

Enhance P.E. Task Force - August 2013 Events, News and Resource Update

Events

August 21, 2013, 6:00PM EDT Webinar

Raising Awareness for Quality Physical Education, SPARK P.E.

Physical education (PE) programs are being reduced or eliminated because of budget reductions or the mistaken assumption that less PE time will result in higher academic test scores. Despite all the evidence supporting the need for quality PE in schools (including academic improvement), teachers still find themselves having to defend their program from elimination. Attend this webinar and learn about strategies and resources to help advocate for Quality PE. [Register now!](#)

September 17, 2013, 3:30-4:30PM EDT Webinar

60 Minutes or More a Day: Where Kids Live, Learn, and Play

The U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion (ODPHP) are co-hosting a webinar series with NC Prevention Partners and the National Physical Activity Plan Alliance. The second webinar features Katrina (Butner) Piercy, Ph.D., R.D., from ODPHP to discuss the [Physical Activity Guidelines for Americans Midcourse Report: Strategies To Increase Physical Activity Among Youth](#). Dr. Piercy will highlight key findings from the report and discuss strategies to increase youth physical activity in multiple settings, with a spotlight on schools. You will also hear from a panel of leaders from the school setting, who will share how they have been successful in integrating physical activity throughout the school day. [Register now!](#)

In the News

[Kids may not offset extra exercise at school](#) (Reuters Health, August 12, 2013)

A new U.S. study that used accelerometers to track student's activity levels has shown that children who exercise at school are not necessarily any less active at home. Previous research has shown that children may have a pre-defined "activitystat" which defines the amount of energy they exert. Therefore, if a child is made to be more active at school, this may not raise their overall activity and will do little to combat obesity and poor fitness. This study found that extra minutes spent in physical activity at school generally added overall minutes to the amount of physical activity students participated in during that day.

[Phys Ed Grant Expires, Impact on Kids Remains](#) (Payson Roundup, July 31, 2013)

September will mark the end of a three year Carol White Physical Education Program grant at Payson United School District, a small community in Arizona. The \$1.1 million grant will continue to serve the students of Julia Randall Elementary school says Donna Moore, the school's P.E. teacher. Since the school received the grant three years ago, students have documented more than half a million steps and reduced their body mass index. Along with a high ropes course and a variety of unique equipment, the money from the grant also funded an exercise course designed specifically for young students.

[Educators kick around ideas at school health summit](#) (*The Daily Advertiser, July 25, 2013*)

State health officials, school district administrators and physical education teachers met in Lafayette, Louisiana to discuss the ways in which they can improve student health and keep kids more active in the quick approaching school year. One speaker emphasized the importance of data collection on student health and more importantly the application of that data towards the development of programs for children.

[Glendbard receives \\$15,600 grant for wellness program](#) (*The Chicago Tribune, July 19, 2013*)

Glendbard District 87 received a \$15,600 grant from the Midwest Dairy Council in support of their Fuel Up to Play 60 initiative. This program encourages high school students to eat a nutritious diet and engage in at least 60 minutes of physical activity every day. The grant will cover the purchase of heart rate monitors for all physical education classes as well as other equipment and activities.

Reports and Information

[Fitness Integrated with Teaching \(FIT\) Kids Act-](#)

This act would require schools, districts, and states to release information on the quality of physical education being taught to students. It would also require schools to share information with students and parents on the importance of making healthy choices in all aspects of a student's life. Professional development for physical education teachers and principals to promote lifelong physical fitness would also be a requisite for schools. The American Heart Association is campaigning for the support of the FIT Kids Act- and with one of three children in the U.S. being either overweight or obese- this is more important than ever! Did you know that only 3.8% of elementary, 7.9% of middle, and 2.1% of high schools are providing daily physical education? **[Ask your Members of Congress to co-sponsor the Fitness Integrated with Teaching \(FIT\) Kids Act today!](#)**

[Presidential Youth Fitness Program](#)

Illinois takes the (healthy) cake! About 10% of the 374 [schools recently awarded funding](#) from the Presidential Youth Fitness Program were in Illinois. A special kudos to Champaign School District 4 whose schools received about half of the funding awarded in Illinois. Learn more about the program and applying for future rounds of funding [here](#).