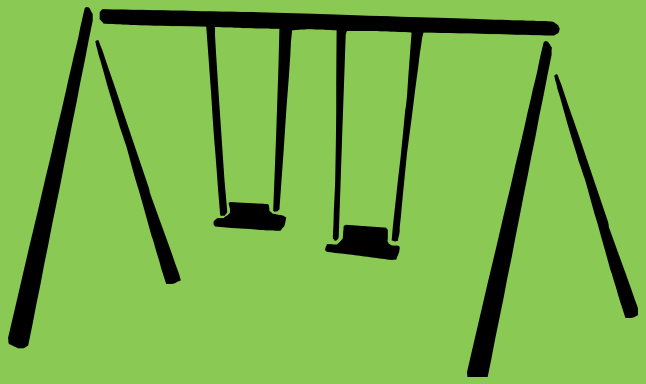
Policy to Practice: The Physical Education and Physical Activity Components of the Healthy Schools Act

Katie Lantuh



Agenda

- Healthy Schools Act Requirements
- Background
- Group Think
- Tools & Strategies to Increase Physical Activity
- Comments & Questions

Objectives

- **Objective #1**: Review and understand the physical education and physical activity requirements of the Healthy Schools Act (HSA).

- **Objective #2**: Discuss the benefits of physical activity for students and highlight the link between physical activity and academic achievement.

- **Objective #3**: Examine barriers to HSA implementation and brainstorm strategies to increase physical activity.

Background Information

- Educating the Student Body: Taking Physical Activity and Physical Education to School

Videos

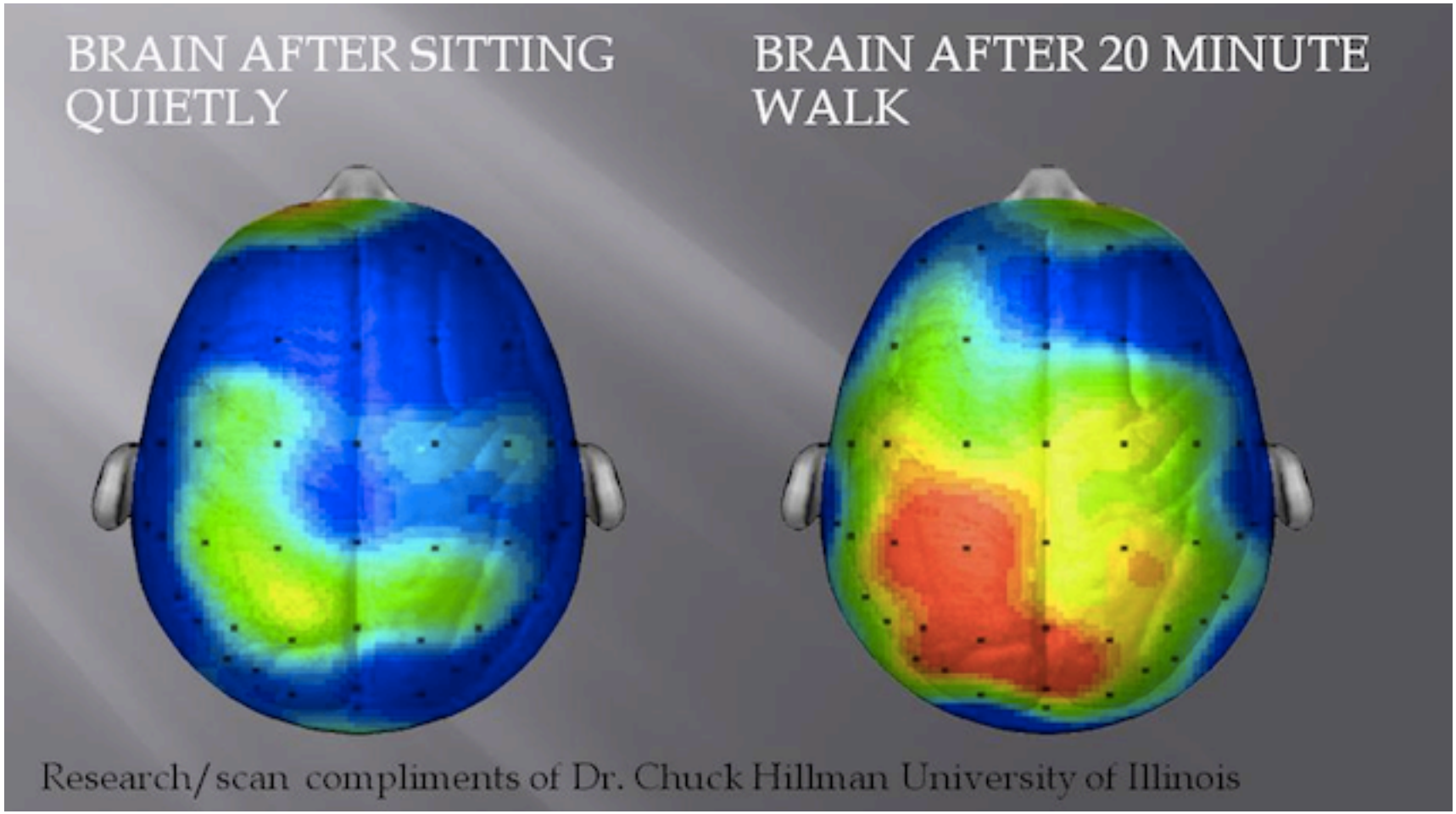
Educating the Student Body: Taking Physical Activity and Physical Education to School

Healthy Schools Act

- 2014-2015 Physical Education Requirements
  - K-5: 150 minutes of PE/week
  - 6-8: 225 minutes of PE/week
  - GOAL: 60 minutes of daily physical activity
- Students should engage in 60 minutes of physical activity each day.
- Physical activity should not be required or withheld as punishment.

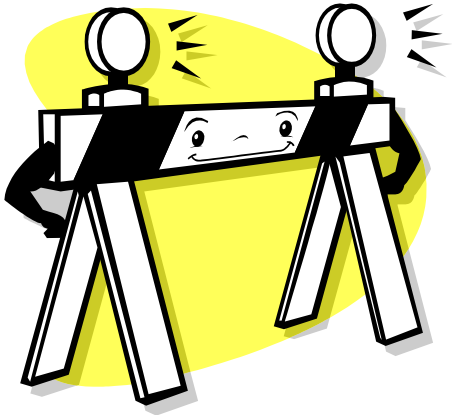
d.c. healthyschools act

Physical Activity & Academic Achievement



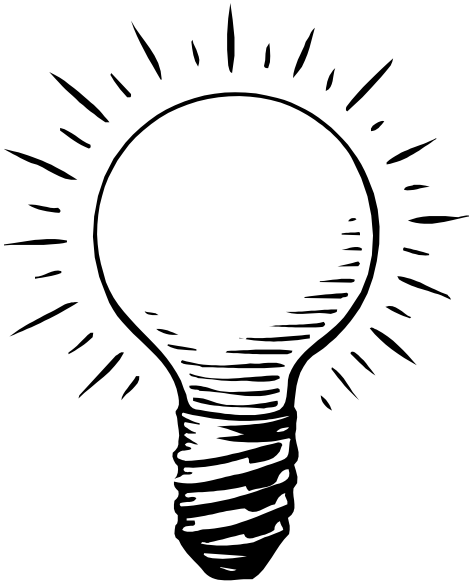
Barriers to Implementation

- Time
- Space
- Funding
- School/staff support
- Focus on academics and testing

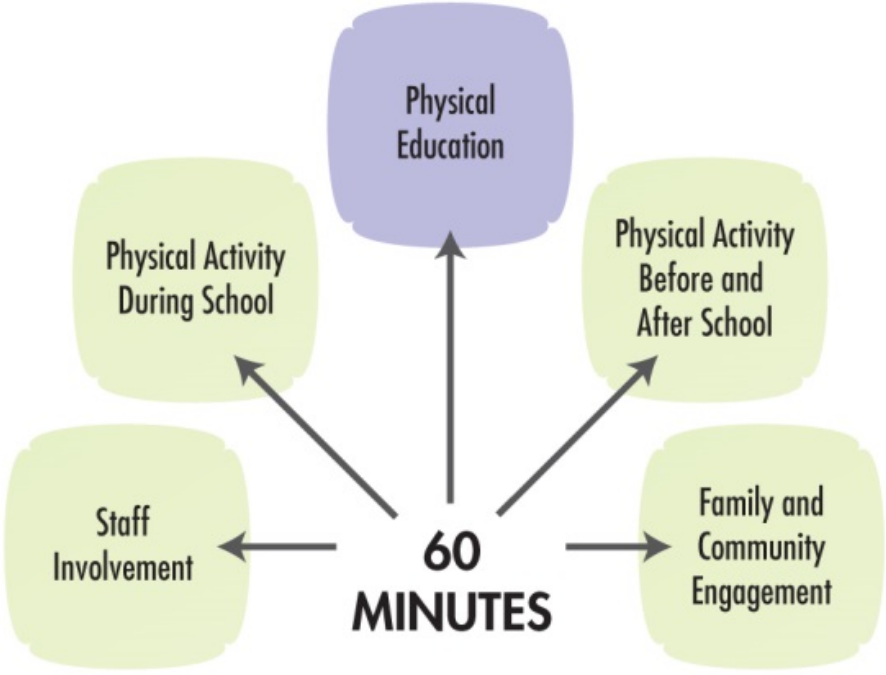


Group Think & Share

- Ideas, tips, strategies & resources that aim to increase physical activity before students before, during, and after school.



Comprehensive School Activity Programs



COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm

Resources

- Adventure to Fitness: http://adventuretofitness.com/
- Jam School Program: http://www.healthetips.com/jam-program.php
- Activity Works: http://activityworks.com/
- Playworks Playbook: http://www.playworks.org/playbook
- East Carolina University Energizers: http://www.ecu.edu/cs-hhp/exss/upload/energizers_for_grades_k_2.pdf

Thanks

- Questions
- Comments
- Session Evaluations

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