Let's Move. Active Schools

Collin Brooks

- collin.brooks@bend.k12.or.us
- @collinbrooksie
- R.E. Jewell Elementary School
- Let's Move Active School
- NASPE STARS School
- Bend Or.

Courtesy of Let's Move Active School

What is Lets Move Active School?

- Physical Activity Before Schoo
- Physical Activity During Schoo
- Physical Activity After School

Fact

Courtesy of Let’s Move Active School

Fact

Courtesy of Let’s Move Active School

Courtesy of Let’s Move Active School

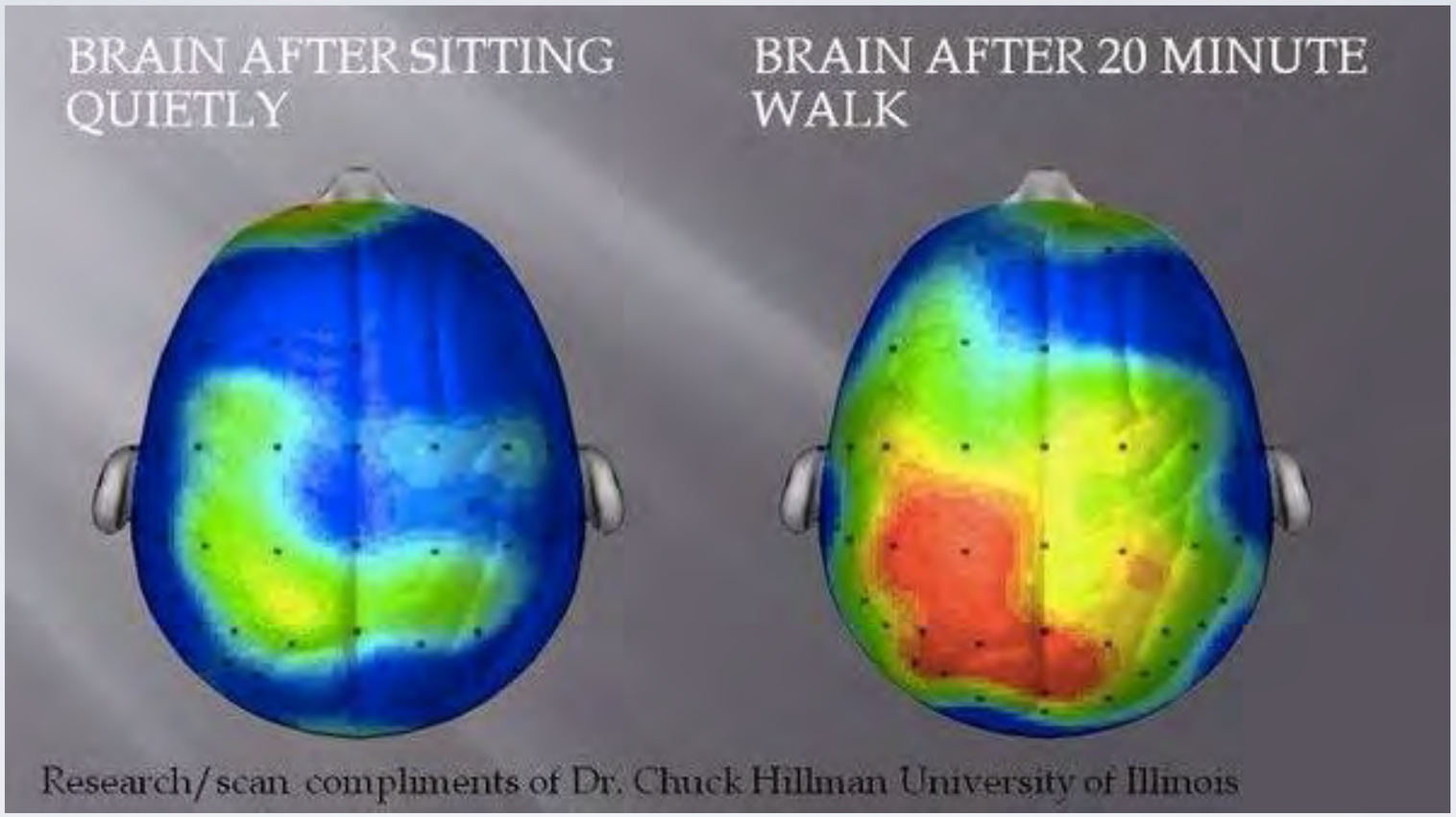
Let's Move Active Schools Mission:
Empower champions to create active school environments that enable all students to get moving and reach their greatest potential.

Comprehensive School Physical Activity Plan (CSPAP)

Link!

http://www.aahperd.org/naspe/standards/upload/Comprehensive-School-Physical-Activity-Programs2-2008.pdf

Brain Break!


BRAIN AFTER SITTING QUIETLY
BRAIN AFTER 20 MINUTE WALK
Research/scan compliments of Dr. Chuck Hillman University of Illinois

Brain Break!

PA BEFORE SCHOOL

- Come up with 3 ways you can involve staff with Physical Activity.

PA Before School

- TEAM Time
- PE+

PA AFTER SCHOOL

- Come up with 3 ways you can involve staff with Physical Activity.

PA AFTER SCHOOL

- Fit Club 60

Brain Break!

PA DURING SCHOOL

- Come up with 3 ways you can involve staff with Physical Activity.

PA DURING SCHOOL

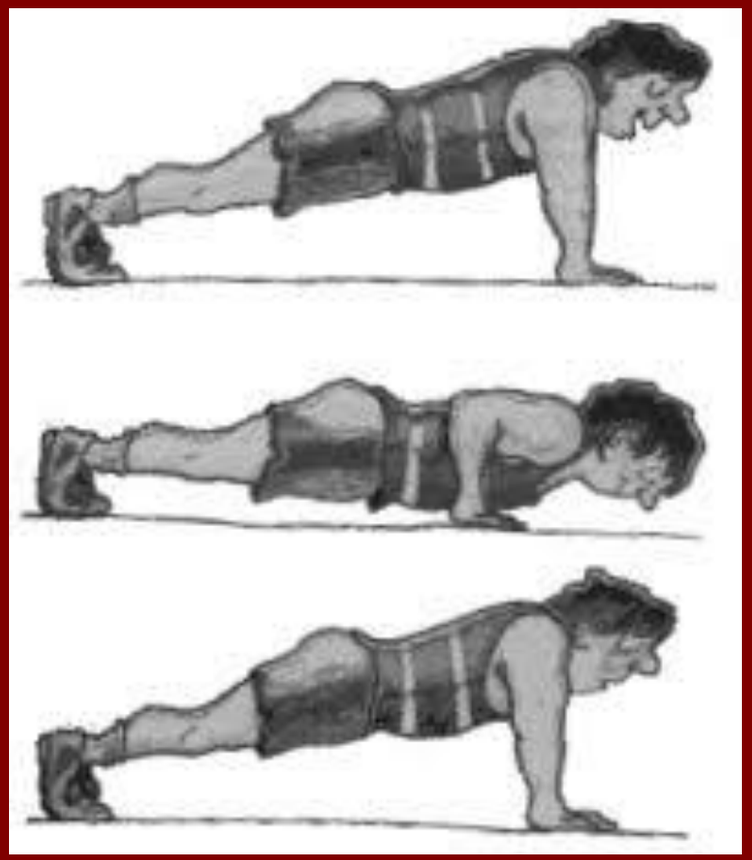
- Hip-Hop Dance Club
- Mile Club

Staff Involvement

- Come up with 3 ways you can involve staff with Physical Activity.

Fitness!

Desk Push Ups!



Jumping Jacks!

Do some Chair Dips

Crab Kicks

Quad Stretch!

Hold for 10 Seconds!

Switch!

Hold for 10 Seconds!

Jog in place!

Take your Heart

Rate!

Staff Involvement

- Be part of PTA/PTO fundraisers.
- Add PA/Brain Breaks to staff meeting

Links!

http://brainbreaks.blogspot.com

https://www.gonoodle.com

COMMUNITY INVOLVEMENT

- Come up with 3 ways you can involve staff with Physical Activity.

COMMUNITY INVOLVEMENT

- Subway Lunches
- Contact Local Businesses

GET REGISTERED!

Link!
http://letsmoveschools.org

Become a School Champion

Step 1:
Build Support

School champion develops or utilizes an existing **school wellness council** comprised of passionate students, teachers, and school administrators to support the process of becoming an Active School.

Become a School Champion

Step 2:
Assess Your School

School champion takes a simple, online assessment to determine their baseline within the five program areas.

Link!

http://www.aahperd.org/naspe/publications/teachingTools/upload/High-Quality-PE-Checklist.pdf

National Association for Sport and Physical Education

an association of the American Alliance for Health, Physical Education, Recreation and Dance

NASPE Sets the Standard

GUIDANCE DOCUMENT

High-Quality Physical Education: How Does Your Program Rate?

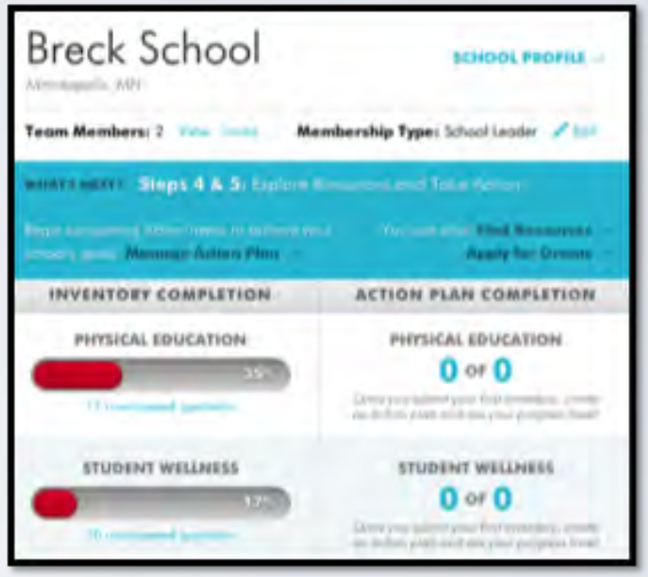
The National Association for Sport and Physical Education (NASPE), which has been setting the standard for the profession for more than 35 years, is committed to ensuring high-quality physical education for every student, including those with limited English proficiency and those with special needs. Does your school's physical education program help all students attain the knowledge, skills and attitudes necessary for them to lead healthy, active and productive lives? NASPE urges each school's principal, teachers and parents to conduct an assessment of the physical education program by evaluating its strengths and weaknesses, and preparing a plan for improvement where needed. Use the following 15 questions to evaluate your program.

Answer each question "Yes" or "No."	Yes	No
1. Is physical education taught by a qualified teacher with a degree in physical education?		
2. Do students receive formal instruction in physical education: • For a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high)? **OR** • For at least three class periods per week for all grades the entire school year?		
3. Is the physical education class size similar to those in other content areas, in order to ensure safe, effective instruction?		
4. Does the program have enough equipment for every student to be active?		
5. Is appropriate technology incorporated on a regular and continuing basis?		
6. Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?		
7. Does the school have a written mission statement and sequential curriculum based on state and/or national standards for physical education?		
8. Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?		
9. Does the program provide for maximum participation for every student (e.g., inclusion, no elimination games, all students active at once, developmentally appropriate activities)?		
10. Does the program help to systematically develop the physical, cognitive, social and emotional aspects of each student?		
11. Do the physical education teachers participate regularly in PE professional-development activities and have memberships in related professional organizations?		
12. Do the physical education teachers receive student health information and have a plan for handling emergencies?		
13. Do administrators perform regular, periodic evaluation of the physical education program and teacher performance?		
14. Do the physical education teachers communicate with other educators, administration and parents on a frequent basis?		
15. Do the physical education teachers seek feedback for improvement from students, peers and parents as a means for program evaluation and improvement?		

© 2013 National Association for Sport and Physical Education, an association of the

Become a School Champion

Step 3:
Develop Your Action Plan



School champion creates an action plan to help them meet criteria within each of the five program areas.

Become a School Champion

Step 4:
Explore Resources

School gains access to:

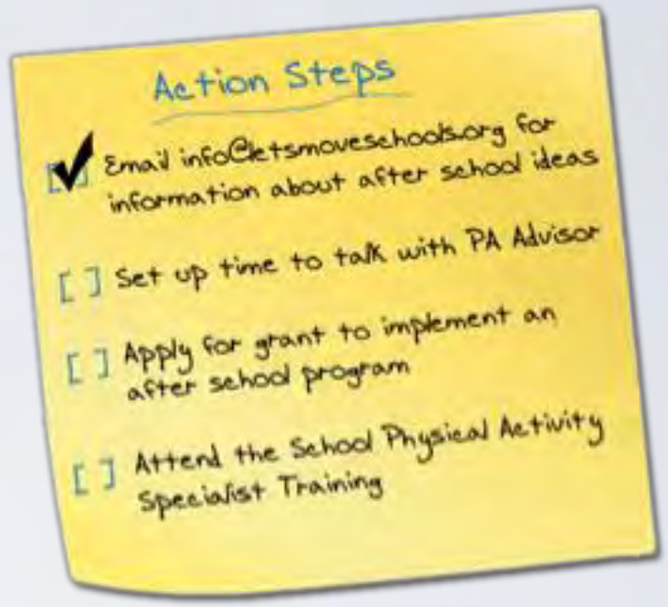
- **Activation Grants**
- **Professional Development**
- **Resource Database**

Link!

http://letsmoveschools.org/resources-grants/

Become a School Champion

Step 5: Take Action



School gains access to information and support to help them implement their action plans, including:

- **Technical Assistance**
- **Evaluation Support**
- **In-Person Trainings**

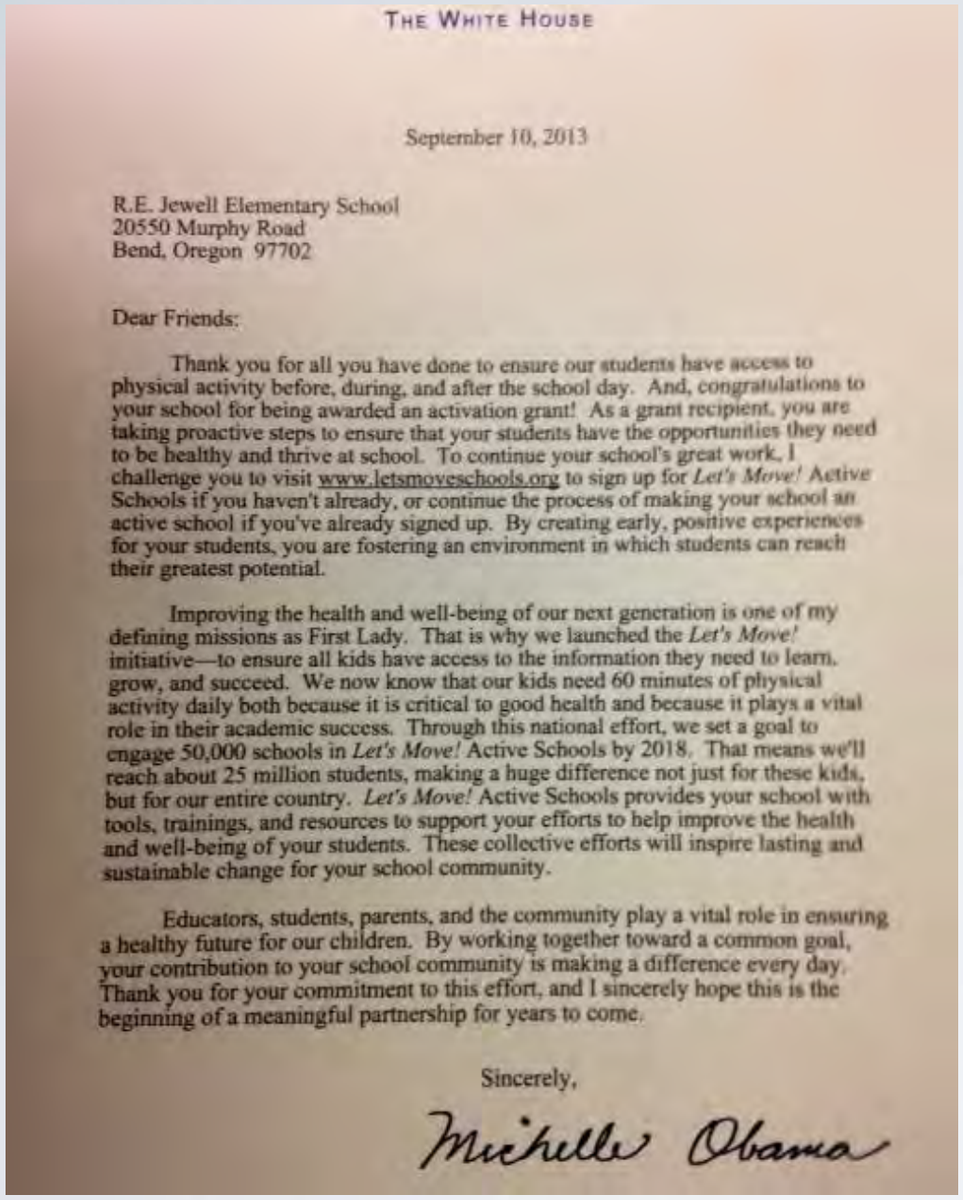
Become a School Champion

Step 6: Celebrate Success

After completing the Action Plan, a school will be eligible to receive:

- ★ **Success story featured on letsmoveschools.org**
- ★ **Recognition packets**
- ★ **Certificate of achievement**
- ★ **Access to a prize lottery**

Advocacy



THE WHITE HOUSE

September 10, 2013

R.E. Jewell Elementary School
20550 Murphy Road
Bend, Oregon 97702

Dear Friends:

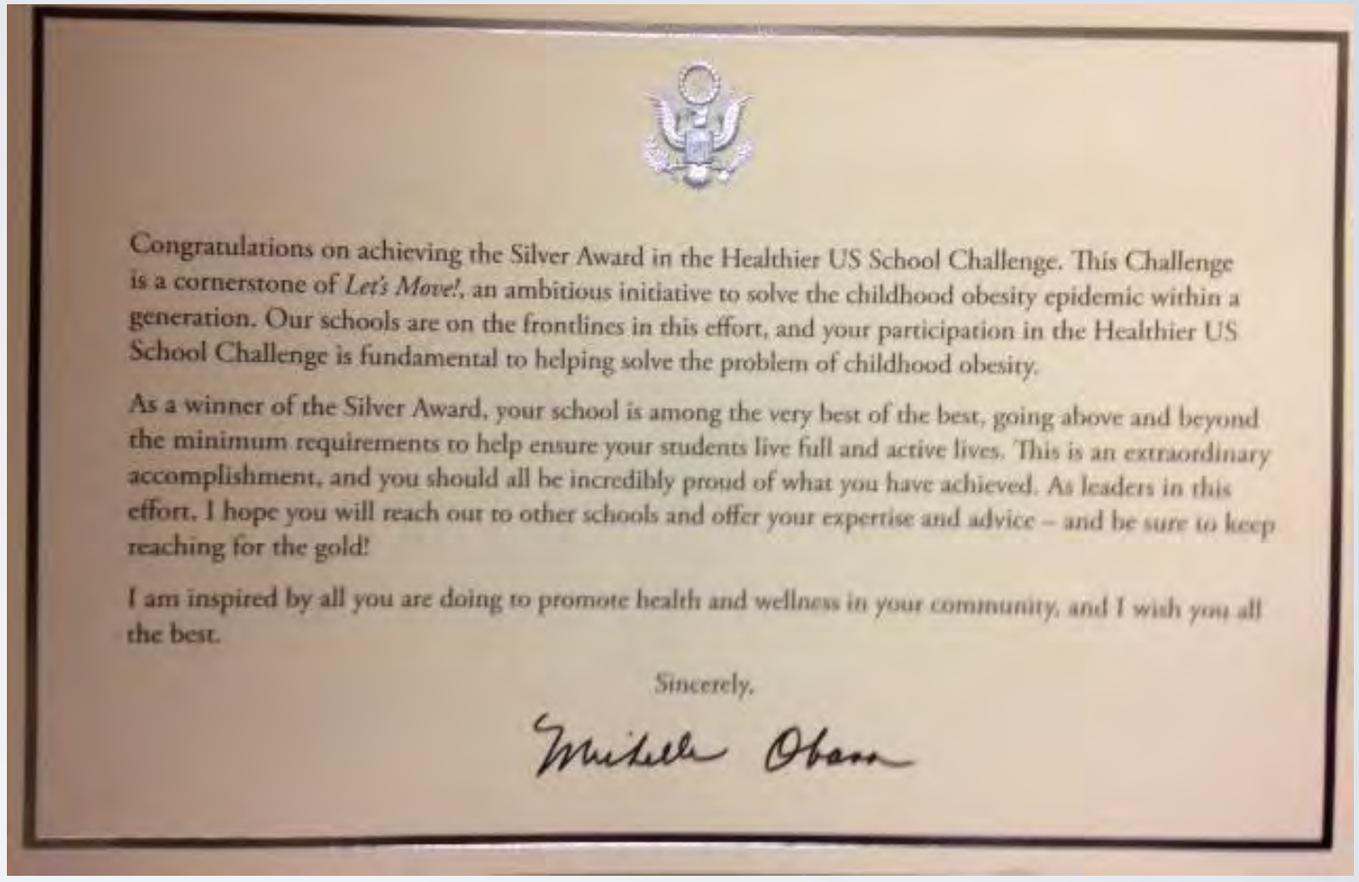
Thank you for all you have done to ensure our students have access to physical activity before, during, and after the school day. And, congratulations to your school for being awarded an activation grant! As a grant recipient, you are taking proactive steps to ensure that your students have the opportunities they need to be healthy and thrive at school. To continue your school's great work, I challenge you to visit www.letsmoveschools.org to sign up for *Let's Move!* Active Schools if you haven't already, or continue the process of making your school an active school if you've already signed up. By creating early, positive experiences for your students, you are fostering an environment in which students can reach their greatest potential.

Improving the health and well-being of our next generation is one of my defining missions as First Lady. That is why we launched the *Let's Move!* initiative—to ensure all kids have access to the information they need to learn, grow, and succeed. We now know that our kids need 60 minutes of physical activity daily both because it is critical to good health and because it plays a vital role in their academic success. Through this national effort, we set a goal to engage 50,000 schools in *Let's Move!* Active Schools by 2018. That means we'll reach about 25 million students, making a huge difference not just for these kids, but for our entire country. *Let's Move!* Active Schools provides your school with tools, trainings, and resources to support your efforts to help improve the health and well-being of your students. These collective efforts will inspire lasting and sustainable change for your school community.

Educators, students, parents, and the community play a vital role in ensuring a healthy future for our children. By working together toward a common goal, your contribution to your school community is making a difference every day. Thank you for your commitment to this effort, and I sincerely hope this is the beginning of a meaningful partnership for years to come.

Sincerely,

Michelle Obama



Congratulations on achieving the Silver Award in the Healthier US School Challenge. This Challenge is a cornerstone of *Let's Move!*, an ambitious initiative to solve the childhood obesity epidemic within a generation. Our schools are on the frontlines in this effort, and your participation in the Healthier US School Challenge is fundamental to helping solve the problem of childhood obesity.

As a winner of the Silver Award, your school is among the very best of the best, going above and beyond the minimum requirements to help ensure your students live full and active lives. This is an extraordinary accomplishment, and you should all be incredibly proud of what you have achieved. As leaders in this effort, I hope you will reach out to other schools and offer your expertise and advice – and be sure to keep reaching for the gold!

I am inspired by all you are doing to promote health and wellness in your community, and I wish you all the best.

Sincerely,

Michelle Obama

Questions?

Let's Move. Active Schools