



Using a Coordinated Approach to Physical Activity in Schools

Session Outline

- Coordinated School Health Overview
- Importance of Physical Activity
- How Much Physical Activity is Needed?
- Why it is Needed During School
- Research
- Current Law and recent changes
- Annual PA/PE Report
- Best Practices and Success Stories
- How Can You Get Involved?

Coordinated School Health (CSH)

- Evidenced-based model developed by the CDC.
- Designed to promote healthy school environments so children arrive at school ready to learn.
- Prevention focused.
- Tennessee is only state in nation with legislative mandate and state funding each year to implement CSH in all school districts.
- Encouraging adequate physical activity and providing physical education for all students are one of the central tenets of the CSH model.

The Importance of Physical Activity

- Valuing physical activity in schools is reflective of a long standing American tradition:

“Give about two (hours) every day to exercise; for health must not be sacrificed to learning. A strong body makes the mind strong.”

-Thomas Jefferson

How much physical activity is needed?

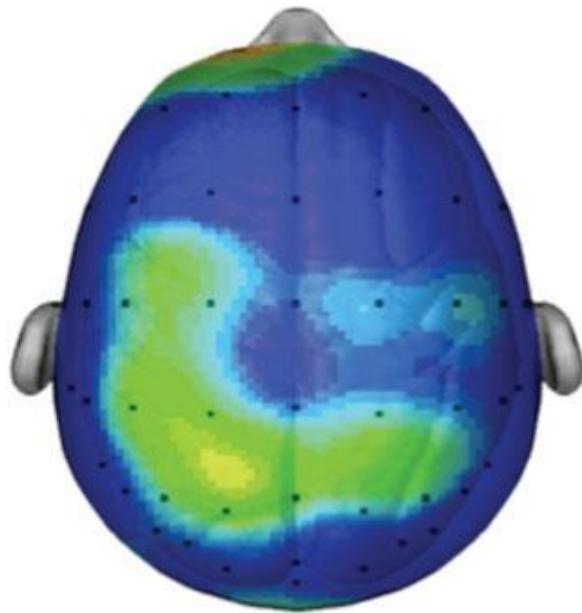
- According to the CDC, children and adolescents need 60 minutes or more of physical activity each day.
- Tennessee's physical activity law enables schools to supplement the one hour per day national recommendation by ensuring students receive at least 130 minutes of physical activity per week for elementary school students and 90 minutes of physical activity per week for middle and high school students during the school day.

Why Physical Activity During School?

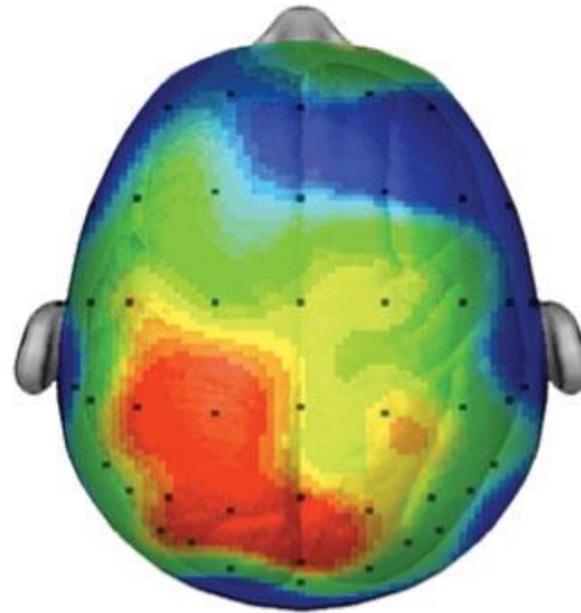
- Physically active students show greater attention, have faster cognitive processing speed and perform better on achievement tests.
- Kansas study showed students whose teachers taught lessons using movement performed better in reading, writing and math than those who received no lessons using movement.

Additional Research

- Dr. Charles Hillman showed that physical activity increases student cognition.



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Public Chapter 99

- Amended T.C.A. 49-6-1021 to include the following:
 - ✓ For elementary school students, a minimum of one hundred thirty (130) minutes of physical activity per full school week. An LEA shall offer elementary students at least one fifteen-minute (15) minute period of physical activity per day.
 - ✓ For middle and high school students, a minimum of ninety (90) minutes of physical activity per full school week.

Public Chapter 99 (continued)

- May include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.
- Walking to and from class shall **not** be considered physical activity for purposes of this section.
- May work in conjunction with the school's physical education program, but shall not replace the current physical education program in a school.

Physical Activity/Physical Education Annual Report

- The office of coordinated school health in the department of education shall provide an annual report by October 1.
- Amendment took effect during 2016-17 school year, therefore, changes were made after the school year had begun.
- Compliance rates for schools were much lower for the 2016-17 school year than the 2015-16 school year.

Current Types of Physical Activity

- GoNoodle
- Recess
- Walking (indoor and outdoor)
- Before and After School Programs
- Teacher Directed Activity
- Under the Desk Cycles
- Seated Cycles During Reading

Barriers During the School Day

- The main two barriers reported, in elementary, middle and high school, continue to be:
 - Teachers and principals concerned about decreased academic time.
 - Lack of time available for implementation.

Innovative Methods

- Since the implementation of CSH in 2007-08 school year, CSH coordinators have used CSH state or federal grant funds and/or community partners to provide **484** schools with walking tracks, **300** schools with in-school fitness rooms for students and **371** schools with new and/or updated playgrounds.
- During the 2016-17 school year, CSH coordinators received federal or state grants or worked with community partners to fund physical education and or physical activity efforts to the tune of **\$2,083,603**.

Denying Physical Activity, Physical Education or Recess As Punishment

- Seventy (**70**) school systems prohibit or actively discourage schools from using physical activity as punishment for bad behavior.
- Eighty-two (**82**) prohibit or actively discourage schools from excluding students from physical education classes as a punishment for bad behavior in another class.

Professional Development Provided on Integrating Physical Activity in the Classroom

- School districts reported an increase from 2015-16 (**948** schools) to 2016-17 (**1067** schools) in the number of schools providing professional development to teachers so they could integrate physical activity in their classroom. (**61 percent** of all Tennessee public schools)
- Of these, **65 percent** (**667** schools) were in elementary schools, **57 percent** (**199** schools) in middle schools and **56 percent** (**201** schools) in high schools.

PA and PE in Tennessee compared to US

- 2015 Youth Risk Behavior Survey (YRBS):
 - Students reporting attending daily PE classes in an average week declined from **30%** in 2005 to **25%** in 2015.
 - Students reporting attending PE classes one or more days in an average week when in school increased slightly from **37%** in 2005 to **41%** in 2015.
 - Students reporting being physically active at least 60 minutes/day on 5 of past 7 days substantially increased from **25 %** to **42 %** (2005 to 2015).

PA and PE in Tennessee compared to US

- 2016 School Health Profiles:
 - 2016 data: **66.3%** of high schools offered opportunities for all students to participate in intramural activities or physical activity clubs.
 - 2016 data: **70.4%** of high schools that offered physical activity breaks outside of physical education during school day.

Reducing and Preventing Obesity

- Each coordinator has a goal to reduce childhood obesity in his/her school system.
- Each goal has an objective to increase physical activity in his/her school system.
- Specifically addressing physical activity and nutrition is a key strategy in making a difference and reducing and preventing childhood obesity.
- BMI decreased from **41.1** in 2007-08 to **38.4** in 2015-16.

Statistically Significant Decrease in BMI Since 2007

Fayette County Schools

Franklin County Schools

Giles County Schools

Hardin County Schools

Knox County Schools

Metro Nashville Schools

*Montgomery County Schools

*Putnam County Schools

Robertson County Schools

Sevier County Schools

*Sumner County Schools

*Washington County Schools

*Williamson County Schools

Wilson County Schools

Lower overweight/obesity rate in 2015-16 than in 2012-13

Bedford County

Bristol City

Dickson County

Franklin County

Giles County

Hollow Rock-Bruceton

Lexington City

*Sumner County

*Williamson County

Success Stories

- Clarksville-Montgomery County Schools
 - ✓ 2007 BMI: 36.7% 2016 BMI: 33.3%
 - ✓ Funded school with over \$330,000 in mini grants
 - ✓ Exercise equipment, fitness rooms, stability balls, water filling stations, outdoor fitness facilities, walking tracks, intramural sports equipment, running and fitness clubs
- Putnam County Schools
 - ✓ 2007 BMI: 44.4% 2016 BMI: 37.4%
 - ✓ 19/19 schools have after school programs
 - ✓ 16/19 schools have before school programs

More Success Stories

- Sumner County Schools
 - ✓ 2007 BMI: 43.8% 2016 BMI: 38%
 - ✓ Project Diabetes grant: 15 walking tracks over 3 years, 126 water stations (46 schools), 19,756 water bottles for every elementary and middle school student
 - ✓ Running clubs, healthy smoothies for breakfast & lunch
- Washington County Schools
 - ✓ 2007 BMI: 40.7% 2016 BMI: 36.3%
 - ✓ Morning Mile, Move-It Moments, Wellness Wake-Up calls
 - ✓ Healthy School Teams partner with PTOs

Another Success Story

- Williamson County Schools
 - ✓ 2007 BMI: 29.1% 2016 BMI: 21.6%
 - ✓ Walk Across Williamson increases physical activity; mini grant awarded to top 5 student participation schools
 - ✓ Mini grants must include physical activity/physical education curriculum, physical activity/physical education equipment that fosters vigorous activity.
 - ✓ Fairview initiative

Best Practices

- Kingsport City Schools students logged over 1.3 million minutes of GoNoodle usage during the school year; actively embracing a kinesthetic classroom design with many classrooms now switching to movement chairs, stand up workstations, and active learning labs.

Best Practices (continued)

- Crockett County Schools used Three Star Grant funds to integrate technology into PE classes; purchased large mounted screen, projector, iPads, and digital sound system with cordless microphones to help with integrating fitness programs with 6th, 7th, and 8th grade students; purchased Go Fit Program - utilizes a computer program with sensors (e.g. FitBit) to measure student aerobic fitness while completing fitness activities in PE class.

Best Practices (continued)

- Warren County Schools: Project Diabetes funding; 6th grade students ride under the desk cycles for 20 minutes, 3 days/week while reading; early totals show 206 Warren County Middle School students were screened for health factors - BMI and blood pressure; at initial screening, 73 students fell into the 3 risk categories for blood pressure; at the follow up end of year screening 26 of these students improved.

Best Practices (continued)

- Monroe County Schools has a before school Zumba program, *Monroe in Motion*, and their teachers saw improvements in student attention and behavior that they asked for testing dates to be changed so that it could be scheduled on *Monroe in Motion* Zumba days.

Best Practices (continued)

Print Screen key Won't c... Active Students, Active L...

https://www.tn.gov/education/section/active-academics

TN Top Links About Us For Educators For Students & Families For Districts

Active Students, Active Learners

Physical Education

Before & Afterschool

During School Physical Activity

60 minutes a day the easy way!

Community Engagement

Extracurricular Activities

Incorporating movement before, during and after the school day has been proven to enhance the cognitive capacity of children. When students are active, they process and retain information more effectively, leading to increased academic performance. Active students also tend to have greater attention spans, better behavior, and can have better overall mental health. The Tennessee Departments of Education and Health are teaming...

Search the web and Windows

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How Can You Get Involved?

- Connect with your local CSH coordinator
- Share resources, partner on physical activity grants
- Become a member of your district's School Health Advisory Committee (see bullet #1), aka SHAC
- Become a member of one of your school's Healthy School Teams (see bullet #1)
- Volunteer to play games at recess, join in physical activities at school, join wellness committee

Questions and Discussion



Contact Information

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Districts and schools in Tennessee will exemplify excellence and equity such that all students are equipped with the knowledge and skills to successfully embark on their chosen path in life.

Excellence | Optimism | Judgment | Courage | Teamwork