IASA, IASB, and IASBO (“Triple I”) coming up this fall, which would be a good opportunity for the Task Force to present and share information. Jean, Angela, and Kelly agreed to follow-up on this. In 2011, the voluntary Task Force presented on a panel at Triple I, and this year it would be powerful to do a plenary presentation or something that reaches a broader audience on this.
- The committee needs to develop a work plan that defines concrete goals for its work, e.g. increase MVPA by x minutes or give x number of presentations before x number of people
- Educating lawmakers is important. For instance, they could be encouraged to hold a subject matter hearing on Enhanced PE
- This committee will develop and provide a list of resources, both financial and material
- Use the model ISBE wellness policy as a tool for suggesting model policies at the local level.
- Explore whether there are ways to integrate wellness reports into student achievement reports to superintendents.
- Superintendents could be surveyed to assess their knowledge about PE best

practices

### **Establish Timeframe and Next steps**

Committee members were asked to choose one the following priorities for the next phase of work: Audience/Planning and Messaging/Content.

Below is a table of their choices:

<b>Committee Member</b>	<b>Focus Selection: Audience/Plan or Message/Content</b>
Elissa Bassler	Audience/Plan
Bruce Bohren	Audience/Plan
Lynne Braun	Messaging/Content
Representative Chapa LaVia	Recused self, due to conflict
Angela Crotty	(Absent during this portion of the meeting)
Amanda Minor	Audience/Plan
Sandra Noel	Messaging/Content
Kelly Nowak	Audience/Plan
Rick Reigner	Messaging/Content
William Truesdale (as volunteered by his designee Dennis Harrigan)	Audience/Plan
Cheri Hoots	Messaging/Content
Jessica Madrigal	Messaging/Content

**Next meeting:** Will be scheduled for some time before the next full Task Force meeting on March 15.

### **Public Comment**

There were no members of the public in attendance.

### **Closing Remarks**

Chairs Madrigal and Sophie thanked everyone for coming to the first committee meeting.

### **Adjourn**

Meeting was adjourned at 11:40am