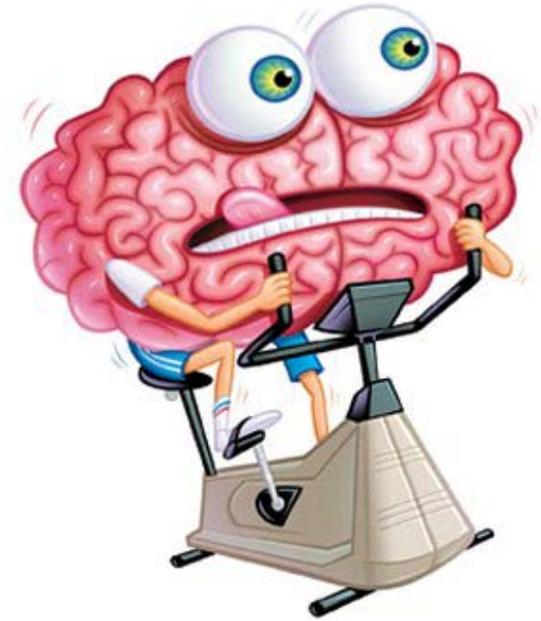

Physical Education & Physical Activity in Vermont Schools

Exercise Prepares the Brain to Learn

- Improves impulse control
- Improves attention
- Decreases fatigue
- Improves motivation
- Regulates mood and anxiety
- Improves self-esteem
- Combats toxic effects of stress hormones



Ratey, John.J., and Hagerman, Eric. Spark - The Revolutionary New Science of Exercise and the Brain. New York: Little Brown and Company, 2008.

PE or PA?

■ Physical Education is:

- ❑ Curricular area aligned with standards & taught by certified teacher
- ❑ Knowledge, skills & attitudes for lifetime activity
- ❑ Structured and progressive program

■ Physical Activity is:

- ❑ Behavior
- ❑ Voluntary movement of any type
- ❑ Unstructured



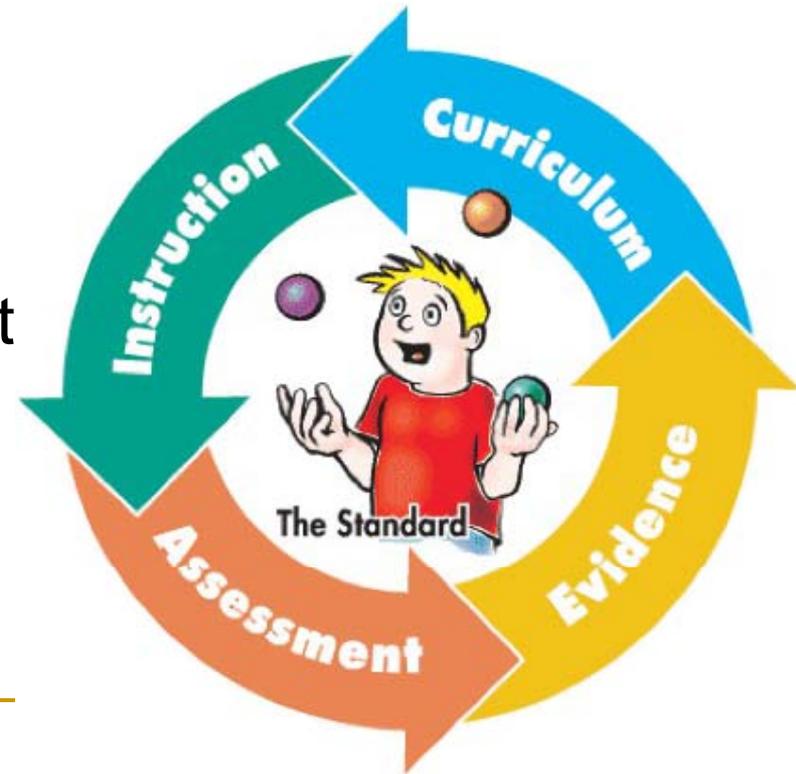
Contemporary Physical Education

- ❑ Skill and fitness development
- ❑ 50%+ class time in MVPA
- ❑ Variety of lifetime activities
- ❑ Stations & Small-sided games
- ❑ No elimination games
- ❑ Personal goal-setting
- ❑ Heart rate monitors
- ❑ Pedometers



Contemporary Physical Education

- Standards-based & assessment for learning
- Opportunity to Learn
 - Certified teachers
 - Adequate time
 - Adequate space & equipment for all students



School-based Physical Activity

- Active transport (ex: Safe Routes to Schools)
- Recess
- Classroom physical activity breaks
- Intramurals or clubs
- Interscholastic athletics
- School-community programs



School Quality Standards: PE Requirements

- K-8 PE at least 2X per week
- 9-12 offer 4 years of study in PE
- 1.5 credits required for graduation



School Quality Standards: PE Requirements

- Each school's written PE curriculum shall be:
 - aligned with the standards
 - coordinated K-12 across schools in district
 - reviewed and revised periodically
 - designed to meet the needs of all students
 - part of a comprehensive local assessment system
-

Vermont Nutrition and Fitness Policy Guidelines

Physical Education

- 150 min. per week elementary
- 225 min. per week for middle & high
- Majority of PE time spent in moderate to vigorous physical activity.



Vermont Nutrition and Fitness Policy Guidelines

Physical Activity

- PK-8 recess daily, in addition to PE
- 9-12 opportunities for PA in addition to PE



Danville School, PK-12

Physical Education

- Pk-6 PE - 2x per week, 30 min.
- 7-8 PE - 3x per week, 45 min.
- 9-12 – 3 credits required to graduate

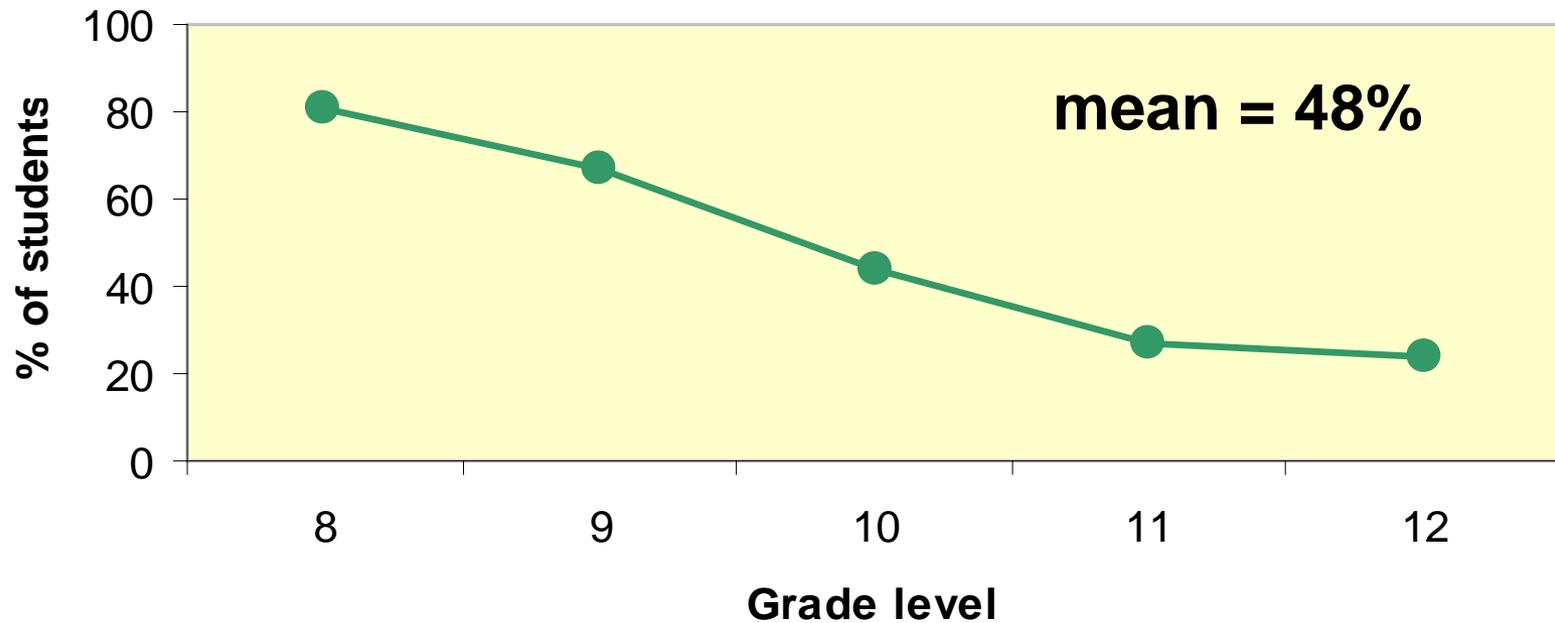
Physical Activity

- Pk-6 recess on non-PE day
- 7-12 20 min. PA on non-PE day
- Classroom PA breaks



2009 Vermont YRBS Physical Education

**Participation in PE at Least Once During an
Average Week**



2009 Vermont YRBS

Physical Activity

- 24% 8-12 graders participated in 60 min. PA every day
 - Females significantly less likely to participate in daily PA than males - 17% vs. 31%
 - 80% of overweight youth not meeting the recommendations for PA
-

Supports for PE & PA

- DOE consultant provides
 - professional development and technical assistance
 - resources
 - School Wellness Grant
 - \$30,000 for heart rate monitors in middle & high schools
 - 9 schools funded to date
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